

Lesson 6: Vary Your Protein Routine

- *MyPlate* poster
- Painter's tape
- Call Bell
- Laminated recipe scripts for:
 - Simple Fish Tacos
 - Lentil Tacos
 - Tuna Salad
 - Chili Tomato Beefy Macaroni
 - Healthy Refried Beans
- 3 laminated copies of the back page of the *Make Half Your Grains Whole* worksheet
- Protein Dairy Council Food Models
 - "Common serving sizes of protein foods activity"
 - "Label detective" activity
 - "Addressing participant questions about protein foods"
- Danger zone demonstration supplies
- Testing for doneness supplies
 - Variety of food thermometers
 - Small, thin sponges
- Hair ties for participants with long hair
- *Eating Smart* • *Being Active* Cookbook

Lesson 6: Vary Your Protein Routine

- *MyPlate* poster
- Painter's tape
- Call Bell
- Laminated recipe scripts for:
 - Simple Fish Tacos
 - Lentil Tacos
 - Tuna Salad
 - Chili Tomato Beefy Macaroni
 - Healthy Refried Beans
- 3 laminated copies of the back page of the *Make Half Your Grains Whole* worksheet
- Protein Dairy Council Food Models
 - "Common serving sizes of protein foods activity"
 - "Label detective" activity
 - "Addressing participant questions about protein foods"
- Danger zone demonstration supplies
- Testing for doneness supplies
 - Variety of food thermometers
 - Small, thin sponges
- Hair ties for participants with long hair
- *Eating Smart* • *Being Active* Cookbook

Lesson 6: Vary Your Protein Routine

- *MyPlate* poster
- Painter's tape
- Call Bell
- Laminated recipe scripts for:
 - Simple Fish Tacos
 - Lentil Tacos
 - Tuna Salad
 - Chili Tomato Beefy Macaroni
 - Healthy Refried Beans
- 3 laminated copies of the back page of the *Make Half Your Grains Whole* worksheet
- Protein Dairy Council Food Models
 - "Common serving sizes of protein foods activity"
 - "Label detective" activity
 - "Addressing participant questions about protein foods"
- Danger zone demonstration supplies
- Testing for doneness supplies
 - Variety of food thermometers
 - Small, thin sponges
- Hair ties for participants with long hair
- *Eating Smart* • *Being Active* Cookbook

Lesson 6: Vary Your Protein Routine

- *MyPlate* poster
- Painter's tape
- Call Bell
- Laminated recipe scripts for:
 - Simple Fish Tacos
 - Lentil Tacos
 - Tuna Salad
 - Chili Tomato Beefy Macaroni
 - Healthy Refried Beans
- 3 laminated copies of the back page of the *Make Half Your Grains Whole* worksheet
- Protein Dairy Council Food Models
 - "Common serving sizes of protein foods activity"
 - "Label detective" activity
 - "Addressing participant questions about protein foods"
- Danger zone demonstration supplies
- Testing for doneness supplies
 - Variety of food thermometers
 - Small, thin sponges
- Hair ties for participants with long hair
- *Eating Smart* • *Being Active* Cookbook