

Food Skills - Plant or Protein Activity Guide

Name of Activity	Plant or Animal? Let's Talk Protein and Fats			
Aim	Icebreaker	Activity ☒	Discussion	Review
Activity Type	Seated ☒	Active/Energizer	Interactive ☒	Passive
Delivery Platform	Virtual	In-person ☒	Virtual & in-person	Other:
Total Time	2 - 5 minutes	5 - 10 minutes	10 - 15 minutes	Other: 20 min ☒
Suggested Session	Session 3 during discussion on protein and fat.			
Objective	Become familiar with identifying different sources of protein and different kinds of fat.			
Materials	• Flip chart paper (divide to two columns with separate headings; Animal and Plant) • Markers			
Time	Activity			
2 min	<u>Solo Reflection</u> ◦ When you think of protein, what foods come to mind first? ◦ What's a meal you've had recently that included some protein? Was it animal-based, plant-based or both? ◦ What's a protein food you grew up eating, or see often in your culture or household?			
3 min	<u>Activity Instructions</u> 1. Divide participants into two groups. 2. Instruct one group to write as many animal protein sources as they can think of under the Animal heading. The other group does the same but for plant-based protein. 3. After 3 min, have groups sit back down for discussion.			

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10 min	<u>Discussion on Protein</u> ○ Go over the two lists. ○ Refer to the Facilitator Guide under Choosing Protein Foods (Session 3) and ask about any of the foods from that list that were not written up on the poster (ie. fortified soy beverages, nuts, etc.). ○ There are many different types of protein foods to choose from. <u>Discussion on Fats</u> ○ From that list, what protein foods also contain fat? (i.e. salmon, cheeses, nut butters, red meats, seeds, etc.). ○ Use the content in the Facilitator Guide around fats (Session 3) to have a discussion around different types of fats. Some engagement prompts: ■ What information could you use to help identify amount of fat in foods? (nutrition label) ■ How do fats affect how foods taste or feel? (i.e. creamy, crispy, filling, etc.). ■ What are some ways that fat adds to foods that are beyond nutrition? (i.e. flavour, tradition, comfort, satisfaction, etc.).
Summary	There are many different types of protein foods to choose from. • Protein found in plant foods & animal food sources. • Plant-based protein sources: beans, lentils, soy, legumes, seeds & nuts. Fats are found in many different foods. • Fish, and plant-based fats, including nuts, seeds and their oil. • Nutrition labels help identify types and amounts of fat in foods (i.e. % Milk Fat in dairy products). • Fat provides flavour, texture & helps with satiety.