



How much protein?

Use the My Recipe section of the Nutrition Program.

Find out how much protein is in each of these foods.

Tip - go to My Recipes and create a recipe.

Find food and find each of these foods.

Rank them in order – put the largest first and write down how much protein is in 100 grams of each food.

Fill in the chart below.

Foods high in protein	Which order? Highest in protein first	How much protein in 100g
Beef mince		
Herring		
Cod		
Chicken breast		
Eggs		
Milk		
Cheese		
Yogurt		
Peas		
Chickpeas		
Baked beans		
Lentils		
Wheat flour		
Pasta		
Peanuts		
Mixed seed		

To do

Make a meal which contains an animal and a plant protein.

Further work – test out the recipes for the meal and see how much protein it provides.