

## **Smart Goals:**

- 1. Participants will be able to identify at least 2 sources of protein.**
  - a. Participants will state at least one protein-rich product they have seen in the supermarket. (Asking question)
  - b. Participants will be able to name at least three foods rich in protein. (Recall)
- 2. Participants should be able to distinguish at least 1 protein source between plant-based protein and animal-based protein.**
  - a. Participants will be able to list one plant-based protein and one animal-based protein. (Recall)
- 3. Participants will be able to mention at least 1 benefit of protein.**
  - a. Participants will be able to point to or gesture to where the protein goes once it is consumed (muscles).
  - b. Participants will be able to identify one important/ function/ benefit of protein. (Recall)

## **Activity Outline:**

- Participants write down sources of protein that they know (At the beginning-10 min)
- Hand out nutrition labels to participants (9 labels?): Where is protein? How do you know? (8min)
  - General protein value: (50g =>Teach and size portion)
- Sources of protein: explain red meat, poultry/fish, plant-based proteins (15min)
  - Teach and size portion guide, pass around models
  - Have participants say how much protein they should eat (trivia?) (Recall)
- Talk about the benefits of protein: lego activity/coloring??? (15-20 min)
- Conclusion: What sources of protein do you know?
  - Draw their favorite protein source (back-up activity)
  - Shoutout the newsletter!

Timed Presentation:

**Introduction: 11:15 AM**

1. **Thuan:** “Good morning everyone! Welcome to Good Foods Garden! My name is Thuan, and I am one of the presenters for today’s lesson.
2. **Fai:** My name is Fai. I am also one of the presenters for today’s presentation.
3. **Thuan:** Are you guys excited to learn about PROTEIN?
4. **Fai:** Yesssssssss!!!!!!
5. **Fai:** Now, we’re going to do a warm-up first. We will give you a paper, and feel free to write sources of protein that you know.
6. **Thuan: Ice Breaker:** What sources of protein do you know?
  - a. Each participant will receive a piece of paper to write down sources of protein.
  - b. Write the first source of protein you think about.
  - c. Stick participants’ paper onto large poster paper.
7. **Thuan:** So it looks like we have a lot of sources of protein! Now, let’s talk about where we can find protein in our sources using nutrition labels.

**Nutrition Label Protein Activity: 11:25 AM**

1. **Fai:** Can you find where protein is on the nutrition label?
  - a. Pass out nutrition labels. (9)
  - b. If you have any questions about the activities feel free to ask!
2. **Thuan:** Now, it seems everyone has found where protein is on the nutrition label.
  - a. How much protein did you find on the nutrition label? (3 grams)
  - b. Do you think that this amount is enough for one day?
3. **Fai:** Three grams is not a lot of protein. Who wants to guess how to measure the amount of protein we need per meal?
  - a. Show the gesture portion size guide and MyPlate.
    - i. Can you point out where the protein is on the MyPlate?
    - ii. **Thuan:** Another way to see how much protein you need per meal is to use the palm of your hand!
  - b. So now let’s talk about protein sources that we eat in our meals!

**Different Sources of Protein: 11:35 AM**

1. **Fai:** Does anyone know there are two main types of protein?
2. **Thuan:** So, there’s plant-based protein and animal-based protein!
  - a. **Fai:** What are animal-based protein sources? Does anyone know other animal-based protein sources?
    - i. Chicken, beef, pork, fish, seafood, eggs, dairy products - cheese, yogurt
  - b. **Thuan:** What are plant-based protein sources? Does anyone know any major plant-based protein sources?
    - i. Soy Products: Tofu, soymilk
    - ii. Legumes: black, pinto, kidney bean, chickpeas, lentils, green peas
    - iii. Nuts and Seeds: Walnuts, almonds, pumpkin seeds, peanut butter

- iv. Grains: Quinoa, brown rice, oats

**Protein Matching Activity: 11:45 AM**

1. **Thuan:** Now, we're going to categorize different sources of protein into two groups: plant-based and animal-based protein!
  - a. Materials: Poster paper is split into two protein categories.
    - i. Have participants match the protein models to the categories.
  - b. Eggs plant-based or animal-based?
  - c. "Trickier" and obvious photos
  - d. Does anyone have any questions about why certain sources are plant-based or animal-based?
2. **Fai:** Wow! It seems everyone has already understood the differences between plant-based protein and animal-based protein!!!
3. **Thuan:** Now that we know the difference between plant-based and animal-based protein sources, let's talk about why protein is important for our health!

**Benefits of Protein Activity: 12:00 PM**

1. **Fai:** Have everyone ever thought about why we need protein? Why is it good for our health? Where does our protein go when we eat it?
2. **Thuan:** The main benefit of protein helps build and strengthen our muscles and bones, so we can be much stronger and healthier!
3. **Fai:** Now, let's do a coloring activity! Can you show the Lego man where protein goes?
  - a. Pass out the Lego coloring page.
  - b. Using coloring pens to draw where protein goes on the Lego man.
4. **Thuan:** Protein goes to our muscles, bones, AND IT GOES EVERYWHERE!!!!
5. **Thuan:** Now we know what the benefits and sources of protein are, and what are some new sources of protein that you learned about today?
  - a. Have participants share answers to the question.
  - b. If there is still time left, we can ask them to draw protein sources.
6. **Fai:** We prepare the newsletter for everyone to show the temperatures to cook different types of protein.
  - a. Can mention the Mediterranean pyramid of protein sources
7. **Thuan and Fai:** This is the end of the lesson. Thanks for coming and have a good day!!!!  
See you next time!

**End: 12:15 PM**