**Month:** May

**Theme:** Fun with food

**Lesson:** #20

Objectives:

1. What is a protein

2. What is fiber

3. Identify product order from high to low

Activities and Key learning points

Red (Center based program)

1. Review handouts on proteins.
2. Find pictures of proteins and identify high to low.
3. Add pictures of proteins to the poster. Review poster content.
4. Create a healthy snack idea.

Homework: Bring in a protein in lunch

Blue (Center/community based programs)

1. Review handouts on proteins.
2. Find pictures of proteins and identify high to low.
3. Add pictures of proteins to the poster. Review poster content.
4. Create a healthy snack idea.

Homework: Bring in a protein in lunch

Green (Community Based)

1. Review handouts on proteins.
2. Find pictures of proteins and identify high to low.
3. Add pictures of proteins to the poster. Review poster content.
4. Create a healthy snack idea.

Homework: Bring in a protein in lunch

Supplies needed

Binder, Handouts, computer, magazines (pictures of proteins) Poster board, markers, glue, tape

Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)











