

TEACHER GUIDE

Protein

KEY MESSAGES

1

Proteins such as meat, fish and eggs help build muscle and help your body grow strong.

2

Foods with protein come from animals like chickens, turkeys, pigs, cows and fish. Beans, nuts and dairy are also protein foods.

3

Foods with protein help build muscle to grow

PART 1: ACTIVATE PRIOR KNOWLEDGE

Discuss: Ask students what they already know about the topic. Model your thought process, for example: “My favorite foods with protein are chicken and black beans.”

- Can anyone name a food with protein?
- Can you name a food with protein you’ve had today?
- What is your favorite food with protein?

PART 2: LEARN

Watch section 1 of the video as a whole group.

- Pause the video after section 1.



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PART 3: PROCESS

Discuss: Ask questions about what they have learned in the video so far.

- What foods with protein did the friends decide to eat for lunch?
- Why is it important for us to eat proteins?

Recap: Summarize the prompts and ideas shared before moving on.

Introduce: Give an overview of what to expect in section 2 of the video.

Connect: Explain why exercise and movement are important:

- We need to be active for one hour every day to stay healthy.
- Proteins help us grow and stay strong so we can exercise, learn and play!

PART 4: GET ACTIVE

Watch section 2 of the video as a whole group

- Follow along and exercise!



PART 5: CLOSE

Discuss: Choose students to share on each prompt.

- What is one new thing you learned about foods with protein?
- What can you do to make sure you eat enough protein every day? Model your thought process, for example “I don’t think I get quite enough protein in my day, so I am going to start eating protein with breakfast - maybe an egg - so I can start the day off right!”

Extend Learning

Nutrition Mission: Eat one serving of protein each meal of the day, starting with breakfast.

Parent take-home: Encourage students to share the handout with their “grown-ups” and discuss what they’ve been learning.