

Cut out the shapes to make a fan book. Punch through the circles and then tie the shapes together. Glue the shape on the bottom of your shark onto your paper.

Complete Proteins

A complete protein contains all  of the essential amino acids your body needs. Remember your body can't make essential amino acids, you must get them from the foods you eat!

Poultry

Fish

eggs

meat

dairy

Note: There is room under each word to draw you want to apply it, write it underneath.