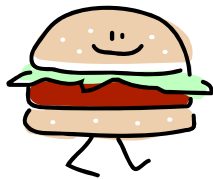


## Hip Hop Rhyme: Meat and Beans are Protein Foods!

### Directions:

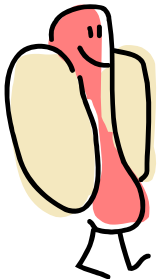
- ♥ Take this poem home and memorize it. See if you can create some hip hop choreography to go with the lyrics.
- ♥ **How to practice:**
  - Get into a groove by clapping a slow rhythm.
  - Alternate being a leader and a chorus member with your Mom, Dad, sister, brother or a friend.
  - The leader recites one line to the rhythm. Then the chorus member recites the rhyming phrase.



**Meat and Beans are protein foods,  
You can't live without them, Dude!  
Beans, chicken, eggs, fish, beef, lamb, pork,  
Cook 'em up, then fill your fork.**



**Not enough can make you sick,  
Some each day will do the trick.  
A 3 to 5 ounce serving size,  
A deck of cards, just use your eyes.**



**Prep raw meat and fish with care,  
Don't cross contaminate, beware!  
Safely cook your fish and meat,  
Check the temp and mind the heat.**



**Now you know just what to do,  
So have fun eating protein foods.**

