

# SUMMER NUTRITION CLUB SUPERHEROES

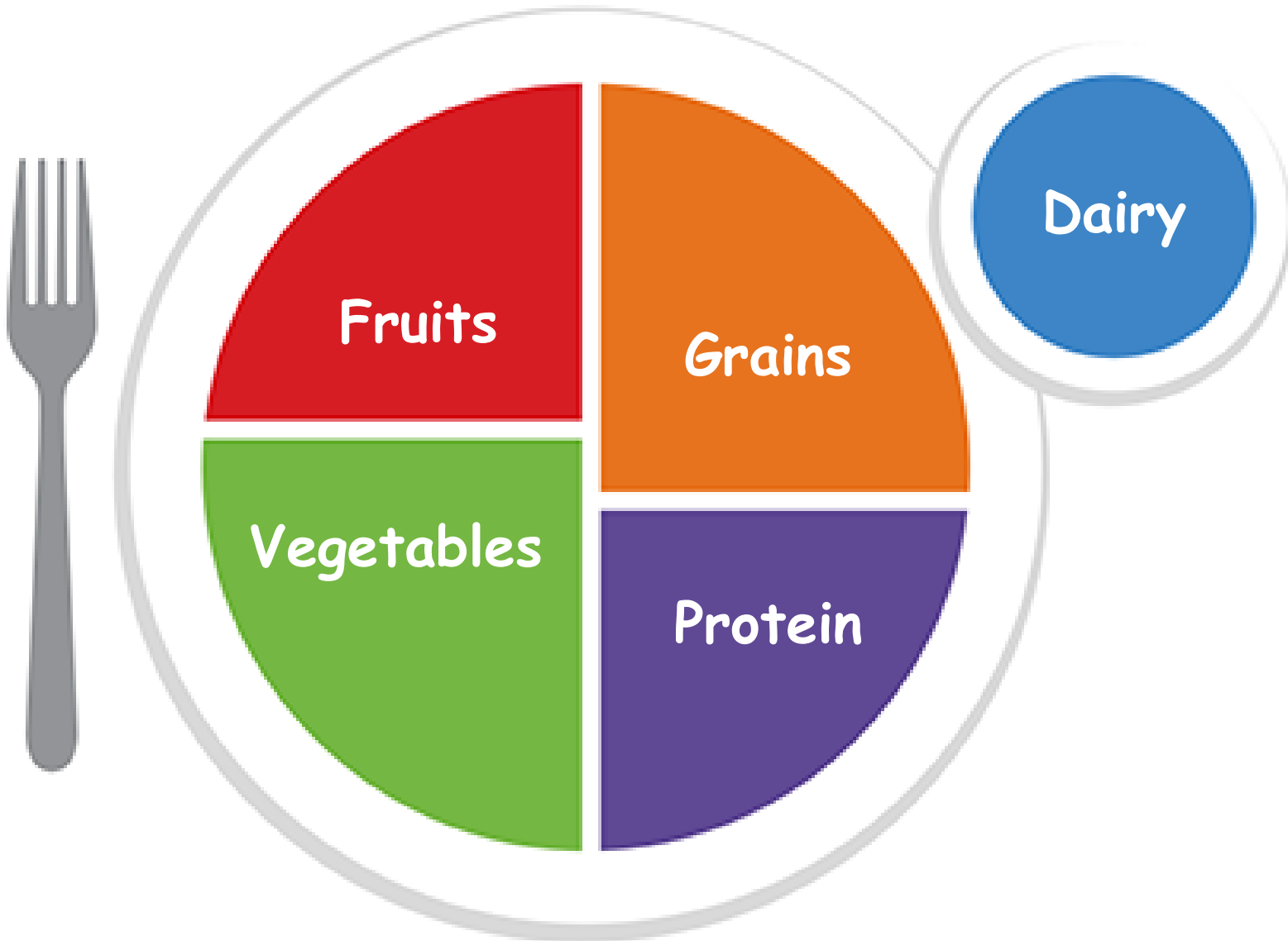
**MISSION 2:**

**POWERFUL PROTEIN  
& GLORIOUS GRAINS**



G L E A N E R S

# MYPLATE



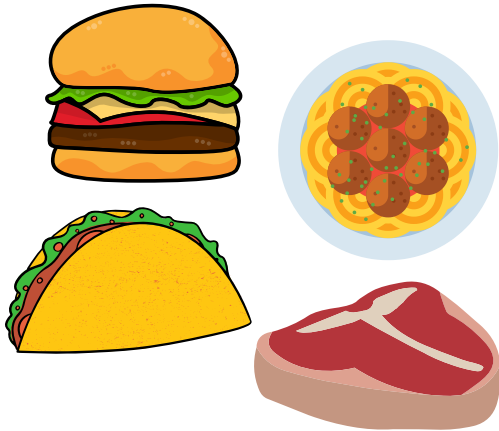
Hi! I'm  
Powerful  
Protein

And I'm  
Glorious  
Grains

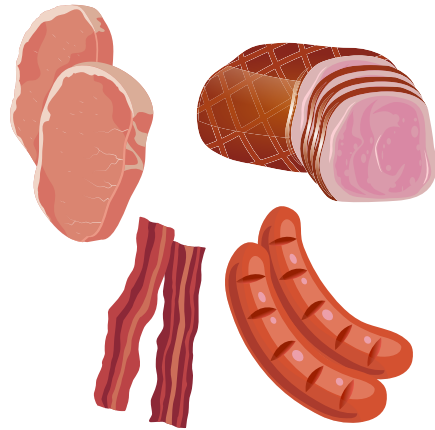


# ANIMAL PROTEINS

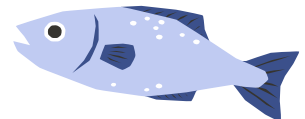
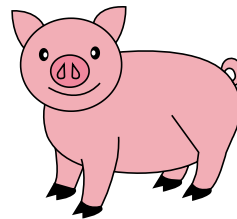
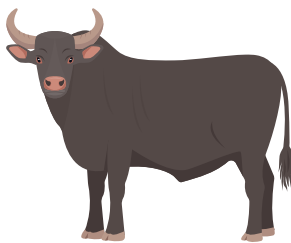
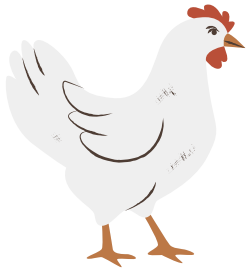
## BEEF



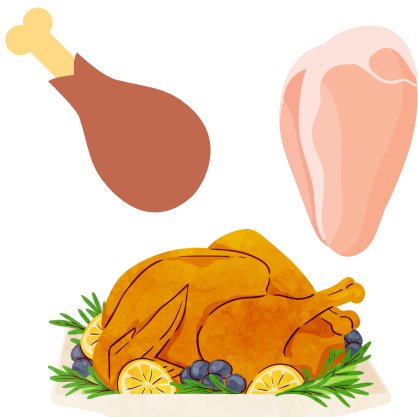
## PORK



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



## POULTRY



## FISH/SEAFOOD



# PLANT PROTEINS



## BEANS



## NUTS/SEEDS



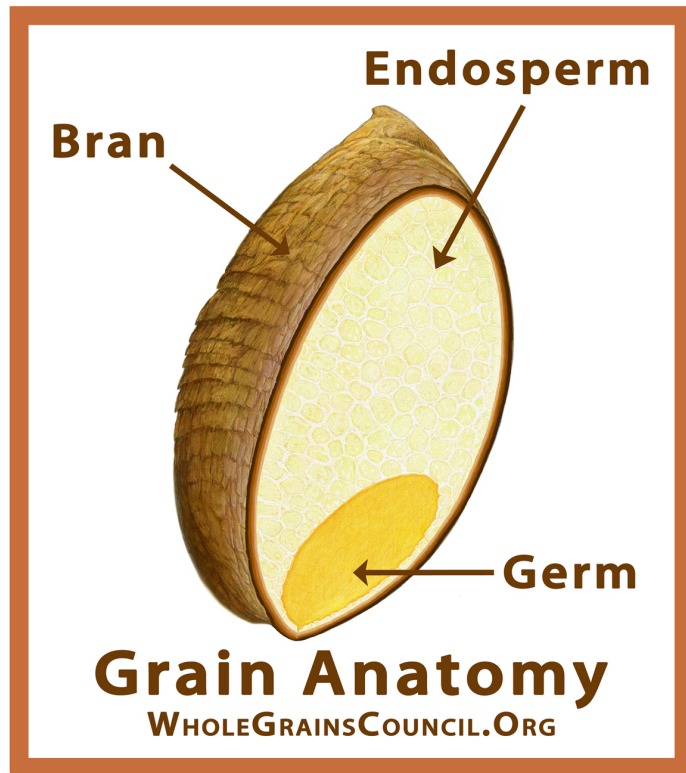
## LENTILS



## TOFU



# GRAIN ANATOMY



**Bran** =  
Fiber to keep you  
full

**Endosperm** =  
energy

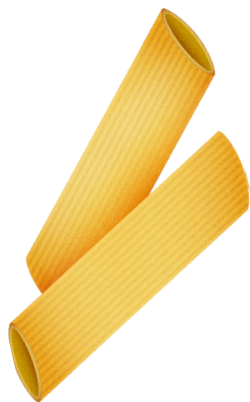
**Germ** =  
B vitamins to turn  
food to energy

**HALF** YOUR GRAINS **WHOLE**

## WHOLE GRAIN LABELS



# ? GUESS THE GRAIN ?



#1:



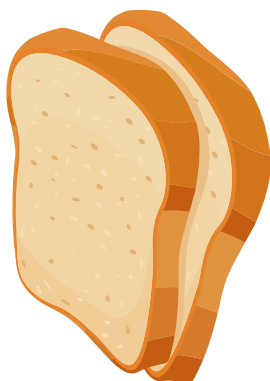
OR



#2:



OR



#1:



OR



#2:



OR



#1:



OR





#2:



OR



	WHOLE GRAIN	REFINED GRAIN
KEY:		

# 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.

Look for whole grain options!

## GRAINS

Pretzels  
Granola  
Chex Cereal  
Cheerios  
Popcorn  
Goldfish  
Animal Crackers

## PROTEIN

Peanuts  
Cashews  
Roasted Chickpeas  
Almonds  
Pistachios  
Sunflower Seeds  
Pumpkin Seeds

## 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.