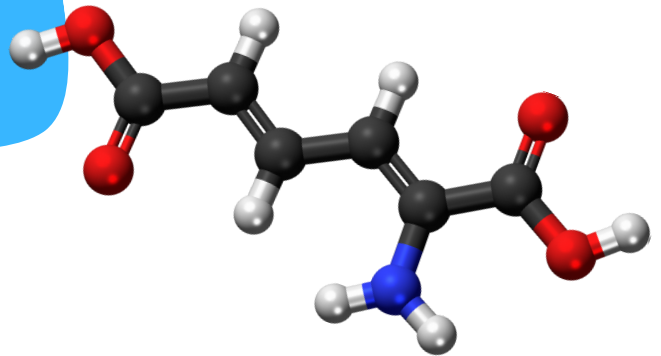


Say Cheese
for Protein!

NAME: _____



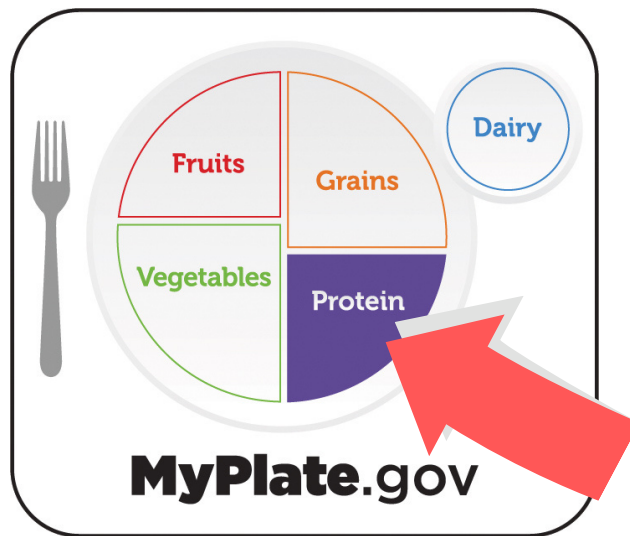
Part 1: Amino Acids and Proteins

- What is the purpose of protein?
- Protein is composed of chains of _____.
- Essential vs non-essential amino acids:

**Essential
Amino Acids**

**Non-essential
Amino Acids**

- Protein food group in MyPlate:



- Other roles of protein:

- How much protein should I consume?

Daily Recommendation* in Ounce-Equivalents (oz-equiv)		
Toddlers	12 to 23 months	2 oz-equiv
Children	2-4 yrs	2 to 5 oz-equiv
	5-8 yrs	3 to 5½ oz-equiv
Girls	9-13 yrs	4 to 6 oz-equiv
	14-18 yrs	5 to 6½ oz-equiv
Boys	9-13 yrs	5 to 6½ oz-equiv
	14-18 yrs	5½ to 7 oz-equiv
Women	19-30 yrs	5 to 6½ oz-equiv
	31-59 yrs	5 to 6 oz-equiv
	60+ yrs	5 to 6 oz-equiv
Men	19-30 yrs	6½ to 7 oz-equiv
	31-59 yrs	6 to 7 oz-equiv
	60+ yrs	5½ to 6½ oz-equiv

- Examples of ounce-equivalents:

1 ounce of lean beef



1 slice of deli meat



1 ounce of tuna



1 egg



1/2 ounce of nuts



1/4 cup cooked beans



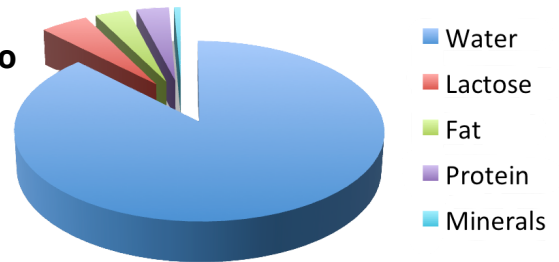
Part 2: Say Cheese for Protein! Mozzarella Cheese Lab

Answer the following questions as you watch the process of making milk into mozzarella cheese.

- Why should a healthy snack include protein?
- Label the foods in the snack boxes below that are from the protein food group.



Composition of Milk



1. The cheesemaking process uses science to remove all or most of the _____ from milk.

2. Why is heating the milk important to the cheesemaking process?

3. What is the purpose of the citric acid and the rennet?

4. Why is the cheese mixture heated in the microwave?



Part 3: Complete and Incomplete Proteins

Complete Proteins:

Incomplete Proteins:

- How can protein needs be met with a vegetarian diet?
- How can protein needs be met with a vegan diet?
- What are complementary proteins?
- What are symptoms of protein deficiency?