

Week 4 Overview:

Fats and Proteins

What are Fierce Fats?

- When it comes to fats, less is more. Too much fat and oil can prevent us from becoming Super Kids.
- Certain kinds of fats give us energy, protect our organs, help our brains develop, and help our bodies absorb certain vitamins and minerals that are in foods we eat.
- Good kinds of fat are called unsaturated fats. They are found in foods like avocado, fish, nuts, olive, and other vegetable oils.
- Unhealthy fats are called saturated or trans fats. They are found in whole milk, butter, ice cream, French fries, as well as chips, cookies, and desserts. Check the nutrition labels to see what kind of fat you are eating.
- One fat serving is ~1 teaspoon (**4.2** grams), and we want to limit ourselves to ~5 servings (21 grams) a day. For example, one slice of cheddar cheese has about 9 grams of fat.

What are Powerful Proteins?

- Proteins are foods like chicken, eggs, fish, peanuts, tofu, pork, beef, and beans.
- Proteins help our muscles and tissue, and they also help increase iron. Iron carries oxygen in the red blood cells from our lungs to other parts of our bodies.
- Proteins often come from animals and animals have fat, so leaner meats help us get our protein without all the unhealthy fat. Lean meats are things like chicken, fish, pork
- Protein serving size is ~3 oz. or the size of a deck of cards. We need 4-5 oz. each day.

WHAT TO EXPECT THIS WEEK

- Activity: Protein Word Search
- Recipe: Sandwich Kabobs
- Exercise: Musical Chairs

Week 4 Activity: Protein Word Search

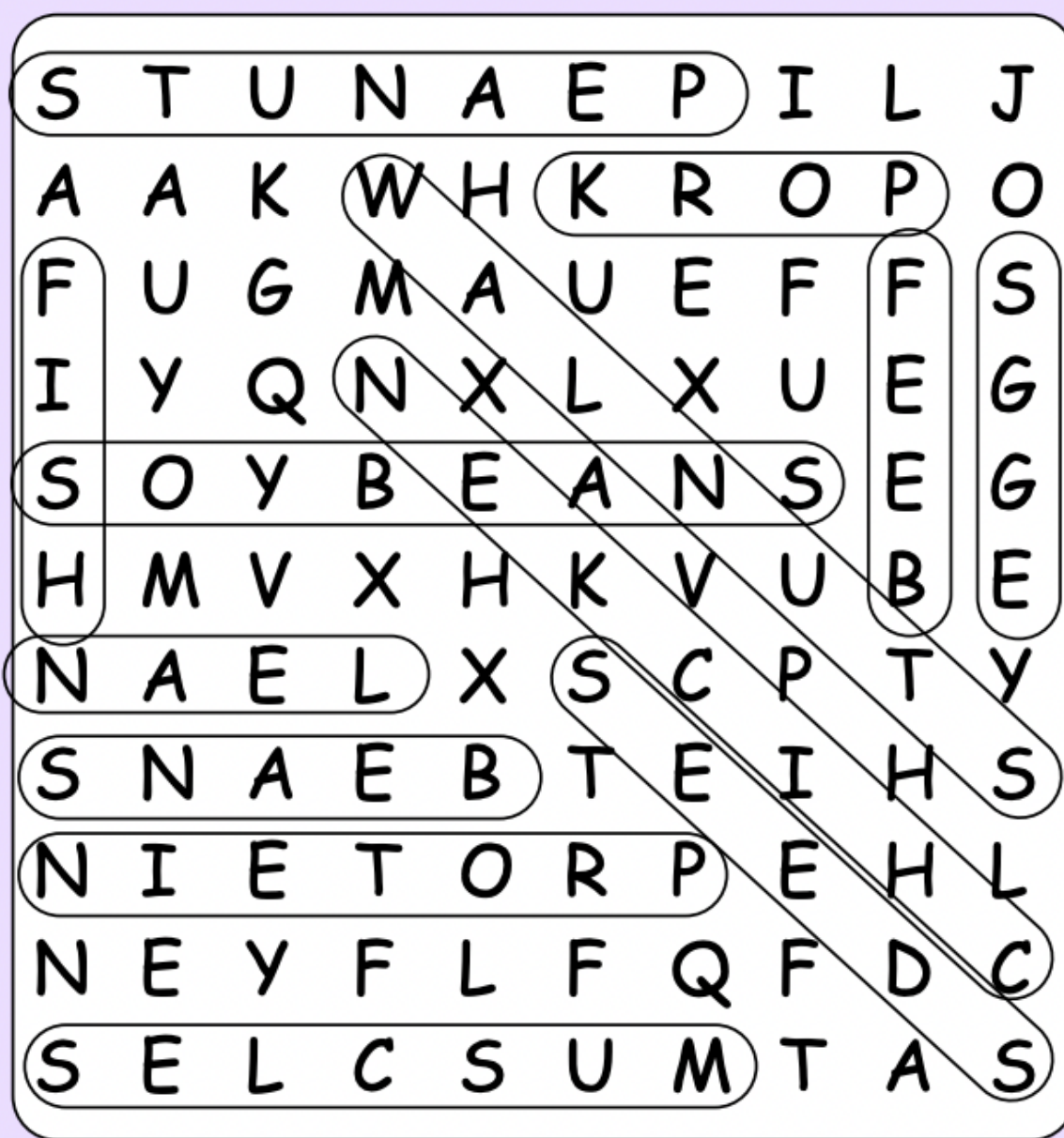
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CHICKEN
 SOYBEANS
 PORK
 FISH
 BEANS
 BEEF
 WALNUTS
 PROTEIN
 SEEDS
 PEANUTS
 LEAN
 MUSCLES
 EGGS

Week 4 Activity

Protein Word Search Key



CHICKEN
SOYBEANS
PORK
FISH
BEANS
BEEF
WALNUTS
PROTEIN
SEEDS
PEANUTS
LEAN
MUSCLES
EGGS

Week 4 Recipe:

Sandwich Kabobs

<p>AGENCY SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat <input type="checkbox"/> 1 string cheese <input type="checkbox"/> 2 grapes tomatoes <input type="checkbox"/> 1 baby pickle (optional) <input type="checkbox"/> 1 slice of whole wheat bread 	
<p>RECIPE INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat <input type="checkbox"/> 1 string cheese <input type="checkbox"/> 2 grapes tomatoes <input type="checkbox"/> 1 baby pickle (optional) <input type="checkbox"/> 1 slice of whole wheat bread 	<p>NOTES</p> <ul style="list-style-type: none"> • Materials - Mini cookie cutters, knife to cut ingredients, wooden kabob sticks and paper plate. • Have an adult supervise cutting ingredients.
<p style="text-align: center;">DIRECTIONS</p> <ol style="list-style-type: none"> 1. Roll up sandwich meat and cut into 4 pieces 2. Cut string cheese into 5 pieces 3. Cut baby pickle in half 4. Cut bread into small squares or shapes using mini cookie cutters to create shapes 5. Place the "sandwich" on the kabob in any preferred order. Example: bread, cheese, tomato, meat, pickle, cheese, meat, bread 6. Enjoy! 	

Week 4 Exercise:

Musical Chairs

Equipment Needed:

- Chairs (one chair less than the number of players participating)
- Music – play on phone or on a computer

Set Up

- Arrange chairs in a circle with the seats facing outwards
- Players are gathered in a circle around the chairs

How to Play

- Play the music and have the players walk around the perimeter of the chair circle.
- When the music stops, everyone must immediately sit in a chair.
- The one person left standing is out.
- Remove another chair and continue until only one person is left.

