

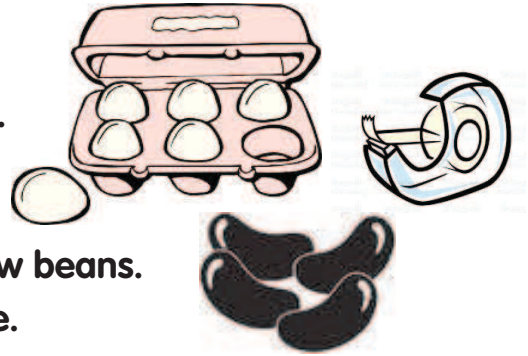
Proteins

Shake Things Up!

Let's have some fun with proteins! Beans and eggs are both really great sources of protein and can be incorporated into a lot of different kinds of meals. Here is how you can make a musical shaker based on some of the proteins you just learned about.

You will need: tape, egg carton, and dry beans.

1. Cut an empty egg carton in half.
2. Fill in each of the dips in the carton with a few beans.
3. Close the carton and seal the holes with tape.
4. Shake your protein instrument!



Have you heard?

Cutty has decided to be a vegetarian! Help him put together a grocery list full of proteins that he can buy at the store, that are not meat or fish.

