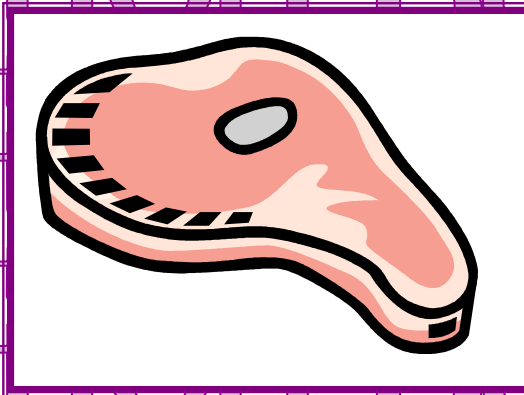


Food Group: Meat & Beans
Lesson 1



Worksheet: What Foods Are In The Meat & Beans Group?
Activity: Sample food from the meat & beans group

1) Materials:

- Worksheet “What Foods Are In The Meat & Beans Group?”
-One copy per child
- Samples of foods from the meat & beans group: (including but not limited to) ***Remember to check for food allergies***

| | |
|------------|---------------|
| Lunch meat | Black beans |
| Chicken | Kidney beans |
| Beef | Almonds |
| Pork | Cashews |
| Ham | Peanut butter |
| Turkey | Tuna |
- Start and end worksheet
-One copy per child
- Optional: Overhead transparency of the word search

3) Activity:

Go through the worksheet together naming the foods in the meat & beans group.

Using an overhead transparency may be helpful in completing the word search (Words only go across or down)

As they name the foods allow them to sample them.

When finished have the children fill out the end portion of the worksheet and collect them

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will learn about the meat & beans group of the food pyramid today
- Hand out a start and end worksheet to each child and have them write their name on the top. Ask them to complete the start portion. (allow 1 minute)
- Hand out the word find worksheet
- Remember to praise the child(ren) for their great list

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

name: _____

start

Circle the foods you think are in the meat & beans group

Cherries

Black beans

Corn

Turkey

Milk

Pork

Peanuts

Juice

Cereal

Hot dogs

Chicken

Kidney beans

Fish

Hamburger

Oranges

Potatoes

end

Circle the foods you think are in the meat & beans group

Hamburger

Fish

Potatoes

Pork

Corn

Oranges

Peanuts

Juice

Cereal

Hot dogs

Chicken

Kidney beans

Black beans
















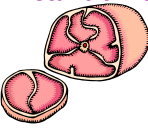

Cherries

Turkey

Milk

What Foods Are In The Mean & Beans Group?

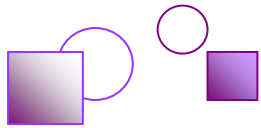
Word Bank

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Almonds | Chicken | Ham | Luncheon Meat | Salmon | Turkey |
|  |  |  |  |  | |
| Beef | Crab | Kidney Beans | Pecans | Shrimp | |
|  |  |  |  |  | |
| Black beans | Eggs | Lima Beans | Peanut Butter | Trout | |
|  |  |  |  |  | |
| Cashews | Halibut | Lobster | Pork | Tuna | |

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

Worksheet Key

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



Evaluation & Report Form

Chapter: _____ **Report Filled Out By:** _____

Type of site: _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

- Entire School Church group
 Specific grade level (what grade) Community partner _____
 After school group One on One Mentorship
 Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

_____ Total number of youth that participated

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%)

_____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule based on the results of the first worksheet.

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session. 0-little to no knowledge – 10-know it all!

Beginning _____

Completion _____

Comments:

Comments:

List any comments you have on this capsule and/or ways it could be improved: