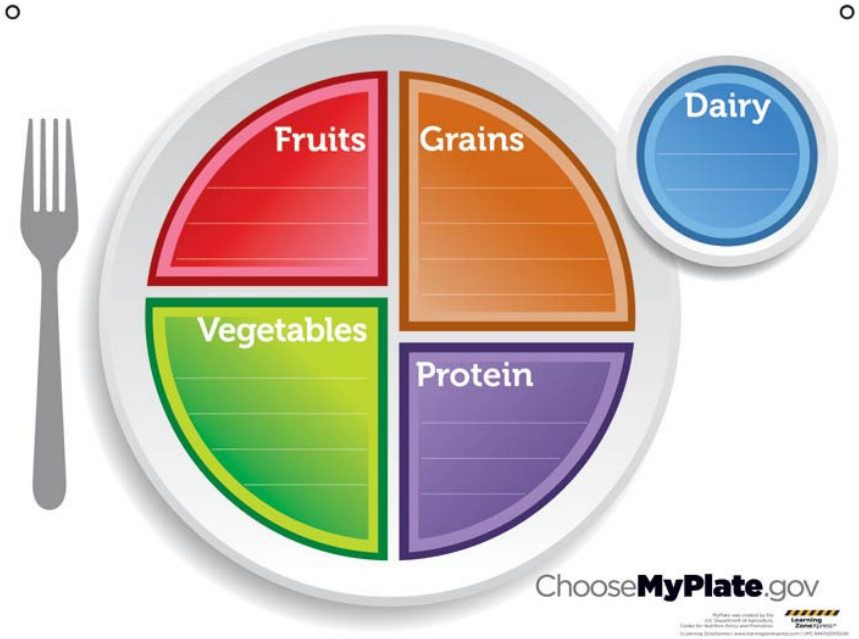

Yokota Air Force Base Japan


Hotchkiss, CO

San Antonio, TX


Montrose, CO

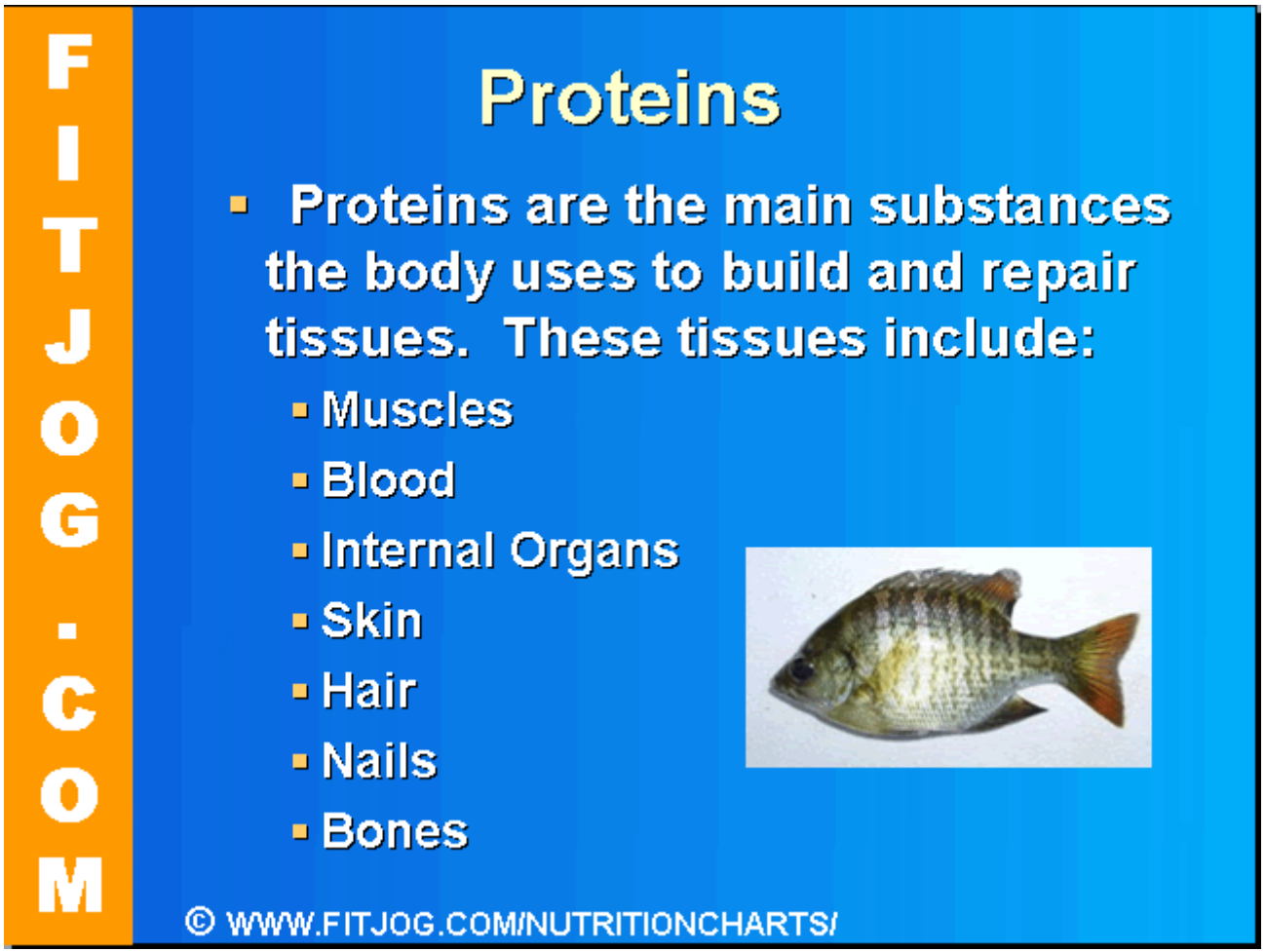



**Nancy Carlson**

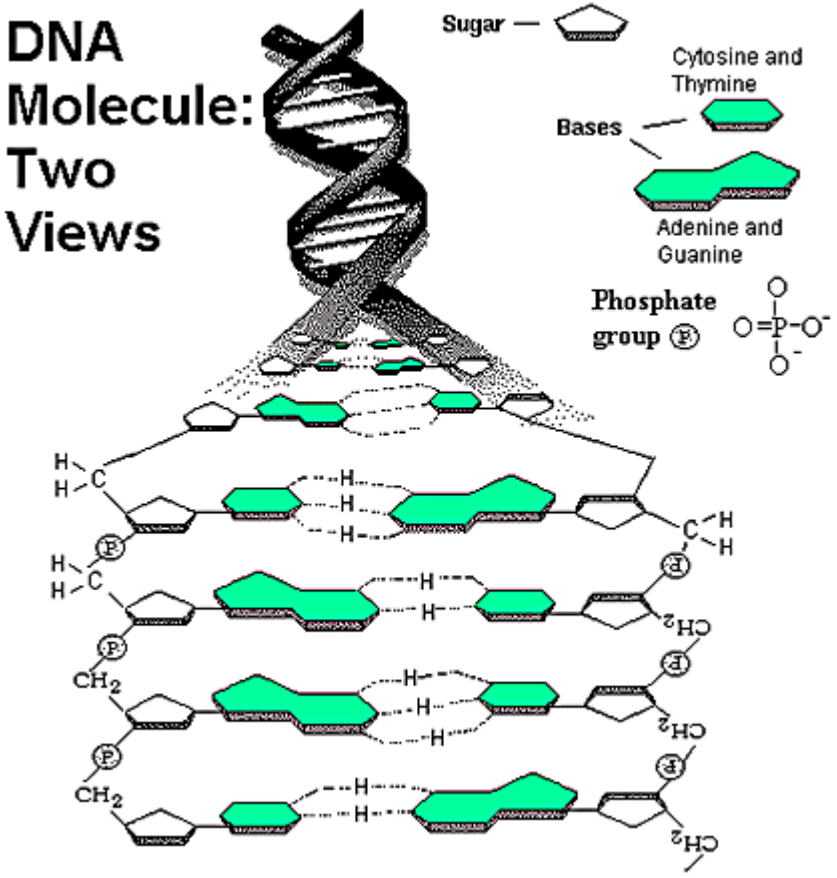
NAITC June 18, 2015

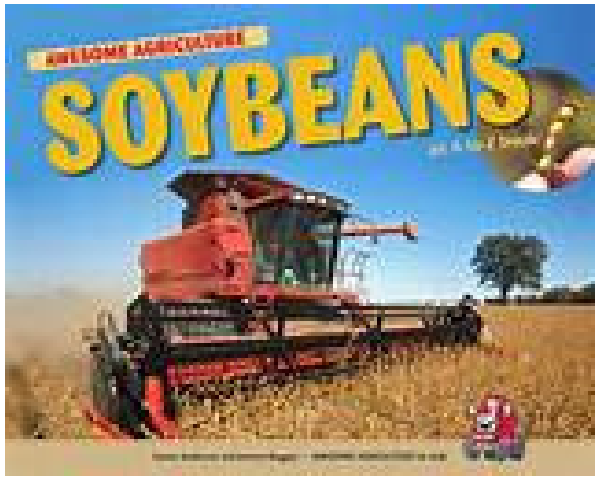
# *Using Nonfiction Materials to Teach About Protein Sources*

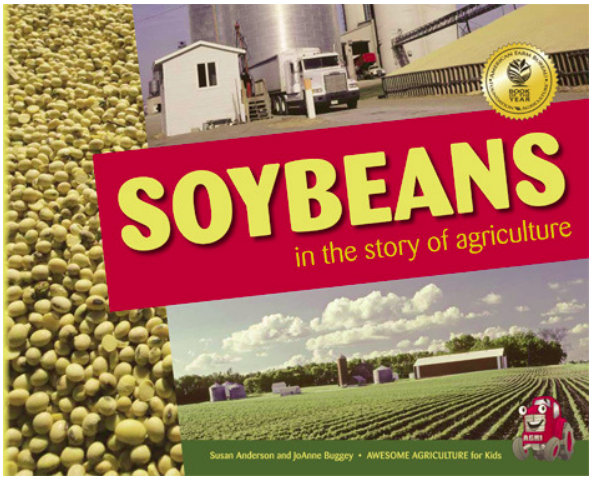
# Protein builds, maintains, and replaces the tissues in your body.



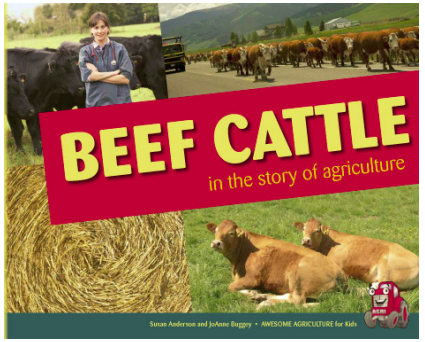
# Teacher resources and ideas for using nonfiction to teach students about protein. “Just enough” information.

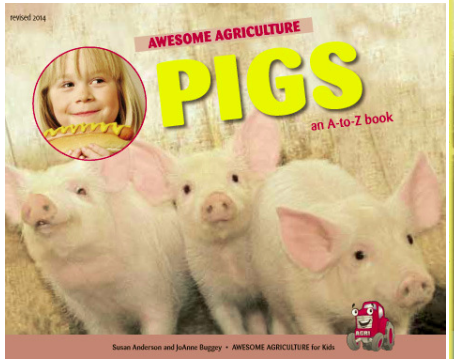


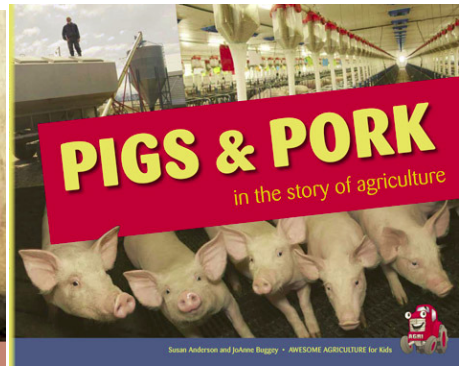


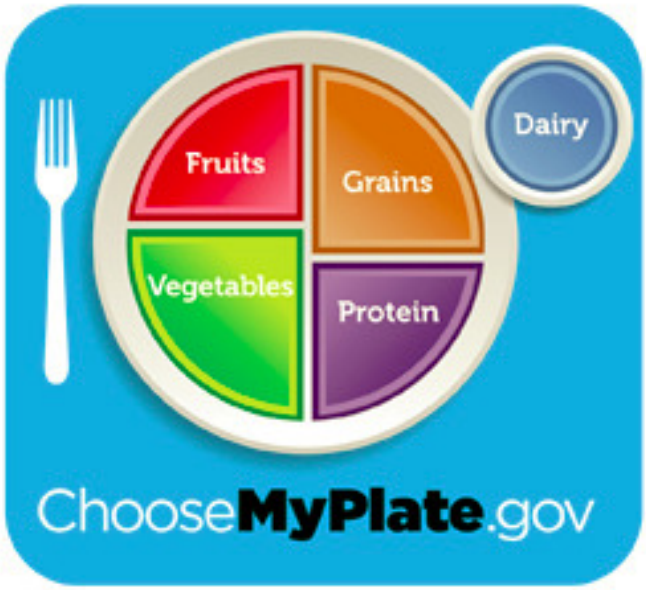




# Northwest Arm Press
# Agbooksforkids.com




**Lesson Plans are available in the book and on line!**

**All Awesome Agriculture for Kids books now include the USDA's new MyPlate nutritional guidelines.**

Project Food, Land & People

"Educating about how **Agriculture,** the **Environment** and **People** connect."

# Proteins

**COMPLETE**

**Complementary**

**Incomplete**

Quality

Grams

Quantity

## ESSENTIAL AMINO ACIDS

**New Activity to show Protein foods!**

http://www.foodlandpeople.org/

# The Potent Power of Protein

## 2014 Project Food, Land People

**This lesson is an examination of high and low quality proteins, protein sources, and the importance of protein in the human diet.**

**The student will:**

- **Compare different foods for the amount and quality of protein per serving**
- **Explain the differences between complete and incomplete proteins and identify sources of each**
- **Identify and explain the role of animal protein in meeting human nutritional needs**
- **Present options of complementary proteins needed to provide complete protein in the diet; and**
- **The benefits of animal protein in the human diet.**

**4 – Related Lessons, Mighty Macros, What's the Shape of Your Diet, Breads Around the World, Lunchtime Favorites**

- **10 - Essential Amino acids are those that need to be consumed by humans while nonessential ones can be produced by your body**
- **Protein is found in both plants and animals**

**Recommended Dietary Allowance for Protein**

| **Grams of protein needed each day** | |
|---|---|
| Children ages 1 – 3 | 13 |
| Children ages 4 – 8 | 19 |
| Children ages 9 – 13 | 34 |
| Girls ages 14 – 18 | 46 |
| Boys ages 14 – 18 | 52 |
| Women ages 19 – 70+ | 46 |
| Men ages 19 – 70+ | 56 |

http://www.cdc.gov/nutrition/everyone/basics/protein.html#How%20much%20protein

Agricultural Literacy
is Knowledge
We believe everyone should have
The necessary tools to synthesize,
analyze and communicate
basic information about
agriculture to students,
producers, consumers
and the public


**http://www.agfoundation.org/**

http://www.myamericanfarm.org/classroom

**Areas to Explore**

**Lesson Plans**

Help students make the farm to fork connection with these easy to use lesson plans!

**Activity Sheets**

Use these short activities to help students grow at school, home or on the road!

**Games**

Dive into a world of food, fun and farming as you play to learn!

**eComics**

Click and flip your way through these exciting comic books that help connect kids to food, fiber and energy!

**Videos**

Take a virtual fieldtrip without leaving your classroom with these powerful videos from America's Heartland.

Discover Helpful Tools

Top Strategies
Passport Stickers
eMail to Teachers
Letter to Teachers
Letter to Parents
School Visit Planner
Standards Matrix

Resources on-line

- **Northwest Arm Press:** http://agbooksforkids.com/
- **NAITC:** http://www.agclassroom.org/teacher/matrix/search_result.cfm , http://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=158&search_term_lp=Protein
- **Food** Land and People : www.**foodlandpeople**.org/
- **American Farm Bureau Foundation**: Recommended Resources: http://www.agfoundation.org/recommended-pubs/results/078e3c826ba40a2999837e712e1164df/
- http://www.learningzonexpress.com/documents/EnergyEverydayforEveryone/MyPlateLessonPlans.pdf (learning about myplate)
- http://www.choosemyplate.gov/print-materials-ordering.html materials
- http://www.dineforlife.org/elementary-school-curriculum.php K, and 1-3 lesson plans
- http://kidshealth.org/kid/stay_healthy/body/protein.html (upper elementary – audio)
- http://kidshealth.org/Search01.jsp?SearchSection=2&Mode=Search&SearchTextArea=protein (teens)
- http://www.nfsmi.org/documentlibraryfiles/PDF/20110831094457.pdf (My Plate)
- http://netx.squaremeals.org/protein.html (TX teachers – information)
- http://lilbeasts.com/teaching-kids-about-nutrients/ article, teacher info.
- http://www.nourishinteractive.com/nutrition-education-printables free printables
- YouTube – video
  - https://www.youtube.com/watch?v=D53XQaQvNJs Myplate song
- Understanding Nutrition – Part 2 – upper elem./middle school, early HS
- https://www.youtube.com/watch?v=lpb5s2F1pyM Protien synthesis, Late Middle school, HS Biology, ore than one part, intro, then description using comp. animation/modeling

# Thank you for spending time with me!


**Nancy Carlson ncarlsonag.ed@gmail.com**