

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 _____.