



**SECOND GRADE**  
**LESSON: MyPlate Protein**  
**SC STANDARD: 2.FSS.1.3**

## MYPLATE PROTEIN

### OBJECTIVES:

- Understand what constitutes as protein
- Recognize that protein can come in many different forms
- Understand why protein is important for health

### LET'S GET STARTED:

- Identify what foods are included in the protein food group
- Explain why protein is an important part of the diet
- Discuss the importance of consuming different types of protein

### ACTIVITY:

- Discuss rural, suburban, and urban areas and draw pictures of rural farms that produce protein

### WRAPPING UP:

- Remind students of the health benefits of protein and the recommended daily intake according to MyPlate
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

### SC STANDARDS:

- 2.FSS.1.3 Recognize the features of urban, suburban, and rural areas of the local region.

### MATERIALS:

- Protein Reference Guide
- Boss' Backpack Bulletin Handout

## LET'S GET STARTED!

- This week we are going to talk about protein! Ask students if they can give examples of foods that would fit into the protein group. Explain how protein can come from many different sources and give examples.

### DIALOGUE BOX

- Today we are talking about protein! Remember that protein is a part of the MyPlate food groups that you should eat every day. Can anyone name some foods that have protein?
    - Meat, beans, eggs, fish
  - Anything that comes from animals has protein in it, whether it is fish (salmon, tuna, tilapia, or shellfish), meat (like chicken, turkey, beef, or pork), eggs (which come from chickens), or dairy products (which come from an animal's milk).
  - Some plants have protein in them as well. Beans are the most common source of vegetable protein, like black beans, kidney beans, peas, and white beans.
  - Nuts, which also come from plants, are another source of protein! Things like almonds, peanuts, walnut, and cashews have some protein in them.
  - Remember that foods can belong to more than one food group and often times overlap. Dairy products usually are also a good source of protein, and while beans are vegetables, they also have protein!
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- Explain that protein is an important part of the daily diet. If the "Introduction to MyPlate" lesson has already been taught, remind students about the protein section of the plate. If the lesson has not been taught, briefly discuss that protein is a food group that should be consumed every day. Discuss the health benefits of protein and why it is important to vary the type of protein you consume. Distribute the Protein Reference Guide.



## DIALOGUE BOX

- Protein is a very important part of what you eat every day. There is a whole section on MyPlate that suggests you should try to eat it with every meal!
- Protein is important for your health because it contains vitamins and minerals that your body needs, but can't get from the other food groups, like fruits and vegetables.
- Protein also gives you energy, helps build strong bones and muscles, and keeps your blood and skin healthy.
- Proteins that come from animals also have lots of fat in them. Things like hamburgers, bacon, sausage, and steak have lots of unhealthy fats in them and are mostly Whoa foods. It is important that you don't eat them too often because the unhealthy fats are not good for your body.
- Nuts are also high in fats, and while they have healthy fats, you still should not eat too many of them. Nuts are Slow foods because they have lots of healthy things in them too!
- There are so many different types of foods that have protein in them, and each one has something a little different that helps your body. It is important to vary the types of protein you eat so you get all the vitamins and minerals your body needs.
- Discuss how protein foods are found and raised in nature. Farms can grow beans, raise chickens to lay eggs, or raise other animals that will eventually become the meat you eat. Talk about rural, suburban, and urban areas and where farms are found.

## DIALOGUE BOX

- All food is grown on farms. It can be sent to factories to be processed into different foods, but originally it all comes from a farm. Farmers can grow vegetables or they raise animals. Farms are found in rural areas where there is plenty of land available to grow food or raise animals.
- Although food is grown in rural areas, it is transported to other places to be processed into other foods or sold in supermarkets. You are able to shop for food in the city even when there are no farms in sight because of food transportation.
- Rural areas are usually not very populated and have lots of land. Remember that urban areas are very developed, like big cities. Suburban areas are a mix between rural and urban areas. They are developed and have things like subdivisions and apartments, but they also have some open land, backyards, and parks.
- Farms that grow foods like fruits and vegetables or raises animals like cows, chickens, and pigs are found in rural areas. Farms take up a lot of space, so there must be a large amount of land available for plants and animals to grow and thrive.

## ACTIVITY

- Distribute blank paper and ask students to draw pictures of rural, urban, and suburban areas. Provide examples and reminders as necessary (rural=farmland, urban=New York City, suburban=small town).

## DIALOGUE BOX

- Divide your paper into three sections. Label the sections rural, urban, and suburban and draw a picture of what each area might look like.

## WRAPPING UP

- Ask students if there are any questions about rural, suburban, and urban areas or about foods that classify as proteins.
- Distribute the Boss' Backpack Bulletin. Remind students that protein is important for their health and to try to get their recommended serving of protein (1-2 servings per day)!



# PROTEIN REFERENCE GUIDE

## MEAT

CHICKEN

HAM-  
BURGER

SAUSAGE

HAM

TURKEY

STEAK

## FISH

SALMON

TILAPIA

TUNA

SHRIMP

## BEANS

BLACK  
BEANS

NAVY  
BEANS

CHICKPEAS

PINTO  
BEANS

BLACK  
EYED  
PEAS

SOY BEANS

GREAT  
NORTHERN  
BEANS

LIMA  
BEANS

PEAS

DARK RED  
KIDNEY  
BEANS

LENTILS

LIGHT  
RED KIDNEY  
BEANS

## EGGS

CHICKEN  
EGGS

QUAIL  
EGGS

DUCK  
EGGS

GOOSE  
EGGS

## NUTS

ALMONDS

PEANUTS

CASHEWS

WALNUTS

# BOSS' BACKPACK BULLETIN

Your goal this week is to eat enough protein!  
Protein is an important part of your diet because it gives me energy and helps you build strong bones and muscles! Track your protein this week on the chart below.



## Monday

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## Tuesday

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## Wednesday

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## Thursday

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## Friday

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## BOSS' EASY CHICKEN AND BEAN CHILI

### Ingredients:

- 6 cups chicken broth
- 4 cups cooked shredded chicken
- 2 (15-oz) cans of Great Northern Beans, drained
- 2 cups salsa verde
- 2 tsp. ground cumin

### Directions:

1. Put chicken broth, shredded chicken, beans, salsa, and cumin in a saucepan on the stove
2. Heat over medium to high heat until it comes to a boil
3. Cover and reduce heat, allowing to simmer for at least 5 minutes

**Alternative Method:** Add all ingredients to a slow cooker or crockpot, stirring to combine. Cook on low for 6-8 hours (or high for 3-4 hours)

*\*\*\*If using this method, use uncooked chicken*