

Matching Task: Plant and Animal Protein Sources

Look at the list of foods below. Match each food to the correct category – plant based (P) or animal based (A)

1. Chicken breast _____
2. Almonds _____
3. Tofu _____
4. Eggs _____
5. Peanut butter _____
6. Duck _____
7. Tuna _____
8. Lentils _____
9. Broccoli _____
10. Semi skimmed milk _____
11. Pork chop _____
12. Quinoa _____
13. 0% Fat Greek yogurt _____
14. Brown rice _____
15. Avocado _____

Challenge: Can you tell which ones are the top 3 sources with the highest protein content?