

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.

Plant	Animal

Eggs
Chicken
Pork Chop
Fish

Peanut Butter
Sunflower Seeds
Turkey
Beans

Shrimp
Tofu
Almonds
Steak

