

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.



Chicken	Celery	Eggs	Toast	Pinto Beans	Almonds
Swiss Cheese	Peanuts	Walnuts	Chips	Pumpkin Seeds	

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

