

## **Lesson 6: Go Lean with Protein**

### **Activity Bin Materials and Instructions**

**Storage Bin Size Needed:** 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
Bin labels	<ul style="list-style-type: none"> <li>White easy peel labels</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 6: Go Lean with Protein, Activity Bin Labels</i>.</li> <li>2) Print the outside bin and inside lid labels on the white easy peel labels.</li> <li>3) Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid.</li> </ol>
Not applicable; for display and use throughout class	<ul style="list-style-type: none"> <li><i>MyPlate</i> poster</li> <li>Painter's tape</li> </ul>	<ol style="list-style-type: none"> <li>4) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, MyPlate Posters</i>.</li> <li>5) Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs.</li> <li>6) Painter's tape can be used to hang the <i>MyPlate</i> poster during class to avoid damaging walls or other surfaces.</li> </ol>
All activities	<ul style="list-style-type: none"> <li>Call bell</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase call bells for all activity bins (8 total).</li> <li>2) Put 1 call bell in each bin.</li> </ol>
Welcome and Reflect	<ul style="list-style-type: none"> <li>Back page of the <i>Make Half Your Grains Whole</i> worksheet</li> <li>1 large manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>1) Print 3 copies of the back page of the <i>Lesson 5: Make Half Your Grains Whole</i> worksheet, and laminate them.</li> <li>2) Place in a large manila envelope.</li> <li>3) Label the envelope "<b>Lesson 6: Laminated worksheets from previous lesson</b>".</li> </ol>

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Protein ounce equivalents and label detective	<ul style="list-style-type: none"> <li>• Protein food pictures               <ul style="list-style-type: none"> <li>○ Small hamburger</li> <li>○ Chicken breast</li> <li>○ Pork chop</li> <li>○ Piece of fish (halibut)</li> <li>○ Tuna</li> <li>○ Peanut butter</li> <li>○ Tofu</li> <li>○ ½ cup of cooked black beans</li> <li>○ 1 ounce nuts or seeds</li> <li>○ 1 hot dog</li> <li>○ 1 egg</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>4) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a>, and click on <i>Resources for Implementation, Activity Bins, Lesson 6: Go Lean With Protein, Protein Dairy Council Food Models/Pictures</i>.</li> <li>5) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back.</li> <li>6) Place all laminated pictures in a sealable plastic bag.</li> <li>7) Label the bag “<b>Lesson 6: Protein label detective</b>”.</li> </ol>
Let’s be active!	<ul style="list-style-type: none"> <li>• Music</li> <li>• Equipment to play music</li> </ul>	<ol style="list-style-type: none"> <li>1) Pack upbeat music with a moderately fast tempo.</li> <li>2) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Music</i> for examples of music with the appropriate tempo for this segment.</li> <li>3) Pack equipment to play the music so that participants can hear it (CD player, speakers, etc.).</li> </ol>

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Let's cook!	<ul style="list-style-type: none"> <li>• Laminated recipe scripts for:               <ul style="list-style-type: none"> <li>○ Simple Fish Tacos</li> <li>○ Lentil Tacos</li> <li>○ Tuna Salad</li> <li>○ Chili Tomato Beefy Macaroni</li> <li>○ Healthy Refried Beans</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> <li>• Hair ties</li> <li>• 1 small, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 6: Go Lean with Protein, Recipe Scripts</i>.</li> <li>2) Print the recipe scripts for all of the lesson's recipes, and laminate them.</li> <li>3) Label the large, sealable plastic bag "<b>Lesson 6 Recipe Scripts.</b>" Put the recipe scripts in the bag.</li> <li>4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. DO NOT store hair ties with food or food preparation equipment.</li> </ol>
Danger zone demonstration	<ul style="list-style-type: none"> <li>• 3 small, sealable plastic bags</li> <li>• Small craft pom-poms</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase small craft pom-poms at a local or online retailer.</li> <li>2) Put 10 pom-poms in one bag.</li> <li>3) Put 80 pom-poms in a 2<sup>nd</sup> bag.</li> <li>4) Put both bags in a 3<sup>rd</sup> bag.</li> <li>5) Label that bag "<b>Lesson 6: Danger zone demonstration.</b>"</li> </ol>
Testing for doneness	<ul style="list-style-type: none"> <li>• Food thermometers               <ul style="list-style-type: none"> <li>○ Dial instant read</li> <li>○ Digital instant read</li> <li>○ Oven cord thermometer</li> </ul> </li> <li>• Dry sponge</li> <li>• <i>Cook it safe!</i> magnet</li> <li>• Refrigerator thermometer</li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase the food thermometers and a sponge at a local or online retailer.</li> <li>2) Wet the sponge and leave it out to dry. Wait until it is fully dry before putting it in the activity bin.</li> <li>3) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Order Materials</i> to purchase the magnet and refrigerator thermometer.</li> <li>4) Put all items in a sealable plastic bag.</li> <li>5) Label the bag "<b>Lesson 6: Testing for doneness.</b>"</li> </ol>
Preview of the next lesson	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active Let's Cook!</i> cookbook</li> <li>• Post-it notes or page flags</li> </ul>	<ol style="list-style-type: none"> <li>1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "<b>Recipes for Bones</b>".</li> <li>2) Using Post-its, flag the recipes for <i>Lesson 7: Build Strong Bones</i>: Broccoli Cheese Soup, Fruit Smoothie, Skillet Mac and Cheese, and Salmon Patties.</li> </ol>

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*\*Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.\**