

EATING PROTEIN-RICH FOODS IS GOOD FOR OUR BODY'S GROWTH

1 In the morning before going to school, Ameta and Bimuti's parents prepare breakfast for them.

Mom, can we eat our eggs? **1**

No darling! They are for sale. **2**

Only eat to feel full, kids. **3**

2 At school the teacher explains about foods with protein and asks students to find examples in their homes.

What are foods with protein? **4**

Protein-rich foods help to develop our body well. **5**






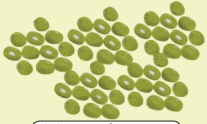





3 Tomorrow when you come to school everyone should present a protein food **6**

Ok. We will find some to present tomorrow. **7**

We will use phones to take photos! **8**

That's better. Be creative. **9**

4 Foods with protein

 Tofu	 Tempe	 Milk
 Chicken	 Fish	 Mung beans
 Peanuts	 Red beans	 Beans
 Meat	 Eggs	

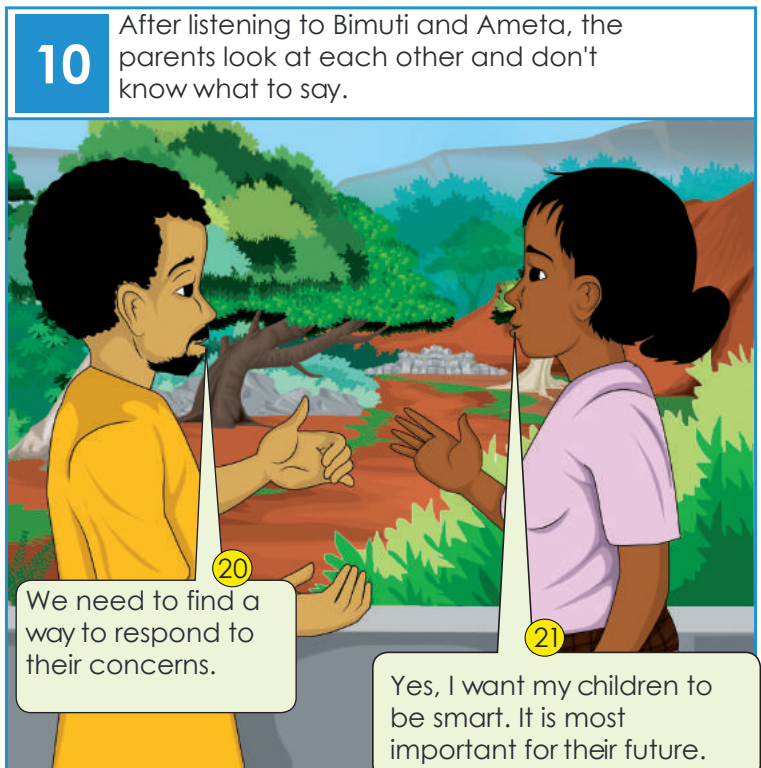
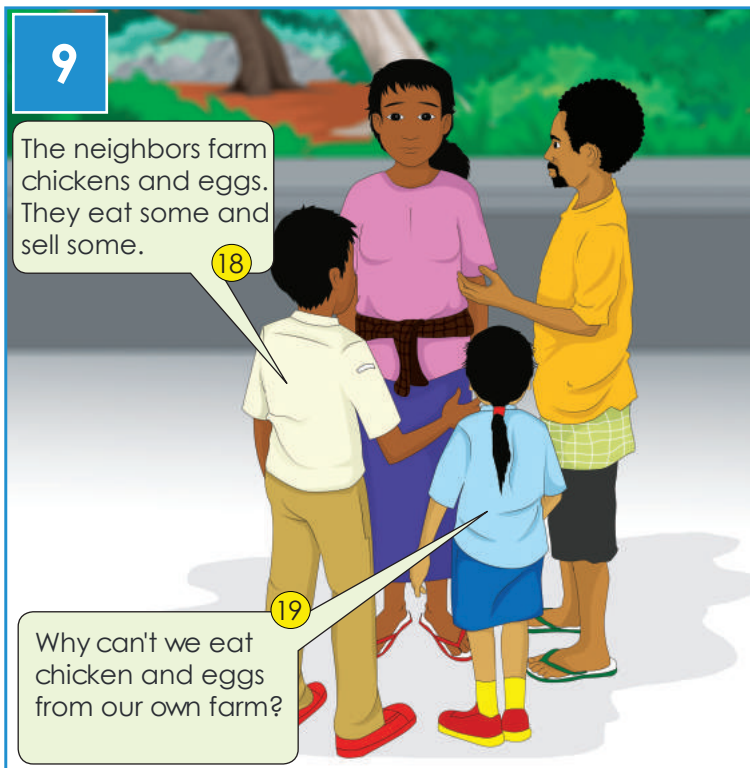
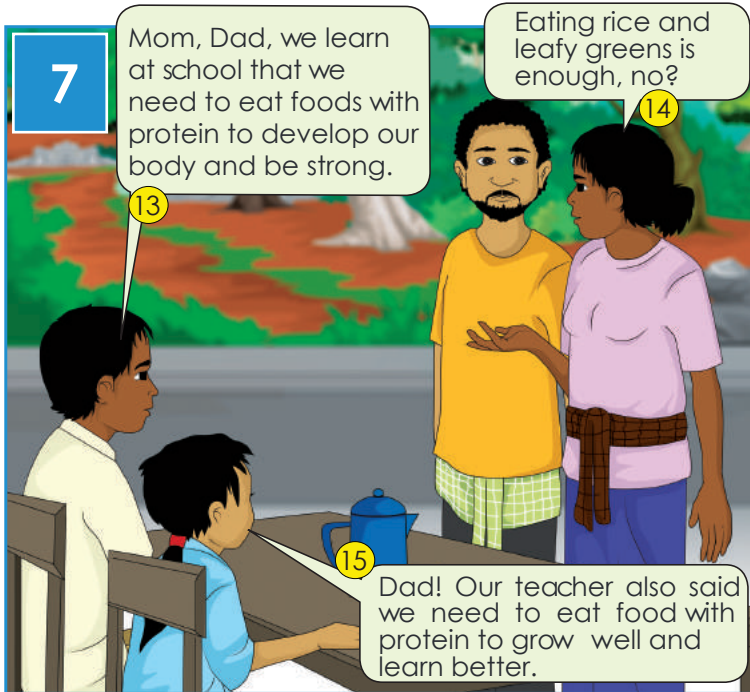
5 When they get home they identify foods with protein and take photos and selfies.

Look here! Selfie! **10**

Nice! Eggs and chicken have a lot of protein. **11**

6 At school Ameta presents his homework to the classmates showing what the teacher asked, through a photo.

Indeed, many foods with protein at home. You need to eat protein to grow and be smart. **12**



Functions of foods with protein:

To develop parts of our body such as: muscles, skin, hair, nails, blood, and others. These foods are important for the development, growth and repair of body parts.

Reflection Questions

1. What do you think is food with protein?
2. What did you learn from this story?
3. What are some foods with protein you can find at home?
4. What can you do to get foods with protein?

To know the continuation of this story, wait for the next edition.

Glossary:

Protein = food needed for the development of our body.
Food for growth is found in protein-rich foods.

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