**LifeLink: Protein Taste Test**

**Part 1: General Protein Discussion** (Megan)

“Who can tell me what they think protein is?”

*Take a few responses, then give brief explanation*:

“Like carbohydrates and fat, protein is one of the major nutrients our body needs because of the calories, or energy it provides. They are also so important for the growth, maintenance, and repair of our body’s tissues! That’s why protein is essential to build strong muscles, and keep our organs and immune system healthy. Protein also plays a big role in keeping our hair, nails, and skin nice and healthy. Including protein in every meal or snack also helps us stay full for a longer period of time after eating.”

**Part 2: Sources of Protein** (Erin)

Ask: Who can tell me some sources of protein? Think of foods that you believe help you build strong muscles!

*Take some responses*

Best Sources: (name those not mentioned)

- Beef
- Poultry
- Fish
- Eggs
- dairy products
- Nuts (mention peanut butter)
- Seeds
- Legumes like black beans and lentils

Protein is great for so many things, but like with carbohydrates and fat, we can’t eat too much at once...or it can lead to weight gain! Ideally, each meal would contain one serving of protein.

*Quick Lesson using Serving Sizes and Props* Now for the exciting part of the lesson! We are going to try some interesting foods, some of which you may not have realized are excellent sources of protein.

**Part 3: Taste Test** (Megan and Erin)

Now for the exciting part of the lesson! We are going to try some interesting foods, some of which you may not have realized are excellent sources of protein.

*Move over to foods*

*Hold up food samples as we explain*

**ALMONDS (Megan):** As we mentioned, nuts are an excellent source of protein! You probably wouldn’t eat them as a meal, but they are a snack that is guaranteed to be satisfying, and has all the healthy
effects of protein that we’ve talked about. These almonds are lightly salted to make them even more delicious, and you can find them with all types of flavors, and even eat them raw.

*Show edamame*

**EDAMAME (Megan):** Ask: *Does anyone know what this is called?* This is edamame, and you might not expect it be a good source of protein, but it is an excellent one! Like almonds, they make a delicious and filling snack. If you’ve had them before, you know that you do not eat this pod as a whole! You have to bite the little beans out from the middle to receive the snack: the small, green soy beans inside. Adding just a little salt to the edamame pods make the absolutely delicious.

**TOFU (Erin):** Erin’s Script

**Planning:**

- Almonds: 20 snack bags with 5-10 almonds each (Megan)
- Edamame: 20 bowls/cups with ~2-3 edamame pods each (Megan)
- Tofu(Taylor)