PROTEIN FOODS

Name_____ Date_____ Grade_____

DIRECTIONS: Look at the pictures in the box. Check all the foods that are a source of protein.

DIRECTIONS: Fill in the blanks in the space provided.

1. Proteins are necessary for the _____ and _____ of our body cells and tissues.
2. Proteins can be obtained from both _____ and _____ sources.
3. Dairy includes all foods made from _____.
4. Fish that has oil stored in it's liver is categorized as _____ fish.
5. The lack of protein can lead to a deficiency called _____.

LIVEWORKSHEETS

DIRECTIONS: Match the Animal with the Meat it provides.

Animal	Meat
Pig	Chevon
Sheep	Poultry
Goat	Mutton
Calf	Veal
Cow	Pork
Lamb	Beef
Chicken	Lamb

LIVEWORKSHEETS