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

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

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

4) Wrap-Up
- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office
Circle the foods you think are in the meat & beans group

<table>
<thead>
<tr>
<th>Cherries</th>
<th>Black beans</th>
<th>Corn</th>
<th>Turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Pork</td>
<td>Peanuts</td>
<td>Juice</td>
</tr>
<tr>
<td>Cereal</td>
<td>Hot dogs</td>
<td>Chicken</td>
<td>Kidney beans</td>
</tr>
<tr>
<td>Fish</td>
<td>Hamburger</td>
<td>Oranges</td>
<td>Potatoes</td>
</tr>
</tbody>
</table>

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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

Worksheet Key

Capsule 7
Meat & Beans
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:

Please send completed forms to MN FCCLA PO Box 131386 Roseville MN 55113