

Name _____



Healthy Foods

PROTEIN

Examples of protein sources include chicken, fish, eggs, beans, and nuts.

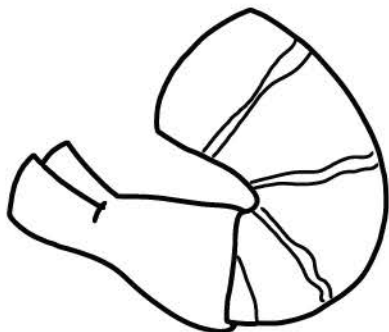
Protein helps my muscles and body grow!

Cut and paste the protein foods in the boxes.

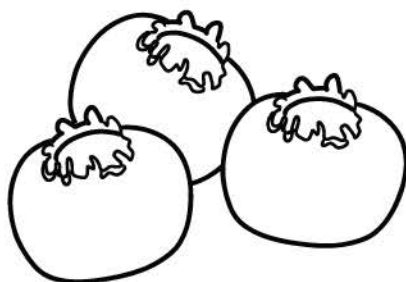


Cut and paste answer sheet

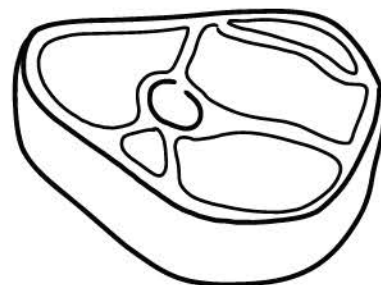
Shrimp



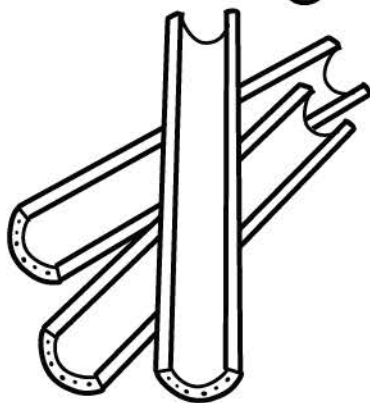
Blueberry



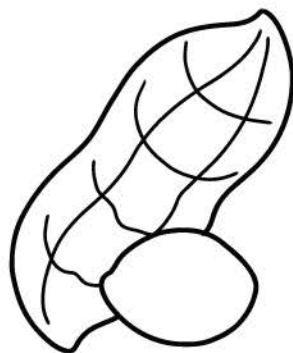
Steak



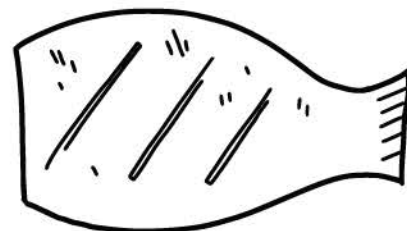
Celery



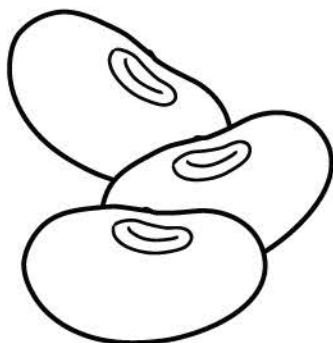
Nuts



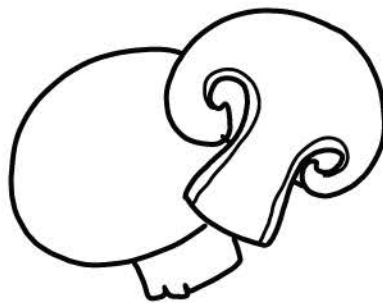
Fish



Beans



Mushroom



Salmon

