

SECOND GRADE LESSON: Protein SC STANDARD: 2.NSBT.3

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WOFFORD

It's your world.

PROTEIN

OBJECTIVES:

- Understand where to find protein on a food label
- Understand that protein is made up of amino acids and is an important building block in the body
- Understand how much protein is needed in a day and how to use a food label to add protein content

LET'S GET STARTED:

- Review protein from MyPlate
- Explain why protein is an important part of diet
- Explain how protein is made up of amino acids and how it helps the body function
- Discuss the recommended daily protein intake and how to use a food label to help calculate it

ACTIVITY:

- Representing protein content of different foods in word form

WRAPPING UP:

- Remind students about the necessary daily protein and to use food labels to make sure they are getting enough protein
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 2.NSBT.3 Read, write and represent numbers through 999 using concrete models, standard form, and equations in expanded form.

MATERIALS:

- Protein Content Worksheet
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week we are going to talk about protein! Ask students if they remember where to find protein on a food label. Ask students what they remember about protein from the MyPlate Protein lesson. Explain that proteins are the building blocks of life.

DIALOGUE BOX

- Today we are talking about protein! Does anyone remember where you can find protein on a food label?
- Food labels tell you how much protein is in one serving of that food.
- Remember that protein is a part of the MyPlate food groups that you should eat every day. What are some foods that have lots of protein?
 - Meat, fish, beans, nuts, eggs, dairy.
- Does anyone remember why protein is an important part of a healthy diet?
 - Protein gives you energy and builds strong bones and muscles.
- Proteins are the building blocks of life. There are thousands of different proteins in your body that help make up your muscles, organs, and immune system! There are so many proteins in your body that do specific jobs they do in order to keep you healthy. The protein in the food you eat helps build and maintain the proteins in your body.
- Proteins are made up of smaller nutrients called amino acids. Think of a string with lots of beads on it. Each bead is an amino acid, and when you combine them on the string you have a protein.
- The protein you eat is broken down into amino acids in your stomach. Your body is able to use those amino acids to build and repair its own proteins, helping you build muscles and grow strong.
- Discuss the protein content of different foods. Talk about high protein foods and low protein foods. Explain how much protein is recommended daily and how to use a food label to make sure you consume enough protein.

DIALOGUE BOX

- When you look at a food label, you can see how much protein that food has. Most food has protein in it, but some foods have a lot of protein, like meat, beans, nuts, and fish, and other foods have very little protein, like fruits, vegetables, rice, and processed foods like chips and cookies.
- Your body needs about 35 grams of protein every day so that it can function properly. Your body is constantly using protein to carry out certain tasks!
- The food label is a great way to make sure you are getting enough protein. By checking the protein content of the foods you eat, you can see if they add up to 35 grams by the end of the day!
- For example, if the cereal you eat for breakfast has 2 grams of protein and the milk you put in it has 8 grams of protein, you already have 10 grams of protein for the day!
- Food labels are a great way to track your protein to make sure you are getting enough throughout the day!



ACTIVITY

- Distribute the Protein Content Worksheet. Students will find the protein of different foods by inspecting the food label, circle the number, and write each number below in words.

DIALOGUE BOX

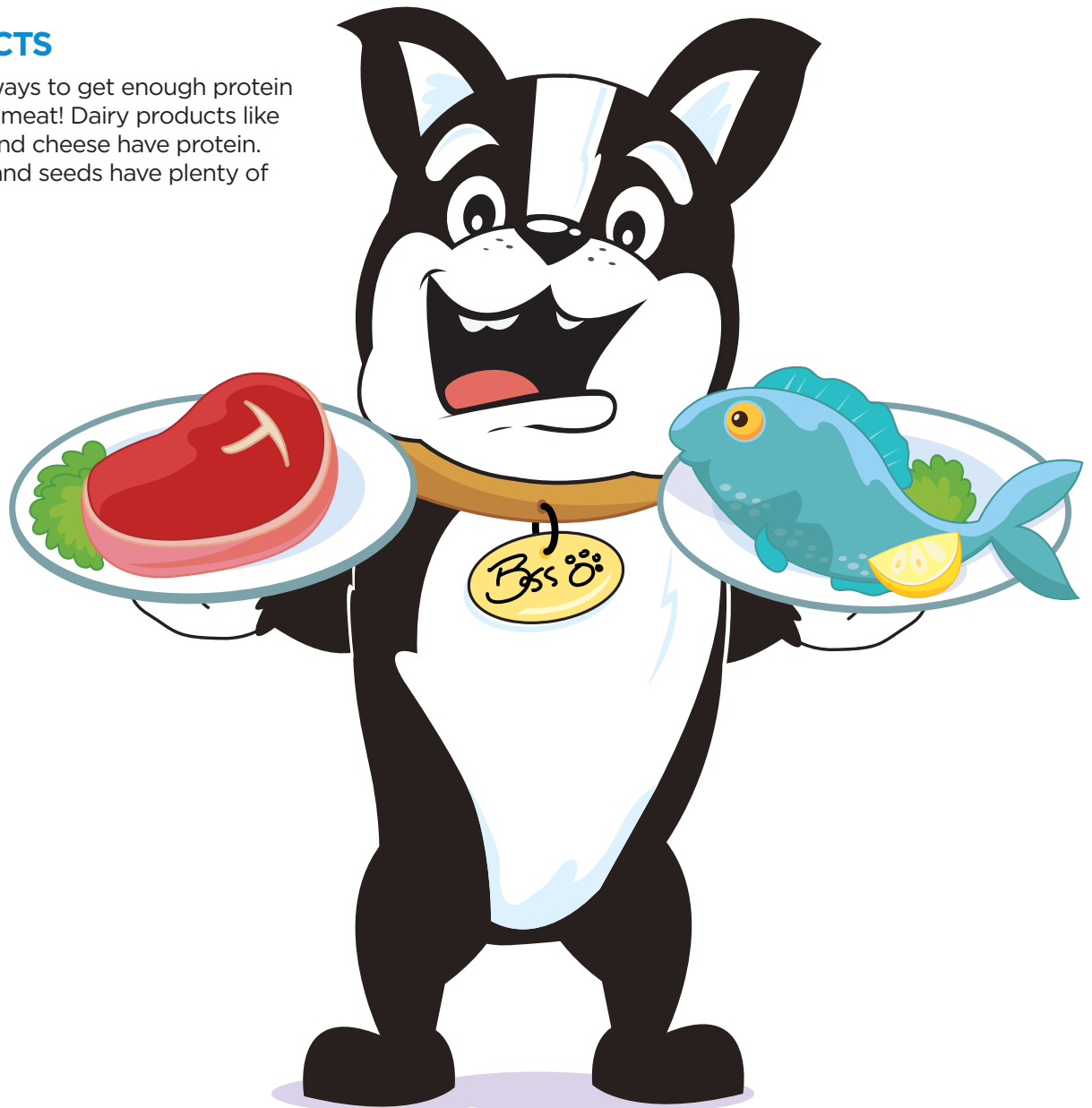
- Now we are going to look at some high and low protein foods.
- Inspect each food label and circling the amount of protein on each label. In the blank below, writing out the number of grams of protein in words.

WRAPPING UP

- Ask students if there are any questions about protein or the activity.
- Distribute the Boss' Backpack Bulletin. Remind students that food labels are a great way to check if they are getting enough protein!

BOSS' FUN FACTS

There are plenty of ways to get enough protein even if you don't eat meat! Dairy products like Greek yogurt, milk, and cheese have protein. Lots of beans, nuts, and seeds have plenty of protein as well.



FOOD LABEL PROTEIN CONTENT

Protein is an important part of your diet! Inspect each food label and circle the protein content of each food. Then, write the amount of protein in the blank below in word form.

Nutrition Facts	
Serving Size 1/2 cup (136g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
%Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	32%
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

Black Beans

Protein: _____

Nutrition Facts	
Serving Size: 1 Piece (85g)	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7 g	11%
Saturated Fat 2 g	10%
Trans Fat	
Cholesterol 45 mg	15%
Sodium 540 mg	22%
Potassium	
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 1 g	
Sugar Alcohols 0 g	
Protein 17 g	

Grilled Chicken

Protein: _____

Nutrition Facts	
Serving Size 8 medium berries (147g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	

Strawberries

Protein: _____

Nutrition Facts	
Serving Size: 1-1/4 cup (31g)	
Amount Per Serving	
Calories 120	Calories from Fat 4
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0.11 g	1%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 270.01 mg	11%
Potassium 49.91 mg	1%
Total Carbohydrate 26.48 g	9%
Dietary Fiber 0.31 g	1%
Sugars 2 g	
Sugar Alcohols	
Protein 2 g	

Rice

Protein: _____

Nutrition Facts	
Serving Size: 1 fillet (89g)	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 0.5 g	2%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 310 mg	13%
Potassium 260 mg	7%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 1 g	
Sugar Alcohols 0 g	
Protein 15 g	

Salmon

Protein: _____

Nutrition Facts	
Serving Size 236 g	
Amount Per Serving	
Calories 94	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 2g	

Carrots

Protein: _____

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to use food labels to make sure I am eating enough protein! Protein helps repair and maintain muscles and organs. Remember, you need to eat about 35 grams of protein everyday in order to keep your body healthy! Using food labels from items in your pantry, plan a day of meals that will provide at least 35 grams of protein.



BREAKFAST

LUNCH

DINNER

PROTEIN TOTAL: _____