

POWERFUL PROTEIN

Focus Lesson: Powerful Protein

Materials:

Chicks and Chickens by Gail Gibbons
The Monster Health Book by Edward Miller

Choosemyplate.gov

Time: 1 hour

***Common Core Standards:**

CCSS.ELA-Literacy.W.5.7

Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.

CCSS.ELA-Literacy.RI.5.3

Explain the relationships or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text

Thinking Skill:

Compare/contrast, Search for Information, Reading Nutrition Labels

Objective:

Students will identify the nutritional value in eggs and chicken meat.
 Students will compare and contrast different protein products and analyze their health benefits.

Connection:

As a class, name different sources of protein? (i.e. hamburger, pork chops, shrimp, cod, chicken, etc)
 Did you know that eggs are also part of the protein group?
 Don't forget to include legumes (beans), peas, soy, nuts, and seeds!

Explicit Instruction:

Read about gathering eggs and raising chickens on last few pages (pages aren't numbered) of *Chicks and Chickens* by Gail Gibbons.

Discuss:

- What are the different ways we use chickens for food? There are eggs and meat.
- What are some different ways you've eaten chicken meat? Eggs? Do you think you get the same nutrition from these different foods?
- Meat and eggs are both types of protein.
- Read and discuss pages 10 and 11 of *The Monster Health Book*.

Guided Practice:

Divide the class into several groups and assign a type of protein to research (meat, poultry, seafood, nuts/seeds, beans/peas, soy). Students should include a list of foods in their group and their health benefits. They should also consider both healthier options (such as skinless chicken and lean meat) and food safety (avoiding raw meat or poultry, hand and kitchen hygiene) in their research.

Ask students to present their findings. What food did you analyze, and is it good for you? In what ways is it good for you?

Model creating a Venn Diagram comparing two types of protein to see how they're similar and different (ie. shrimp and lentils: animal or plant based, nutrients such as omega-3, fiber, and iron).

Independent Practice:

Allow students to select two items to independently create a Venn Diagram which compares two protein food items.

Reflection – Group Share:

Share your Venn Diagrams and conclusions

Discuss: Why is it important to eat different types of proteins?

Reading list:

Chicks and Chickens by Gail Gibbons

The Monster Health Book by Edward Miller

Choosemyplate.gov (<http://www.choosemyplate.gov/protein-foods>)

Teacher Note: