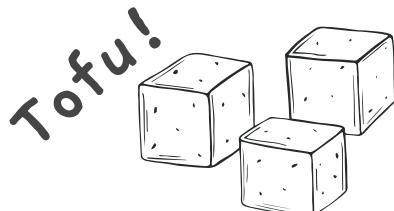


My Nutrition Name: _____

LESSON 3: GRAINS & PROTEINS

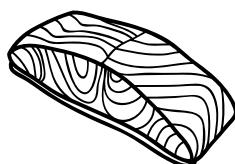
Draw a line to match the protein to where it comes from:



Plant



Animal



Plant



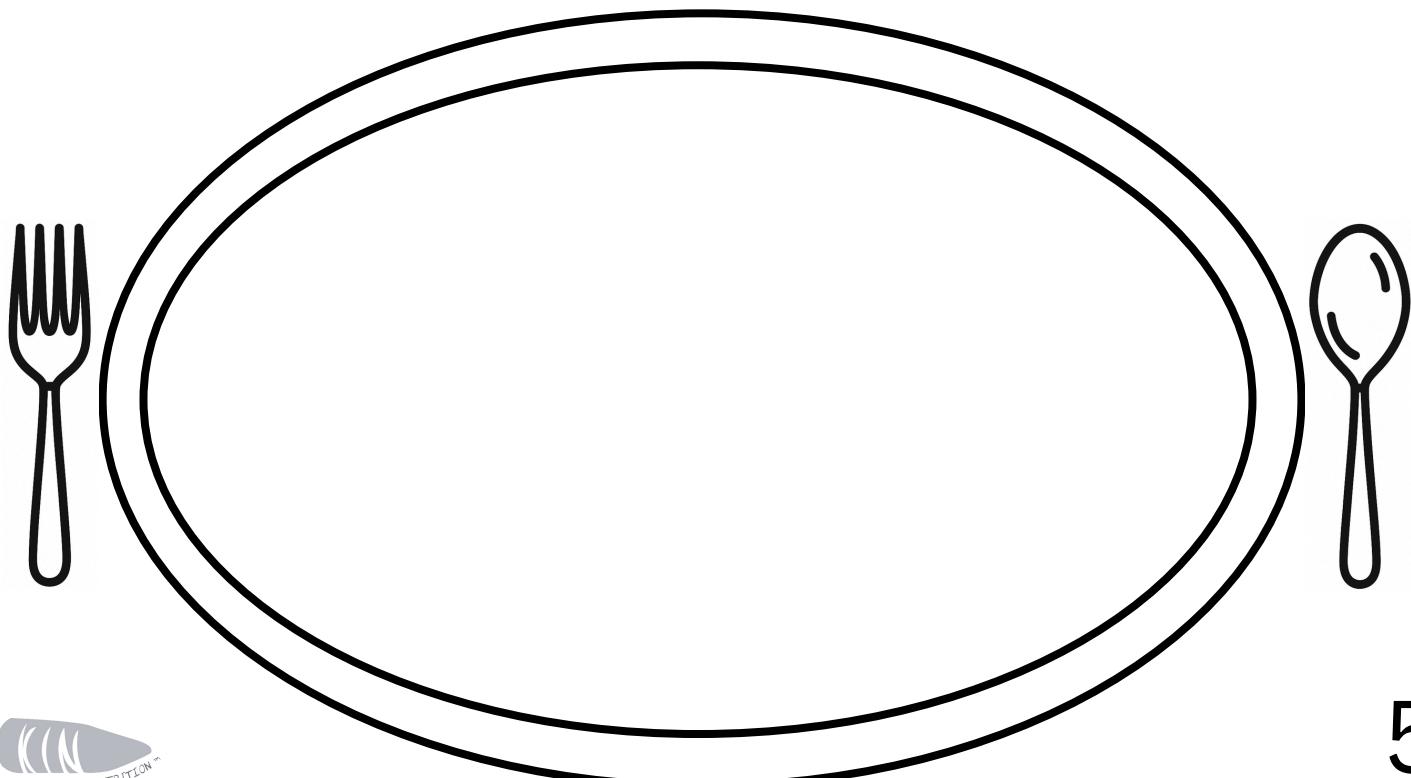
Animal

Circle the foods that are made from whole grains:

Brown rice White bread Oatmeal Whole wheat bread

Design your Power Plate!

Draw a meal with: 1 whole grain, 1 protein, 1 fruit or veggie



My Nutrition Name: _____

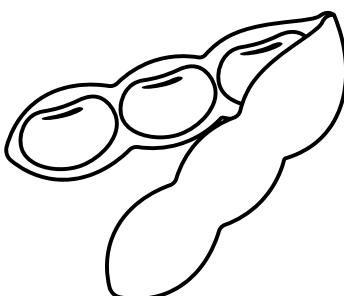
PLANT PROTEIN

&

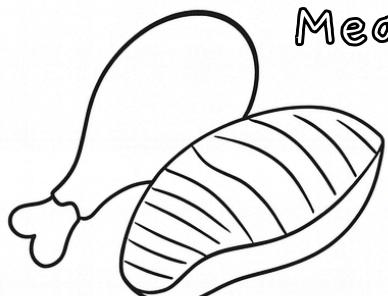
ANIMAL PROTEIN



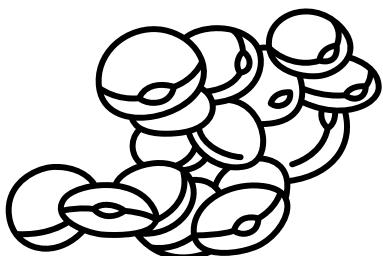
Beans



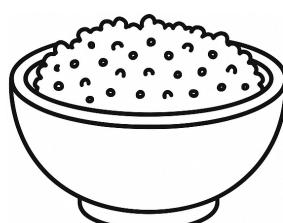
Edamame



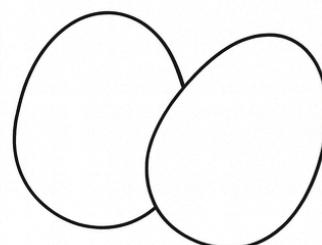
Meats



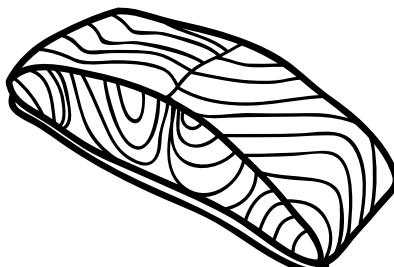
Lentils



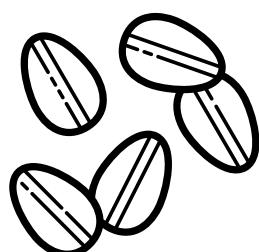
Quinoa



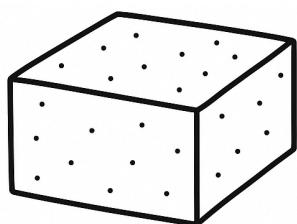
Eggs



Seafood



Oats



Tofu



Nuts & Seeds