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**UNIT: FOODS AND NUTRITION****TOPIC: Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group**  
**TIMELINE: 2-3 days**

**TEACHER NOTE:** Although the official title of the food group providing protein is the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group, for simplification in printing and speech, this group will be referred to as the Protein Group.

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**OBJECTIVES:**

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1. Students will identify foods that are found in the protein group.
2. Students will identify where protein foods originate.
3. Students will learn and practice methods of preparing protein foods.
4. Students will identify the nutritional value of proteins.

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**MOTIVATORS:**

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1. **TRIVIA:** Use trivia questions as motivators for the protein unit. (page 6)
2. **PROTEINS:** Explain what proteins are and the role they play in our diets. (page 8)
3. **TYPES OF PROTEIN FOODS:** Discuss the information with the students. (page 9-10)
4. **FATS:** Relate how fats are an integral part of the protein group. (page 11-12)
5. **POULTRY:** Discuss the types of poultry and how to care for this type of protein. (page 13)
6. **EGGS:** Explain why eggs are a part of the protein group and the purpose they have in food preparation. (pages 14-15)
7. **SEAFOOD:** Discuss the types of seafood and how to prepare it. (pages 16-17)
8. **DRIED LEGUMES:** Identify types of legumes and the role they play in a balanced diet. (pages 18-19)
9. **RED MEATS:** Introduce the types of red meat to the class. (page 20)
10. **MEAT COOKERY:** Explain methods and purposes for cooking meat. (pages 21-22)
11. **NUTRIENT DENSITY:** Use the food comparison cards to complete this activity. (page 23)

**MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP OVERVIEW, continued**

12. **PAN BROILING EXPERIMENT--DRY HEAT METHOD:** Share the information with the class as you present this experiment. (pages 24-25)

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**INDIVIDUALIZED ACTIVITIES:**

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1. **ASSIGNMENT SHEET:** Give each student an assignment sheet and review any necessary information with them. (page 4)
2. **SUMMARY SHEET:** Give each student a summary sheet to complete as the lesson on dietary guidelines is taught. (page 5)
3. **PAN BROILING MEAT EXPERIMENT:** Have each student complete an evaluation of the experiment. (page 26)
4. **A TO Z's OF PROTEIN:** Using the classroom text, have the students complete this worksheet. (pages 27-28)
5. **PROTEINS DISCOVERY:** Using the comparison cards, have the students complete the worksheet. (pages 29-30)
6. **THE EGG AND I CROSSWORD PUZZLE:** Have students complete the crossword puzzle, using the textbook as a reference. (pages 31-32)
7. **COMPUTER PROGRAM:** Have students complete a computer program dealing with proteins.
8. **FIND THE FATS:** Have students read the information and complete the activity. The teacher will need to provide the following food items with complete nutritional labeling: Snickers, Chili, Chocolate milk, Doritos, Oreos, Chicken Noodle Soup, Peanut Butter, Ranch Dressing, Eskimo Pie, Ritz Crackers. (pages 33-35)

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**REVIEW/TEST:**

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1. **PROTEINS REVIEW GAME:** Play the game to review the information covered on the test. (pages 36-40)
2. **PROTEINS TEST:** Have students complete the test. (pages 41-44)

**MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP OVERVIEW, continued**

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**LABS:**

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1. EGG MCMITH LAB (page 45)
2. NAVAJO TACOS LAB (page 46)
3. SPANISH OMELET LAB (page 47)
4. TACO SALAD LAB (page 48)
5. TUNA BURGERS LAB (page 49)
6. PROTEIN RECIPES (pages 50-51)

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**CHALLENGE PROJECTS:**

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1. **SHOPPING FOR PROTEINS:** Have students complete a shopping experience to compare the nutritional comparisons of different foods. The teacher will correct this worksheet.
2. **CREAM PUFFS:** Have students make cream puffs at home.

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**SUMMARY:**

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Proteins come from many sources. Each type of protein must be prepared in the special manner to maximize the quality of the product. Proteins provide many essential nutrients for our bodies.

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**RESOURCES:**

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Career Aids  
20417 Norahoff St. Dept. TE6  
Chatsworth, California 91311  
1-800-243-7116

The computer program "Grease" (\$39.95) fits very well in this unit.