



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 are many nutritious foods that belong to the Protein Foods group. Most people think of meat, poultry, fish, and eggs. These are great sources of protein, vitamins, and minerals. There are several plant options as well including nuts, seeds, beans, and soy foods. It's important to choose a variety of protein foods so we can get a variety of nutrients.



Beans are a good source of fiber.



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!
- Peanut butter or hummus can be delicious protein-packed dips or spreads on sandwiches.
- Children love to be involved in preparing food. Let them help cook.
- Eggs are a quick and easy protein food for breakfast, lunch, or dinner.

Children can learn about healthy eating while they have fun. Want to find nutrition-oriented activities to enjoy with your child? Go to myplate.gov/life-stages/kids

Kids in the Kitchen

Keep food and your family safe from germs when cooking.

- Wash hands with soap and water before handling food.
- Keep raw meat, poultry, fish and eggs separate from other foods.
- Clean cutting board, utensils and surfaces after preparing raw meat, poultry, fish and eggs.
- Rinse fruits and vegetables before eating or preparing them.
- Cook eggs until yolks and whites are firm.
- Use a food thermometer to check that meat, poultry, and fish are cooked properly.

Recipe

Egg Salad Surprise

(Makes 1 serving)

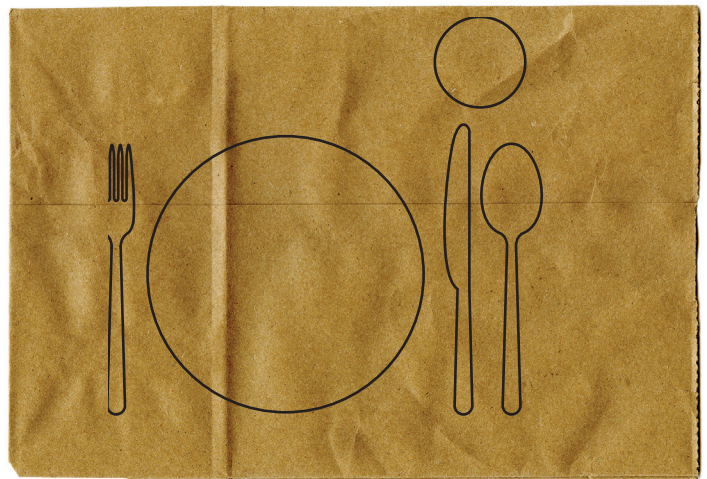
Ingredients:

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



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.



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 to set the table.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance