



Name _____ Class _____ Date _____

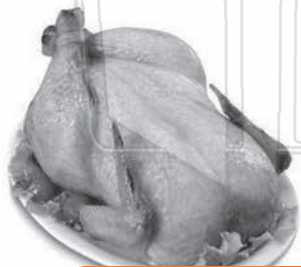
What foods are in the Protein Food Group?

Meat, poultry, seafood, beans & peas, eggs, soy products, nuts and seeds are part of the Protein Food Group. Vegetarian proteins include beans & peas, soy products, nuts and seeds.

Vary Your Protein Foods

There are many different protein foods. What are your favorites?

Poultry, Eggs & Meat



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peanut butter

sunflower seeds

walnuts

almonds

Seafood



shrimp



salmon



tuna



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Match the Type of Protein

Draw a line to match each type of protein.



chicken

Seafood



salmon

Eggs



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beef

Beans & Peas

lentils

Nuts & Seeds



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Color the food. Circle the proteins.



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1 Which **food group** do the following foods belong in?
poultry • fish • meat • eggs

- A fruits
- B vegetables
- C protein
- D grains



5 Which **Protein Food Group** does **salmon** belong in?

- A meat
- B poultry
- C seafood
- D eggs



2 Which of these foods does **not** belong in the **Protein Food Group**?

- A
- B
- C
- D



- 3
- W
- A
- B
- C
- D

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4 Which one of the following foods belongs to the **Protein Food Group**?

- A bananas
- B spinach
- C seafood
- D milk



8 Which of these is a **vegetarian protein food**?

- A hummus (made from chick peas)
- B peanut butter
- C black bean veggie burgers
- D all of the above





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Answer Sheet

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