

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.

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

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

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Let's cook!	<ul style="list-style-type: none"> • Laminated Let's Cook! Station Set-up and Recipe Scripts for: <ul style="list-style-type: none"> ○ Simple Fish Tacos ○ Lentil Tacos ○ Tuna Salad ○ Chili Tomato Beefy Macaroni ○ Healthy Refried Beans • 1 plastic accordion folder • Hair ties • 1 small, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 6: Go Lean with Protein, Let's Cook! Station Set-Up and Recipe Scripts</i>. 2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes. 3) Label the plastic accordion folder "Let's Cook! Station-Set up and Recipe Scripts for Lesson 6." Put the Station Set-Up and Recipe Scripts in the accordion folder. 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.
Danger zone demonstration	<ul style="list-style-type: none"> • 3 small, sealable plastic bags • Small craft pom-poms 	<ol style="list-style-type: none"> 1) Purchase small craft pom-poms at a local or online retailer. 2) Put 10 pom-poms in one bag. 3) Put 80 pom-poms in a 2nd bag. 4) Put both bags in a 3rd bag. 5) Label that bag "Lesson 6: Danger zone demonstration."
Testing for doneness	<ul style="list-style-type: none"> • Food thermometers <ul style="list-style-type: none"> ○ Dial instant read ○ Digital instant read ○ Oven cord thermometer • Dry sponge • <i>Cook it safe!</i> magnet • Refrigerator thermometer • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Purchase the food thermometers and a sponge at a local or online retailer. 2) Wet the sponge and leave it out to dry. Wait until it is fully dry before putting it in the activity bin. 3) Visit www.eatingsmartbeingactive.com and click on <i>Order Materials</i> to purchase the magnet and refrigerator thermometer. 4) Put all items in a sealable plastic bag. 5) Label the bag "Lesson 6: Testing for doneness."

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Preview of the next lesson	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Bones". 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.

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