

# Protein jingle:

growing  
vegetable  
peas

animal  
new  
lentils

milk  
healthy  
cheese

best  
jewel

and eggs, meat, fish, and, \_\_\_\_\_

there's \_\_\_\_\_ protein in all of these.

\_\_\_\_\_, nuts, beans, \_\_\_\_\_

Have \_\_\_\_\_ protein to help fight disease.

Animal is \_\_\_\_\_ but vegetables they surely rule.

They make your body glow like a precious \_\_\_\_\_

They are good for \_\_\_\_\_ and repairing too.

Eat them up and your body will feel \_\_\_\_\_ and \_\_\_\_\_.