



POINTS TO PONDER

Meat and Beans

An interactive discussion

These questions and activities are designed to stimulate discussion with students in the classroom.

1. Ask students what foods are included in the Meat and Beans group of MyPyramid.

The group includes meat, dry beans, poultry, fish, nuts and eggs.

2. Ask students how to decrease the amount of fat or sodium when choosing foods from the Meat and Beans group.

Choose skinless chicken or turkey, fish and lean cuts of beef and pork. Try substituting legumes or different dry beans for meat in meals. Choose less-processed meats –bologna, frankfurters, ham and sausage are processed and high in sodium.

3. Ask students to list foods from the Meat and Bean group that are high in Vitamin E.

Sunflower seeds, hazelnuts and almonds are high in Vitamin E.

4. Ask students if it is easy to eat the recommended daily amount of two or three servings from the Meat and Bean group.

Yes. Most people eat at least two or three servings of meats or beans, but they do not get enough variety.

5. Ask students what MyPyramid recommends when choosing foods from the Meat and Beans group.

Make leaner choices and more varied selections.

6. Ask students to discuss how they can vary their meat and bean sources. Have one student list the ideas on the board.

◆ *Choose more types of fish, such as salmon, trout and cod.*

◆ *Eat fish for lunch or dinner more often.*

◆ *Try new recipes that include beans.*

◆ *Include dry beans or peas as a main dish or part of a meal.*

◆ *Use nuts and beans to replace meat, not in addition to meat.*

◆ *Try adding nuts and beans to salads or main dishes.*

◆ *Look for fish that is rich in omega-3 fatty acids,*

such as salmon, trout and herring.

◆ *Choose nuts as a snack.*

7. Why do you think it is important to eat fish, nuts and seeds from the Meat and Beans group?

◆ *Many people don't get a variety of foods from this group.*

◆ *Some fish are high in omega-3 fatty acids.*

◆ *Some nuts are high in fatty acids and vitamin E.*

