

# THINKING & MANAGING SELF



## THE PROTEIN REPORT

All you need to know about this powerful body builder

Gleeb is on his way back to Gloxor, his faraway planet. He was sent to Earth to write a report on a mysterious substance called protein. On Gloxor, everyone eats a green slimy food called frub. Yuck! Gleeb has to eat 100 kilograms of frub each day, just to get enough energy to do his job. The leaders of Gloxor heard that protein was very powerful, and they wanted to know more. Maybe it would be better than eating mountains of frub every day. Here is Gleeb's report:



**PROTEIN REPORT**      **From:** Gleeb X1213      **To:** Leaders of Gloxor

**What:** Protein is a strong and mysterious substance in foods eaten by Earthlings. These creatures need all kinds of things to stay alive, but protein seems to be very important to them.

**Where:** My research has found that protein is found in many kinds of Earth food. In the meat of animals like chickens and cows, and in fish (scaly things that live in water). I also ate an egg while I was there, which has lots of protein. It tasted much better than frub!

**When:** Earthlings seem to eat foods with protein on most days. They say it is part of something called a "balanced diet." This means they eat foods with other things in them as well, called carbohydrates, and dairy foods (made from the milk of Earth animals).

**Why:** I discovered that Earthlings need protein to grow and stay healthy. Protein makes muscles, which are the things Earthlings need to move about. They do not move on a slime trail, like we do!

I think we need to try to eat protein on Gloxor.

I felt full of energy after eating that egg!

**SEND TO GLOXOR**

EXPLORE!



## Don't eat frub!

Gleeb eats frub, but you need to eat protein. Lots of foods have protein in them, but the best kinds are beef, chicken, fish, eggs, dairy products, nuts, seeds, and beans. You need protein to build and repair your body. Your muscles are mostly

made of protein. And we all know we need our muscles to move around and to have fun playing sport. We can't use a slime trail like Gleeb does.

Your body uses the protein you eat to do lots of special jobs like make parts of your blood. Your hair and nails are mostly protein, too.

1. Work with a partner. Create a "Protein Panel" to send to Gleeb. He needs to know a lot more about this mysterious, powerful substance. Use the same headings as in Gleeb's report: what, where, when, and why. Try to add three more facts to each question. Now present your Protein Panel to the class.
2. The rulers of Gloxor want to know what Gleeb means by a "balanced diet". Why can't we eat just protein and stay healthy? Write an explanation for the leaders of Gloxor. You need to write the names of the other main food groups, and say why they are important for health and well-being. What foods would be good to choose from each group?
3. Protein is found in lots of foods. Make a list of the main kinds of food that contain protein. Include Gleeb's favourite - boiled egg. Now take one kind of protein to use to make a meal for Gleeb. You will need to add other foods to the protein to make a "balanced" meal.

