



School and Home Connection



What are we learning about this week?

This week we learned about **protein** and how it builds up strong **muscles** in the body. We learned about healthy protein food choices and did some exercises to strengthen our muscles.



What is this week's goal?

Choose 3 protein servings every day this week!



Review with your child:

1. We need plenty of protein foods to build up strong _____. (Muscles)
2. What are some protein foods that you like to eat? (Any meats, nuts, beans, eggs)
3. What is the job of the muscles in the body? (To move!)



Take action:

Try a new non-meat protein option this week and see how your family likes it! You could try beans, lentils, or tofu. These foods are often high in protein but lower in saturated fat than some traditional meat options. They are often much less expensive too!