

Protein

Learning Objectives

- I can explain why protein is important and identify some healthy protein sources (4.1c, 4.2c, 4.3c)

Teacher Notes

- This lesson should be taught before the fat lesson
- Pause video after the Jeopardy theme music if more time is needed for the pre-assessment. You may also want to engage in a short discussion about some of the items they identified
- Pause video at 3 minutes 9 seconds so students can gather materials
- Video run time is 5 minutes and 7 seconds. You should allow about 8-10 minutes for the activity.

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Students are asked to chat 2 examples of protein foods to their teacher at the beginning of the video

Step 2 Activity

- Students try to build the biggest muscle that they can! They earn a trip to the “grocery store” by exercising, then they chat a protein source to their teacher. If correct, they earn a piece for their muscle tower!

Step 3 Closure

- [Exit Slip](#) (see attached)

Assessments

- Intro question is included in the video-
- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from ‘edit’ to ‘copy’. Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.



Extensions/Connections/Applications

- Give students a few minutes to explore the myplate website linked below. There is a lot of useful information for kids about protein
- If you want to add a skill element, after students have built their muscle towers, use a throwing or kicking skill to get students to knock their muscle towers down. Students can then repeat the same process to rebuild again

Resources/References

[WebMD](#)

[Myplate](#)

Handout

Exit Slip included below



Protein Exit Slip

1) List 2 things protein does for our bodies

2) Name 2 examples of a healthy protein source you might eat for a snack
