



HEALTHY BEAR SAYS, "PICK YOUR PROTEIN"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

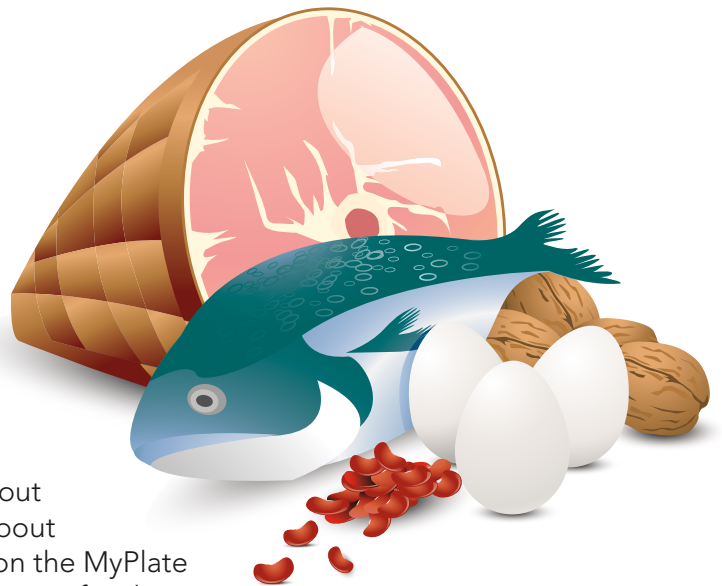
- › Children will name and describe foods in the protein group.
- › Children will practice rhyming.

MATERIALS:

- › MyPlate poster
- › Healthy Bear
- › Pictures or models of protein foods
- › Rhyming word list (provided, page 51)
- › Chart paper

PROCEDURE:

1. Explain that Healthy Bear is back to talk about protein. Ask the children what they know about protein and remind them where protein is on the MyPlate poster. Show them pictures or models of protein foods. Suggested phrases:
 - a. *What kinds of foods have protein?*
 - b. *Protein is found in meat (such as chicken, turkey, and beef), eggs, beans, peas, nuts, and more. (Show pictures of different protein foods).*
2. Tell the children that Healthy Bear wants to play a game with them. Explain that Healthy Bear likes to make up funny rhymes. Suggested phrases:
 - a. *Does everyone know what a rhyme is? It's when two words sound the same, like "big" and "pig" or "pan" and "man."*
 - b. *Healthy Bear loves to make up silly rhymes, but he needs your help. He wants to make up rhymes for different foods in the protein group.*
3. Encourage children to name protein foods, and make up silly rhymes with the names of the foods. Write the rhyming words on a piece of chart paper. Give them ideas (from the provided list) if they have a hard time coming up with rhymes. Suggested phrases:
 - a. *What rhymes with egg? Healthy Bear says he has an egg on his leg!*
 - b. *What about bean? Healthy Bear says that bean sure looks mean!*



ADAPTATIONS/EXTENSIONS:

Family Involvement: Tell the families what you did in class and encourage them to practice making up rhymes with their children.

Art: Encourage children to draw pictures of their favorite rhymes from the day using markers, crayons, or pencils.

EXAMPLES OF PROTEIN FOODS:

MEAT

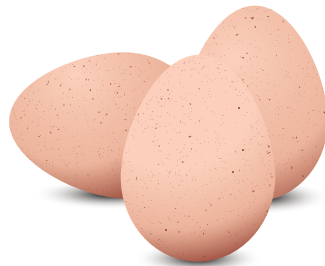
Chicken
Turkey
Beef
Ham
Pork

FISH

Tuna
Trout
Salmon

SHELLFISH

Clams
Crab
Lobster
Shrimp

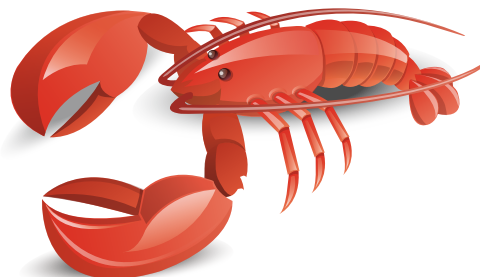
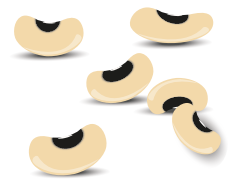


MISCELLANEOUS

Tofu
Eggs
Beans
Peas
Seeds

NUTS

Cashews
Peanuts
Peanut butter
Almonds
Pecans



SAMPLE RHYMES:

MEAT – beat, beet, eat, feet, heat, Pete, seat, street, sweet, treat

I found meat on my seat!

BEEF – chief, grief, leaf, thief

I think a thief stole my beef!

STEAK – bake, cake, make, shake, snake

Steak makes me shake!

HAM – am, bam, clam, jam, lamb, ma'am, Sam, slam, yam

I like to eat my ham with jam!

Yes ma'am, we want more ham!

PORK – cork, fork, stork

I eat my pork with a fork!

FISH – dish, squish, swish, wish

I put my fish in a dish!

EGG – beg, Greg, leg, Meg, Peg

Hey- there's an egg on my leg!

BEAN – clean, Dean, green, jean, lean, mean, seen, teen

That bean sure looks mean!

PEA – be, bee, free, key, me, three, tree

Buzzy the bee once ate a pea!

One time I saw a pea up in a tree!

NUT – but, cut, gut, shut

Have you ever tried to cut a nut?

SEED – bead, feed, lead, need, read

I ate a seed as small as a bead!