

## Proteins and Other Sources

Warm Ups: Chicken Stretch (Stretching)

Target Grades: K-5

Goal: This activity imitates a chicken patrolling a barnyard. Chickens are considered animal-based protein. Cardio exercise is a great way to build muscle in your legs and thighs.

Direct Teach:

- Benefits of Protein: Helps build muscle tissue and provides the mineral iron, which helps carry oxygen throughout the body. Provides energy to be ACTIVE.
- Some people do not eat protein from animal sources. These people are called vegetarians.
- People who eat protein from eggs and dairy are called "lacto-ovo vegetarians".
- If you don't eat protein from animals you can get it from plant sources.
  - Other protein sources: Nuts, seeds, soybeans, beans, peas, spinach, asparagus, broccoli, cauliflower, potato with skin, tofu, quinoa, almond milk, soy milk, rice milk.

Activity:

- Direct students to stand with your feet together and tuck your hands under your armpits and start flapping your wings like a chicken.
- Bending at the knees, do a lunge forward. Use your front foot to push back into the starting position.
- Once you're back in the start position, make a silly clucking chicken sounds. Switch legs and repeat on the other leg (5-10 reps on each leg). This is similar to a lunge.

Additional modifications or extensions for virtual classrooms:

- Have students take turns in leading this exercise
- Meal plan with your students: have them write down 5 proteins they can have over the next 5 days that are available in their home. Have them share with you their goals and their successes. Students can also share photos of the protein meals.
- Have students share recipes of their favorite protein recipe. Compile these ideas and share in a classroom recipe book. This can be modified for the class to find protein recipes around beans or ovo-lacto if students want to explore vegetarian dishes.

Professional Standards:

K-1 HE 115.2, b, 1, B; 115.2, b, 1, C; 115.2, b, 4, B; 115.2, b, 8, A; 115.3, b, 1, A

K-1 PE 116.2, b, 2, B; 116.2, b, 7, A; 116.3, b, 1, A; 116.3, b, 7, A

2-3 PE 116.5, b, 1, C

4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 4, D; 116.6, b, 7, A; 116.7, b, 7, A

6-8 PE 116.22, b, 1, A; 116.22, b, 4, C; 116.22, b, 4, F; 116.23, b, 4, E; 116.24, b, 4, D;

9-10 HE 115.32, b, 5, B

9-10 PE 116.52, b, 2, A; 116.52, b, 4, B; 116.54, b, 3, A

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