

Chef Solus Protein Group Word search Puzzle!



- CHICKEN
- SOYBEANS
- PORK
- FISH
- BEANS
- BEEF
- WALNUTS
- PROTEIN
- SEEDS
- PEANUTS
- LEAN
- MUSCLES
- EGGS

S T U N A E P I L J
 A A K W H K R O P O
 F U G M A U E F F S
 I Y Q N X L X U E G
 S O Y B E A N S E G
 H M V X H K V U B E
 N A E L X S C P T Y
 S N A E B T E I H S
 N I E T O R P E H L
 N E Y F L F Q F D C
 S E L C S U M T A S

Protein Group

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SUMMER NUTRITION CLUB SUPERHEROES

MISSION 2:

**POWERFUL PROTEIN
 & GLORIOUS GRAINS**



G L E A N E R S

MIX IT UP WITH TRAIL MIX

Trail mix is a fun and easy snack you can make a ton of different ways! This page has ideas for ingredients you can use to make your own trail mix.

PROTEIN

- Peanuts
- Cashews
- Roasted Chickpeas
- Almonds
- Pistachios
- Sunflower Seeds
- Pumpkin Seeds

GRAINS

- Pretzels
- Granola
- Cheerios
- Popcorn
- Goldfish
- Animal Crackers

FRUITS

- Raisins
- Banana Chips
- Craisins
- Dried Apple
- Dried Mango
- Toasted Coconut
- Dried Apricot
- Dried Blueberries

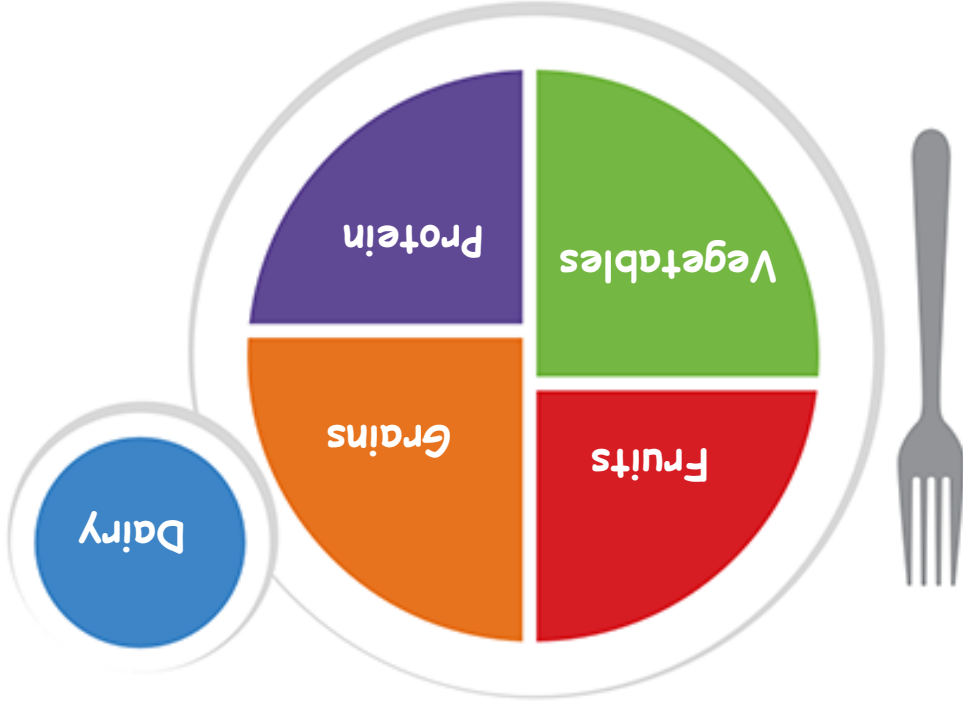
OTHER ADDITIONS

- Chocolate Chips
- Yogurt Chips
- Marshmallows
- White Chocolate Chips

Try to incorporate as many food groups as possible!

Spices like cinnamon, Cajun seasoning, garlic powder, and chili powder can give your trail mix an extra kick.

MYPLATE



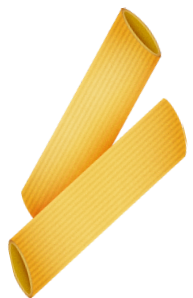
Hi! I'm Powerful Protein

And I'm Glorious Grains



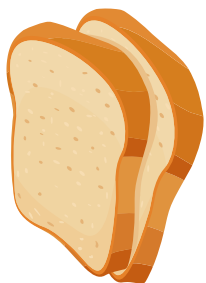
Look for whole grain options!

? GUESS THE GRAIN ?



#1:  OR 

#2:  OR 



#1:  OR 



#2:  OR 



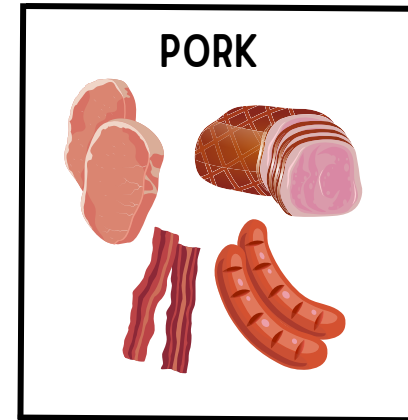
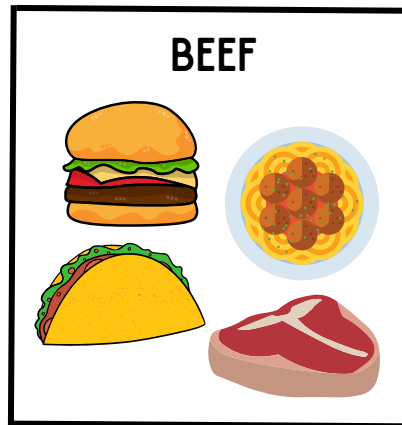
#1:  OR 

#2:  OR 

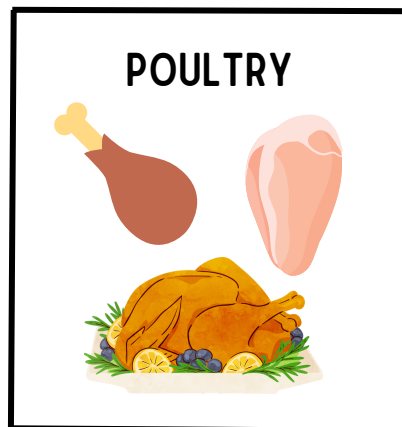
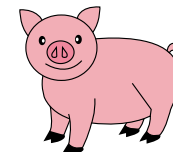
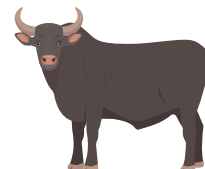
WHOLE GRAIN **REFINED GRAIN**

KEY:  

ANIMAL PROTEINS



Draw a line to match each animal below with the correct animal protein group.



PLANT PROTEINS



BEANS



NUTS/SEEDS



LENTILS



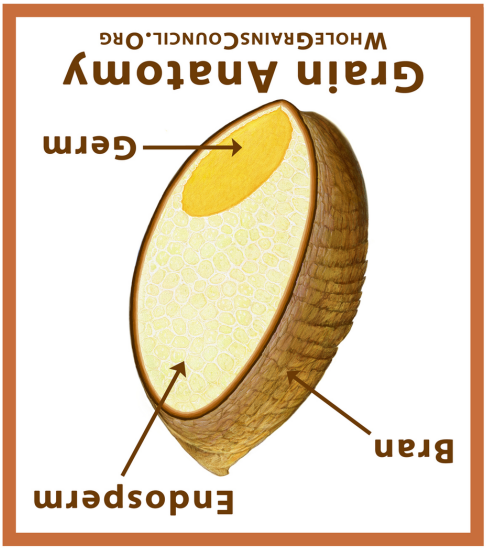
TOFU

GRAIN ANATOMY

Bran = Fiber to keep you full

Endosperm = energy

Germ = B vitamins to turn food to energy



HALF YOUR GRAINS WHOLE

WHOLE GRAIN LABELS

