

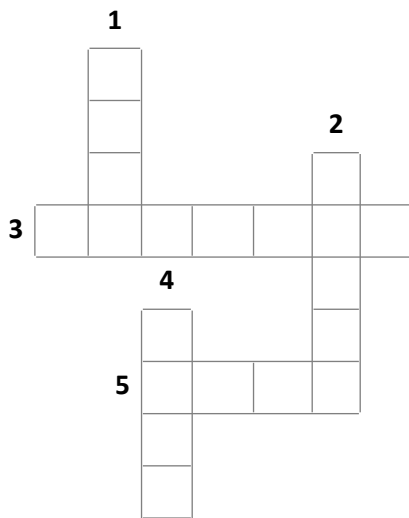
Protein

Protein is the nutrient that helps to build up muscle, and is very important while you are still growing. It is found in most parts of the body, such as the muscle, bone, skin, and hair.



Athletes make sure that they get their protein so when they play. A diet full of nutrients and protein will give you the energy to play at your very best and will help your muscles repair for your next game! Good proteins include beans, meat, chicken, eggs, and fish.

Read the clues to learn about the types of protein:



Across:

3. Lives on a farm and should be eaten 2-3 times per week.

5. Are a great source of protein AND a good fat!

Down:

1. Can be found swimming in the ocean AND is a good fat

2. Varieties of this protein include black, pinto, garbanzo, kidney, and lima.

4. A source of protein that should only be eaten 1-2 times a week

Each day one week, check off all the proteins that you ate that day:

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Fish							
Meat							
Chicken							
Eggs							
Beans							