

Protein

Week Two

Meat, fish, eggs and beans are a good source of protein, vitamins (B12) and minerals. Meat is a great source of iron, which we all need to keep our blood healthy. A diet rich in iron, will help prevent iron deficiency anaemia. In children, this condition can cause lack of energy and a pale skin.

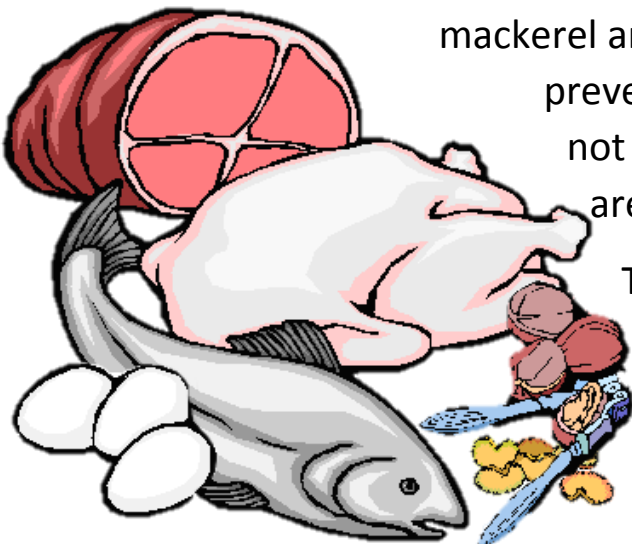


Beans, peas and lentils are a good substitute for meat, they are lower in fat and fibre, protein, vitamins and minerals. These are edible seeds that grow in pods and include foods like lentils, chickpeas, beans and peas. They add good texture and flavours to meals, and are cheaper than meat and fish.

Eggs are packed in iron, protein and some vitamins.

Protein is needed for healthy growth and repair of cells.

Meat can be high in saturated fat, therefore it is recommended that we should eat lean cuts of meat and mince, whilst bacon, ham and sausages should be reduced. Always cut the fat off of meat and remove the skin off of chicken. When cooking meat or fish, try to grill it instead of frying. We should eat two portions of fish every week, one of these should be oily, such as salmon, trout, sardines, herring, mackerel and fresh tuna. This can help to prevent heart disease. Tinned tuna does not count as oily fish, because the oils are destroyed by processing.



This next week at South Avenue Primary School, we are asking, the staff and pupils, to eat the foods high in protein from their dinner plate.