

# POWER UP with Protein



**Protein keeps your body strong and healthy. Break the secret code below to learn how! Fill in the blanks by writing the letter that goes with each number.**

Protein builds strong  $\frac{B}{2} \frac{15}{14} \frac{5}{19}$  ,  $\frac{S}{19} \frac{11}{9} \frac{14}{14}$  ;

and  $\frac{13}{21} \frac{S}{19} \frac{3}{12} \frac{5}{19}$  .

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

## Protein foods can come from plants or animals.

Draw a **green circle** around all of the foods that come from **plants**.

Draw a **red square** around all of the foods that come from **animals**.



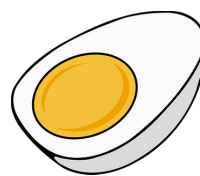
## Peanut butter



# Tuna



## Chicken



Egg



## Black beans



Edamame



## Shrimp



## Almonds



Hamburger

