

Meat/Meat Alternate

LEARN IT

The meat and meat alternate group is made up of lean meats, poultry, seafood, eggs, tofu, nuts, seeds, legumes and beans. With the exception of water, protein is the main component of our muscles, bones, and organs. A diet rich in protein helps to build and maintain the tissues of our body. While it is important to consume enough protein, we must also ensure that it is lean and low in saturated fats and cholesterol.

PLAY IT

Learning with Blocks Proteins are building blocks for our bodies and kids love block activities. Try some of these out for your next craft learning time.

- Build a block tower
- Make a block maze
- Using paper templates, fill in the templates with blocks to produce that shape
- Measure your body with blocks
- Sort the blocks into different categories – color, shape
- Write letters on the blocks and put them in ABC order
- Write numbers on the blocks and put them in numerical order
- Use the letter blocks to create sight words

EAT IT

Black Bean Dip

- 15 oz can Black beans, rinsed & drained
- 2 tsp Lemon juice
- Basil to taste
- Garlic powder to taste

In a food processor, blend beans into dip consistency. Add lemon juice, basil and garlic and mix thoroughly. Serve with veggies or whole wheat chips.

Snack Crediting: 10 Servings ages 3-5

READ IT

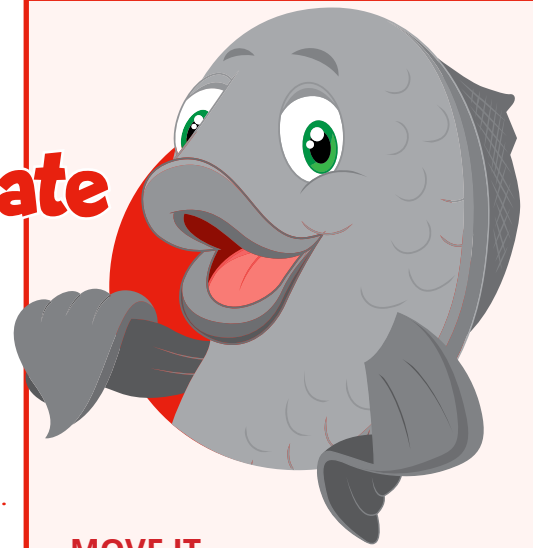
During your next circle time, read these books about protein and of course, a silly meat and meat alternate selection by Dr. Seuss!

The Meat and Protein Group

by Helen Frost

Why We Eat Protein by Beth Bence Reinke

Green Eggs and Ham by Dr. Seuss



MOVE IT

Strength Exercise Dice We know protein helps our bodies build strong bones and muscles. Let's put them to use! Ask children to take turns rolling the exercise dice. The whole group will then complete the exercise. They will think of this as more of a game than actual exercise!

Using a plain box, create an exercise dice. You will need six exercises for your dice. Use the following or create your own:

- 5 sit ups
- 5 push-ups
- 5 step crab walk
- hold plank for 10 seconds
- 5 squats
- 5 squat jumps
- 10 jumping jacks
- hold superman pose for 10 seconds
- hold bridge for 10 seconds
- wheelbarrow walk with a partner



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MATCH THE NUMBERS. Count each food item then match it to the number by drawing a line.

NAME: _____

