



School and Home Connection



What are we learning about this week?

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



What is this week's goal?

Choose 3 protein foods every school day this week!



Review with your child:

1. What kinds of foods in the protein group do you like to eat? (Meats, eggs, beans, nuts)
2. What is the main job of the muscles in the body? (To move!)
3. Can you name and point to one of the muscles you learned about today?



Take action:

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