



PROTEIN

By Lindsay Sneha





PROTEIN

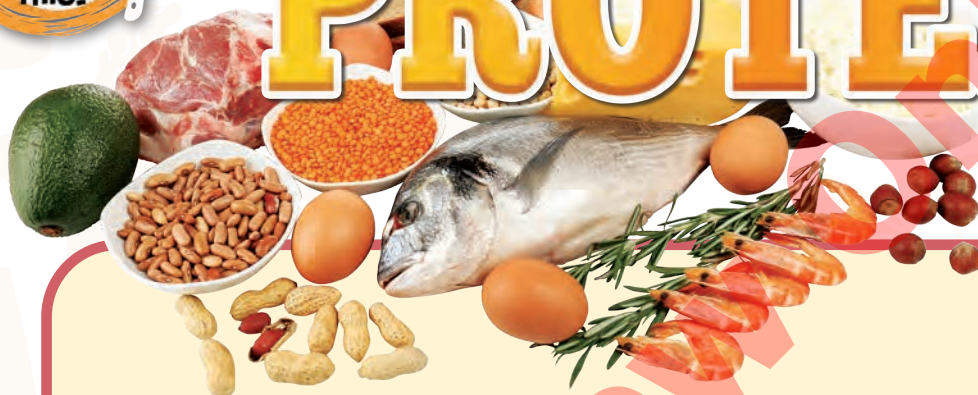


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A Crabtree Seedlings Book



Crabtree Publishing

crabtreebooks.com

School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about food.*
 - *I think this book is about protein.*
- What do I want to learn about protein?
 - *I want to learn what foods have protein.*
 - *I want to learn why it is important to eat foods with protein.*

During Reading:

- I wonder why...
 - *I wonder why some people don't eat meat.*
 - *I wonder how tofu is made from soybeans.*
- What have I learned so far?
 - *I have learned that protein is good for our muscles and bones.*
 - *I have learned that we can get protein from foods that come from both animals and plants.*

After Reading:

- What details did I learn about protein?
 - *I have learned that eating scrambled eggs gives our bodies protein.*
 - *I have learned that we should eat foods with protein every day.*
- Read the book again and look for the vocabulary words.
 - *I see the word **legumes** on page 10, and the word **develop** on page 12. The other glossary words are found on pages 22 and 23.*

PROTEIN



Protein is a **nutrient** found in food. Proteins build your muscles and bones. They help you to have healthy blood and skin.

Protein also helps keep your **immune system** strong to protect you from getting sick.



You can get protein by eating foods that come from animals and plants.





Protein from animals can be found in meat, fish, and eggs, as well as in dairy foods such as milk and cheese.



