You Will Need: (enough for each student):
Food coloring sheet on the last page, crayons, scissors
For the “cookies”: peanuts, sunflower seeds, mozzarella cheese, cream cheese, peanut butter, honey, and apples (sliced into discs); paper plates, serving bowls/utensils for each ingredient.

1. Discuss how our bodies, like cars needs different forms of fuel. Proteins represent the fuel that helps our bodies grow and are the building blocks of muscles and bone. If our bodies are not given adequate fuel, our energy will be low and our bodies weakened.
2. Color and cut out the food drawings. Discuss which are carbohydrates, fats and proteins. Have students identify which are animal and plant proteins, sorting their drawings into food categories.
3. Introduce the various “cookie” ingredients, each in its own serving bowl. Then have the students separate the bowls into groups of carbohydrates, plant proteins and animal proteins.
4. Challenge your students to build a powerful protein cookie using two to three different proteins.
5. Have your students share which proteins they used in their cookies. Eat and enjoy!

What do you think would happen if someone did not eat enough protein?
If someone is vegetarian (does not eat meat), what are some other foods they could use to ensure they are eating enough protein?
What is your favorite meal? Is there any protein in that meal?
If not, what yummy protein-packed ingredients could you add to that meal
Protein Packed Bean Salad

• Large bowl and spoon for mixing; bowls and spoons for serving.
• 1 can Del Monte® Cut Green Beans, drained
• 1 can Del Monte® Cut Wax Beans, drained
• 1 can kidney beans, rinsed and drained
• 1 stalk celery, thinly sliced
• 1/4 cup bottled Italian salad dressing
• 1/2 tsp. hot pepper sauce, optional

Combine green beans, wax beans, kidney beans, celery, dressing and hot pepper sauce, if desired, in a large bowl. Cover and refrigerate at least 30 minutes. Serve and enjoy!

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Museum Partner: Discovery Center of Murfree Spring

GrowingGreat is a California nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.

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