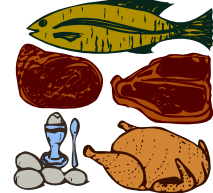


PROTEIN TRIVIA

Directions: Circle the best answer to each question.

1.) A 3-ounce serving of cooked meat is about the size of a _____.

- a. deck of cards
- b. tennis ball
- c. CD
- d. shoe



2.) Frying a chicken is unhealthier than _____.

- a. baking
- b. grilling
- c. roasting
- d. all of the above



3.) What does protein help build?

- a. eye sight
- b. muscles
- c. hearing
- d. none of the above



4.) Which of the following are rich sources of protein?

- a. cheese, soy, yogurt
- b. milk, peanut butter, eggs
- c. dried beans, seeds, nuts
- d. all of the above

5.) The best way to know if your hamburger is cooked to a safe temperature is?

- a. cook it the time the recipe says
- b. check to be sure the hamburger is not pink inside
- c. use a thermometer to be sure it has reached 160° F
- d. all of the above

