HEALTHY LIVING

PROTEIN FOODS



Bullfrog Books

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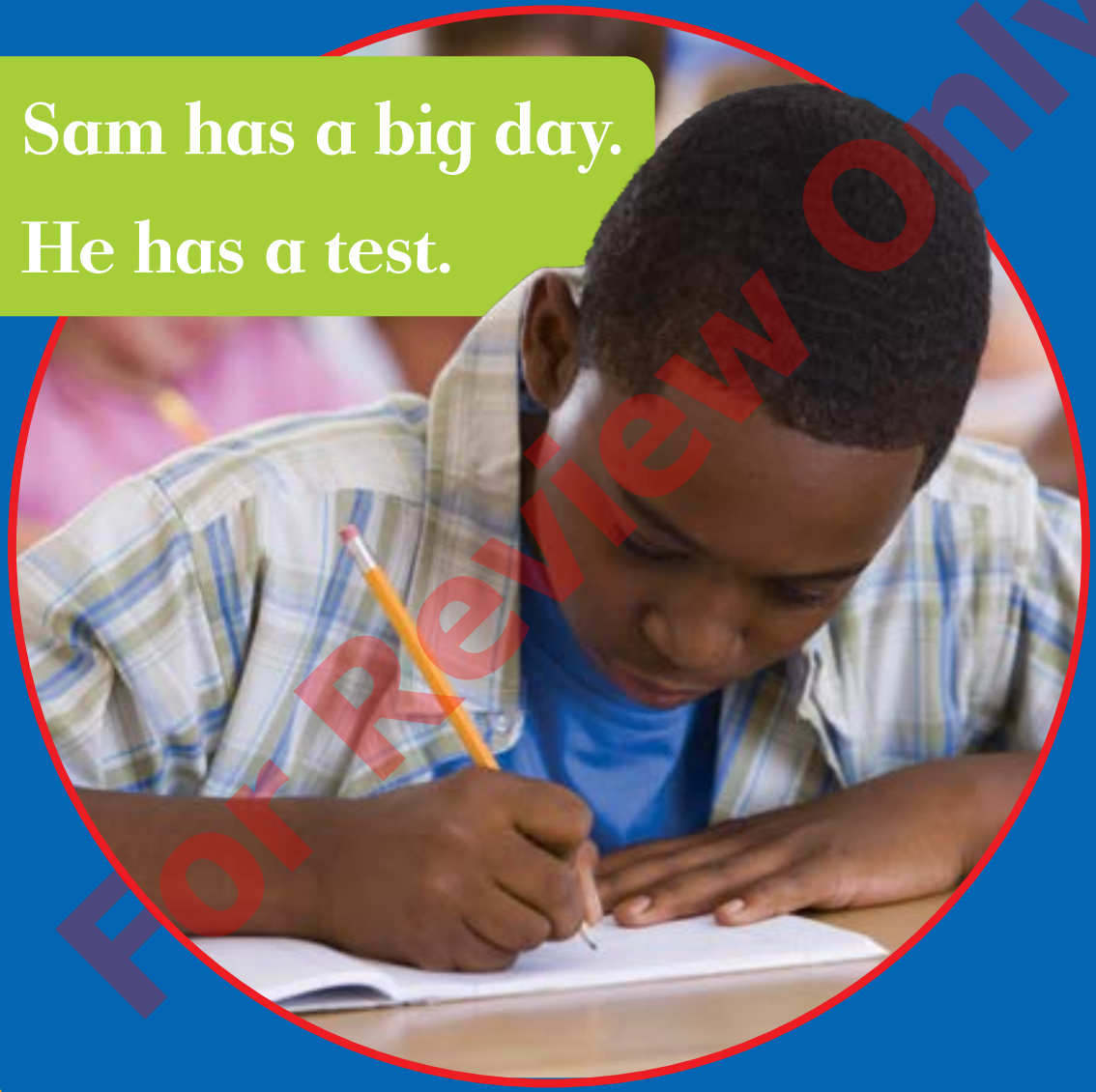


For Review Only

Power Foods

Sam has a big day.

He has a test.



For Review Only



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Protein helps you think.

It helps you work.



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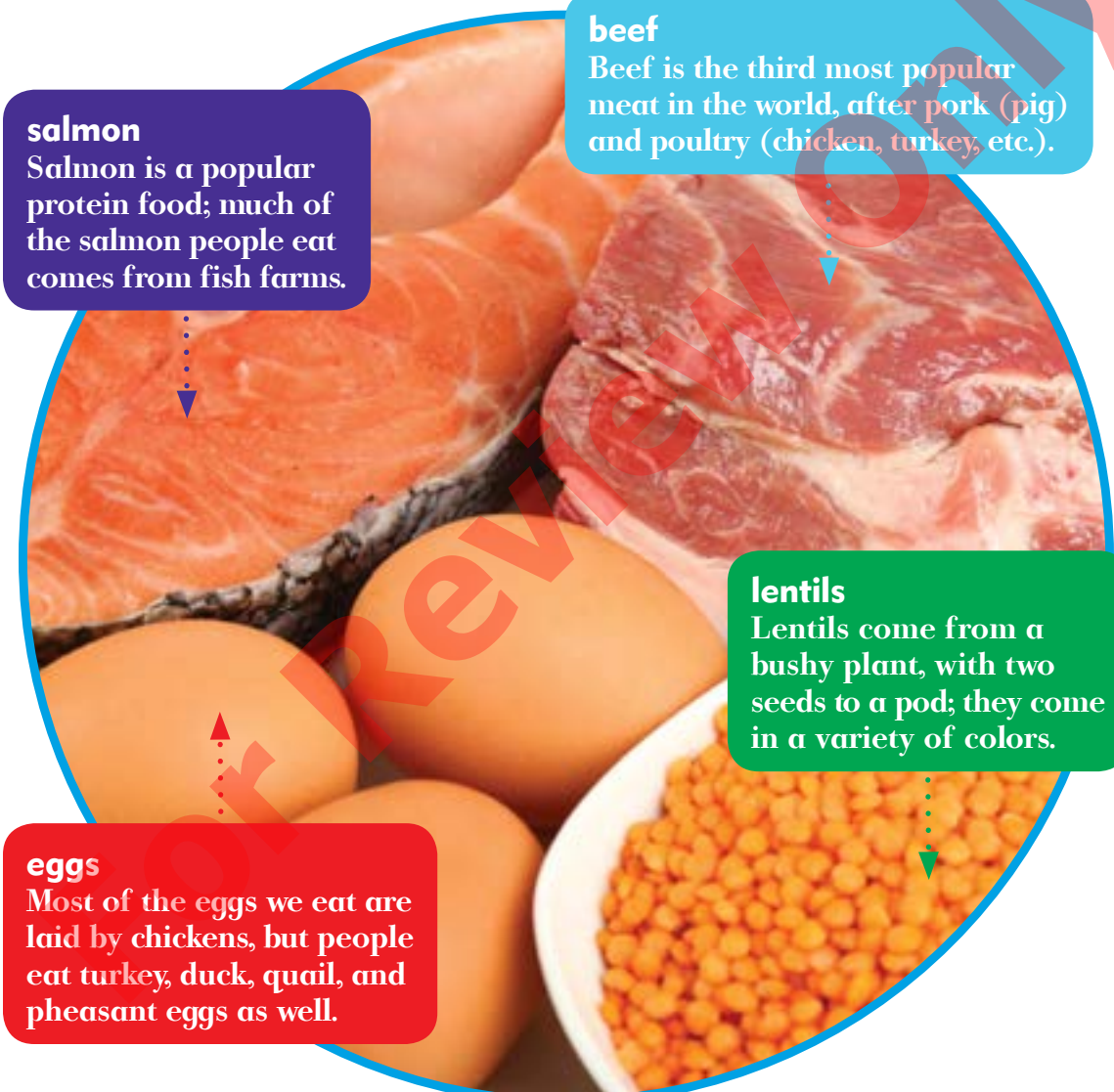


It helps you play.

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Your Daily Protein

You need four servings of protein a day.



salmon
Salmon is a popular protein food; much of the salmon people eat comes from fish farms.

beef
Beef is the third most popular meat in the world, after pork (pig) and poultry (chicken, turkey, etc.).

lentils
Lentils come from a bushy plant, with two seeds to a pod; they come in a variety of colors.

eggs
Most of the eggs we eat are laid by chickens, but people eat turkey, duck, quail, and pheasant eggs as well.

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Picture Glossary



beef
Meat from a steer, cow, or bull.



salmon
A large fish with pinkish-orange flesh.



protein
Chemicals found in animal-based foods, nuts, and beans that help the body grow.



tofu
A soft food made from soybeans.

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