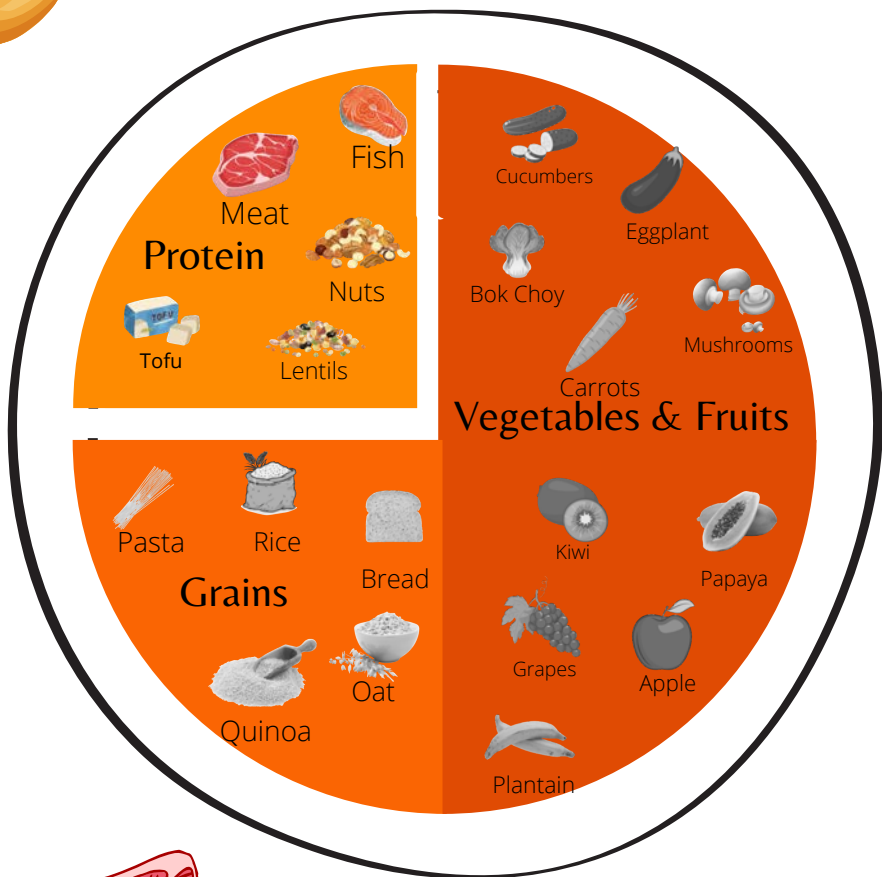
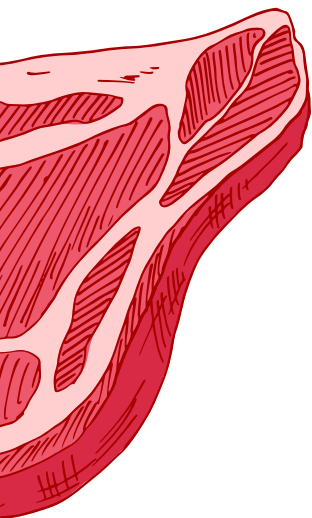


# PROTEIN



## Did you know...

- Fish, meat, chicken, eggs, nuts, beans, lentils, seeds and tofu are all part of the protein food group.
- Choose often the protein foods that comes from plants (e.g.nuts, beans, lentils, tofu, etc.).
- Fun fact : Fish contains a brain nutrient that our body can't make on its own. That's why it's important to eat at least 2 portions of fish per week.



## Easy Egg Salad

### Ingredients

- 3 tbsp bell pepper, thinly diced
- 2 hardboiled egg, shell removed
- 1 tbsp of mayonnaise

### Instructions

- 1 - In a bowl, mash eggs with a fork until small pieces.
- 2- Add mayonnaise and bell pepper. Mix well.
- 3- Serve with Breton© crackers.

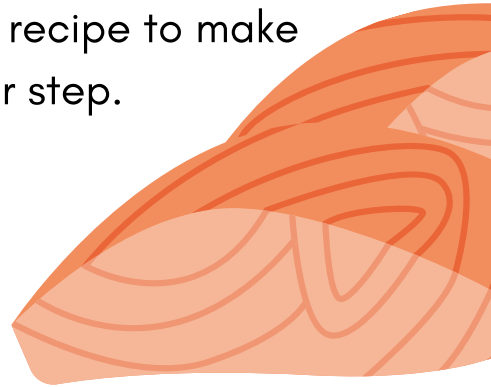




# Reading a recipe

<b>Recipe name</b>	What you'll be making
<b>Servings</b>	How many servings the recipe makes
<b>Preparation time</b>	Time needed to make the food (cutting, mashing, mixing, etc.)
<b>Cooking time</b>	Time needed to cook the food (in the oven, on the stovetop, etc.)
<b>Ingredients</b>	What and how much you'll need to make the recipe.
<b>Instructions</b>	The steps you'll need to follow to make the recipe.

Tip: before starting any recipe, read the whole recipe to make sure you haven't miss any ingredient or step.



## Let's play a game!

Complete the puzzle using the image to fill the the correct answer.

1. Peanut Butter, 2. Black Beans, 3. Beef, 4. Chicken, 5. Chickpea, 6. Salmon, 7. Milk, 8. Cheese, 9. Egg.