

Cut out the shapes to make a fan book. Punch through the circles and then tie the shapes together. Glue the shape on the bottom of your stack onto your paper..

Complete Proteins



A complete protein contains all 9 of the essential amino acids your body needs. Remember your body can't make essential amino acids. You must get them from the foods you eat!

Poultry



Fish



eggs



meat



dairy



Note: There is room under each word in case you want to copy it / write it underneath.

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Incomplete Proteins

○ Incomplete proteins do not have all 9 of the essential amino acids.

Vegetables

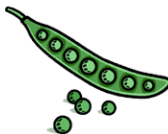
Draw some veggies!

especially...

○ peas

○ beans

○ peanuts



Cut out the picture squares and paste them where they go. You can also add your own drawings of the items.