

Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **7**

Protein foods – it's more than meat, fish or chicken

There's a variety of foods in the Protein Foods Group. They include meat, chicken, beans, fish, eggs, nuts and soy foods like tofu or veggie burgers. Protein helps us build strong muscles and to build and repair skin. Germs can make us sick. To keep germs from spreading, we use serving spoons, we don't share food or utensils with others, we wash our hands before preparing food, before eating and after handling raw eggs.



Many beans are high in protein and low in fat.



Vegetarian food, such as this hummus, is a tasty and healthy way to get the protein we need.

What can you do to help your child choose a variety of protein foods?

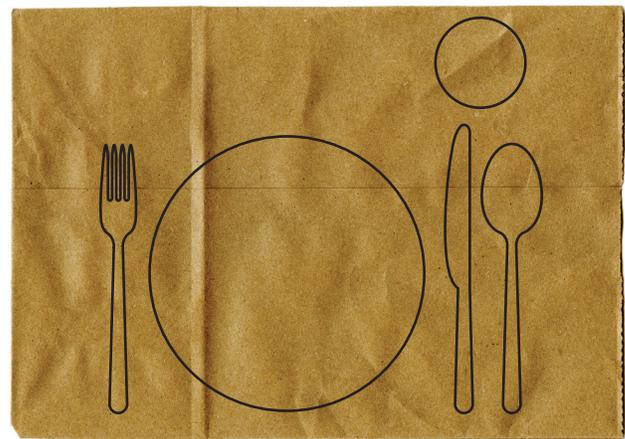
- Children learn by watching you. If you eat a variety of protein foods, they will, too! Try a stir-fry with tofu, or a new flavor of veggie burger from the grocery store.
- Children love to be involved in preparing food. Make these recipes together.

Children can learn about healthy eating from reading books. Want to find more books to read with your child? Go to www.michigan.gov/documents/mde/lm_2010_Mahoney_Chidrens_booklist_332683_7.pdf

Kids in the Kitchen

Protein foods like meat, fish and eggs need special handling to keep you and your child safe from germs.

- Clean the cutting board with soap and running hot water after cutting raw meat, poultry or fish.
- Put cooked meat, poultry or fish on a clean plate – not the one used for uncooked meat.
- Wash hands with running water and soap after touching uncooked meat or cracking eggs.
- Throw cracked eggs out – they can carry harmful germs.
- Hard-cook eggs until the yolks and whites are firm.



Eat together as a family

Make place mats together to help make eating together as a family a special time.

To help your child learn to set the table, make a place mat. Cut a piece of paper the size of a place mat. A brown paper shopping bag works great. Draw a picture of how you want your child to set the table on the shopping bag. Include the items you want your child to use like a plate, glass, knife, fork and spoon. Let your child color the place mat. Later, your child can follow the drawing when setting the table.

Recipe

Egg Salad Surprise

(Makes 1 serving)



Ingredients:

- 1 hard-cooked egg, peeled and chopped
- 1 tablespoon chopped celery or green pepper or apples or grapes, cut into small pieces
- 2 teaspoons low-fat, light or fat-free mayonnaise

Directions:

1. Wash hands and surfaces.
2. Put all ingredients in a cup and stir. Eat out of the cup or use to make a sandwich with whole-wheat bread.



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