

# SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 4: Protein & Physical Activity

## THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned that the real secret to increasing your body's energy and strength is to eat more protein. Protein is a key nutrient for

## WHAT THIS MEANS AT HOME:

**WHAT IS CONSIDERED A PROTEIN?** Beef, poultry, seafood, beans/peas, eggs, processed soy, nuts, and seeds.

**WHY DO OUR BODIES CRAVE PROTEIN?** Protein is the building block for your bones, muscles, cartilage, skin, and blood. Eating protein provides your body with nutrients like Vitamin B, Vitamin E, Iron, Zinc, and Magnesium.

**HOW MUCH PROTEIN DOES MY CHILD NEED TO EAT EACH DAY?** Boys and girls ages 9-13 should consume 5 oz. equivalent of lean protein each day

**WHAT DOES A 1 OUNCE EQUIVALENT OF CERTAIN PROTEINS LOOK LIKE?**

- 1 oz. cooked meat, poultry, fish
- ¼ c. cooked beans
- 1 egg
- 1 Tbs. peanut butter
- ½ oz. nuts/seeds

**ARE ALL PROTEINS GOOD FOR US?** There are two types of protein. Lean proteins which are good for us, and unhealthy proteins that are not so good for us because they are high in saturated fats. These unhealthy proteins can also cause bad cholesterol levels to rise in our blood.

**EXAMPLES OF GOOD PROTEIN INCLUDE:** Lean/low fat meats (92% lean or 8% fat); ground meat, turkey, chicken; Seafoods high in omega 3 fatty acids: salmon, trout, herring; Lean cuts of pork, beef, chicken, turkey; Egg whites, and Plant based proteins such tofu, unsalted almonds, cashews, sunflower, pumpkin seeds, cooked black beans, pinto beans, and lima beans.

**EXAMPLES OF BAD PROTEIN INCLUDE:** Fatty cuts of meat, sausage, hot dogs, bacon, egg yolks, and processed deli meats like bologna and salami.

muscle growth and repair. Eating protein found in plants and animals will provide your body with strength.

## FAMILY ACTIVITIES & TABLE TALK

Pick one day each week to engage in these fun healthy eating activities and use these healthy discussion questions to get the dinner table conversations started!

### FOOD CRITIC

Brainstorm with your family one of your favorite family meals and think about how you could include or substitute lean protein into the recipe. Discuss the recipe together and make a commitment to make the meal one day this week. After you finish eating, rate the newly improved dish on a scale of 1-5 (5 being the best) for the following categories: taste, presentation, and overall health.

### SEED ROAST

Go to a local market and buy 1 fresh squash. Options include: pumpkin, butternut squash, spaghetti squash, and acorn squash. Carefully cut open the squash and scoop out the seeds. (Save the flesh to use in another dish later in the week). Preheat the oven to 300 degrees F. Rinse the seeds in a bowl and then toss seeds with 1 T of olive oil and ½ t of salt. Spread the seeds in a single layer on a baking sheet and bake in the oven for 30-45 minutes until golden. Remove, cool, and enjoy as a snack all week long!

### Discussion Questions

1. Think about what you ate yesterday for breakfast, lunch, and dinner. How could you include one healthy form of protein for each meal of the day?



## HELLO FROM COMMON THREADS!

[www.commonthreads.org](http://www.commonthreads.org)

#cookingforlife

Common Threads is a non-profit bringing health and wellness to children, families, and communities through cooking and nutrition education.

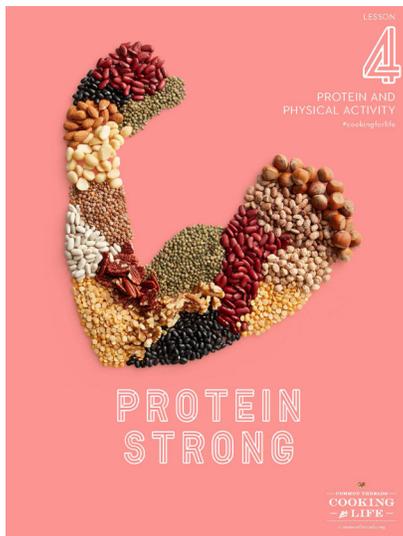
Your child's teacher is teaching our Small Bites lessons on healthy snacks and nutrition. As a part this program, these parent newsletters are being sent home to share what your student is learning and give them a chance to share healthy information with the family!

# KIDS ACTIVITY

# 4

## PROTEIN & PHYSICAL ACTIVITY

#cookingforlife



### JOIN THE COMMON THREADS FAMILY!

Join Common Threads to help your student make healthy choices at school and at home!

1. Go to [www.commonbytes.org](http://www.commonbytes.org), make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking Classes and Parent Workshops! Not offered at your school? Help us bring them to you by emailing [classes@commonthreads.org](mailto:classes@commonthreads.org).



# PROTEIN STRONG

## KIDS! SHOW WHAT YOU KNOW!

In order to be successful, people must set goals and track their progress. Goals do not only apply to the classroom but to our health as well!

Directions: Use the **SMART** goal planning chart below to create a lean protein goal. When you finish writing out your goal, share what you wrote down with your family. You can also cut out the goal and place it on your refrigerator to hold yourself accountable each day of the week!

### HOW TO CREATE A SMART GOAL

**SPECIFIC:** goals should only focus on one thing

**MEASURABLE:** goals need to contain a numbered amount so we can track progress

**ATTAINABLE:** goals should be something we can actually achieve

**REALISTIC:** goals should be something that is possible for us to accomplish

**TIMELY:** create a date so we know when we have to accomplish our goals by

### WRITE YOUR SMART GOAL HERE!

S: \_\_\_\_\_

M: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

T: \_\_\_\_\_

Example:

S: I will eat more vegetables.

M: I will pack at least one vegetable in my lunch; or eat one vegetable from the school cafeteria.

A: I really like the way most vegetables taste, so this is something I know can do.

R: I have vegetables available to eat at home and school.

T: I will eat one vegetable a day for the next month.