



Follow your food

Ages 4-7: point, draw or talk. Ages 7-10: add labels and explain.

Protein is a nutrient in food. Digestion takes protein chains apart into smaller pieces called amino acids. Your body uses those pieces for its own proteins, including tissues and many enzymes. Fun connection: spider silk is made from proteins, too.

1. BREAK DOWN

Chewing prepares food; digestive enzymes take protein apart.

2. TAKE IN

Amino acids can pass through the small intestine lining into blood.

3. BUILD AND HELP

Your body uses amino acids for growth, repair and useful proteins.

DRAW OR NAME a protein food in a familiar meal.

Talking, pointing and imagination count. No tasting is required.

MHO functional medicine foundation: The Pegan Diet; The UltraMind Solution.

Full references and parent guide are included in this episode review pack.



Protein detective quiz

Four questions from the episode. Answer together; asking for help is welcome.

1. Protein breaks down into which building blocks?

A. Amino acids B. Tiny whole eggs

2. Where can amino acids enter your blood?

A. Your hair B. The lining of your small intestine

3. Protein foods can come from plants and animals.

A. True B. False

4. What is a real job protein helps your body do?

A. Growth and repair B. Instant muscles after one bite

A QUESTION I WOULD ASK TARA:

Grownup key: 1-A, 2-B, 3-A (true), 4-A.