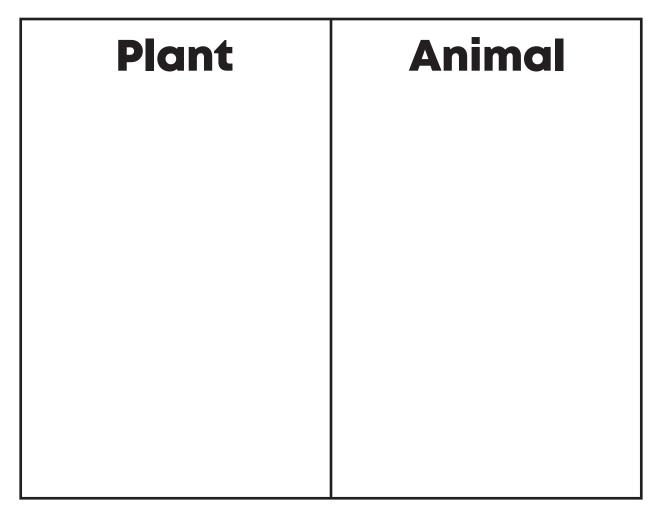
## **Protein Power**

Protein is an important nutrient that helps build strong muscles! Some protein foods come from plants, while others come from animals. Look at the protein foods below and put them into the correct column.



Eggs Chicken Pork Chop Fish Peanut Butter Sunflower Seeds Turkey Beans Shrimp Tofu Almonds Steak





11