

Lesson 6: Vary Your Protein Routine

Activity Bin Contents 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: Vary Your Protein Routine, 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.
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"> 1.) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. 2.) Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs. 3.) 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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Common serving sizes of protein foods	<ul style="list-style-type: none"> • Protein Group Dairy Council food models <ul style="list-style-type: none"> ○ Ground beef hamburger ○ Fried chicken ○ Tuna-In label detective ○ Peanut butter ○ Tofu ○ Navy beans ○ Black-eyed peas ○ Walnuts ○ Sunflower seeds ○ Hard-cooked egg • 1 medium, 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: Vary Your Protein Routine, Protein Dairy Council Food Models</i>. Print and laminate individual food models with the food picture on the front and the Nutrition Facts Label on the back. 2.) Place the laminated food models in a sealable plastic bag. 3.) Label the bag “Common serving sizes of protein foods (9)”.
Label detective	<ul style="list-style-type: none"> • Protein Group Dairy Council food models <ul style="list-style-type: none"> ○ Roasted chicken ○ Black beans ○ Lentils ○ Tuna ○ Hot dog ○ Pork chop • 1 medium, 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: Vary Your Protein Routine, Protein Dairy Council Food Models</i>. Print and laminate individual food models with the food picture on the front and the Nutrition Facts Label on the back. 2.) Place the laminated food models in a sealable plastic bag. 3.) Label the bag “Lesson 6: Label detective (6)”.

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For addressing participant questions	<ul style="list-style-type: none"> • Protein Group Dairy Council food models <ul style="list-style-type: none"> ○ Roast beef ○ Steak ○ Fried egg ○ Scrambled egg ○ Peanuts ○ Refried beans ○ Bologna ○ Bacon ○ Piece of fish (halibut) ○ Hummus ○ Italian sausage ○ Ham ○ Pork sausage ○ Salmon ○ Turkey ○ Fish sticks ○ Shrimp ○ Chicken nuggets ○ Peanuts • 1 large, 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: Vary Your Protein Routine, Protein Dairy Council Food Models</i>. Print and laminate individual food models with the food picture on the front and the Nutrition Facts Label on the back. 2.) Place the laminated food models in a sealable plastic bag. 3.) Label the bag “Addressing participant questions about protein foods (19)”.

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Let's cook!	<ul style="list-style-type: none"> • <i>Let's Cook! Station Set-up and Recipe Scripts</i> 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: Vary Your Protein Routine 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.
The Danger Zone demonstration	<ul style="list-style-type: none"> • 2 small, sealable plastic bags • 1 medium, sealable plastic bag • 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 1 of the small bags. 3) Put 80 pom-poms in the 2nd small bag. 4) Put the small bags of pom-poms in the medium bag. 5) Label the medium bag "The 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 (small and thin to replicate thin piece of meat) • <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 "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 Build Strong 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, Salmon Patties and Collard Greens.

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