

**Proteins**

Cutty needs your help to build strong muscles! Decide which proteins from the word box he should eat and write them in beside the weights.

---



---



---



---



---



---



<b>Chicken</b>	<b>Celery</b>	<b>Eggs</b>	<b>Toast</b>	<b>Pinto Beans</b>	<b>Almonds</b>
<b>Swiss Cheese</b>	<b>Peanuts</b>	<b>Walnuts</b>	<b>Chips</b>	<b>Pumpkin Seeds</b>	

We learned eggs are great sources of protein and can be eaten for breakfast, lunch, and dinner! What are some different ways you can prepare eggs?

1. om\_let

4. h\_rd boi\_ed

2. scr\_mbl\_d

5. po\_ched

3. ov\_r - e\_sy

