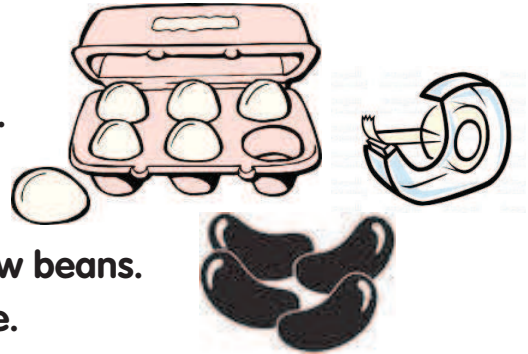


## Proteins

### Shake Things Up!

Let's have some fun with proteins! Beans and eggs are both really great sources of protein and can be incorporated into a lot of different kinds of meals. Here is how you can make a musical shaker based on some of the proteins you just learned about.

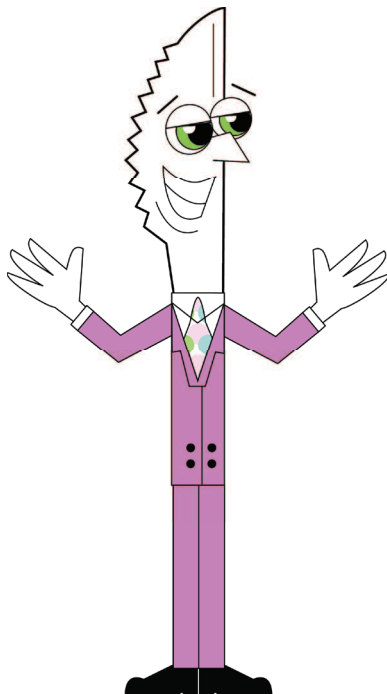
You will need: tape, egg carton, and dry beans.



1. Cut an empty egg carton in half.
2. Fill in each of the dips in the carton with a few beans.
3. Close the carton and seal the holes with tape.
4. Shake your protein instrument!

### Have you heard?

Cutty has decided to be a vegetarian! Help him put together a grocery list full of proteins that he can buy at the store, that are not meat or fish.



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