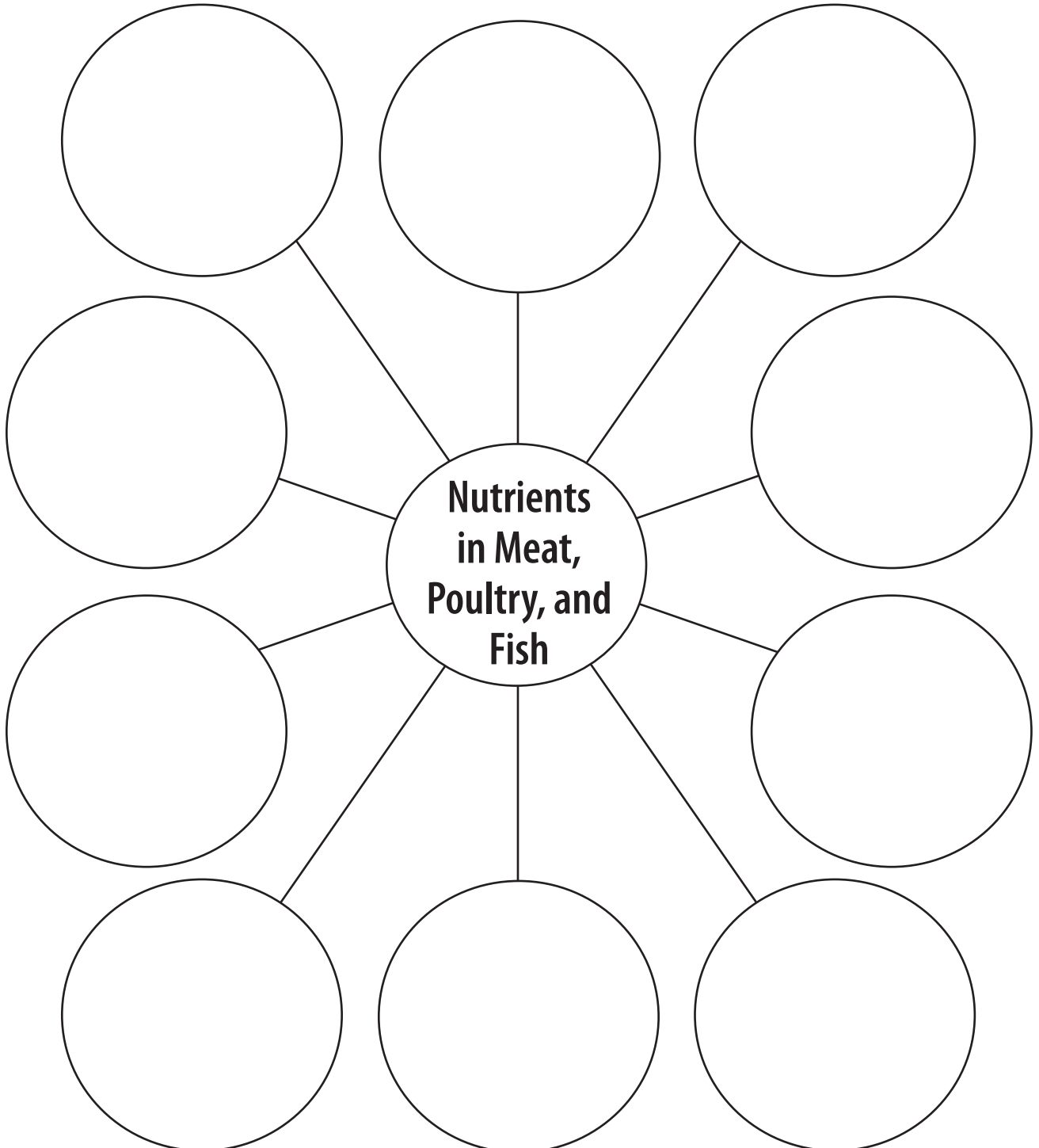


Section 23.1 Meat, Poultry, and Fish

Preparing Protein Foods

Directions As you read, use a graphic organizer like the one below to list the nutrients found in meat, poultry, and fish.



Section 23.2 Eggs, Legumes, Milk, and Milk Products

CHAPTER

23

Preparing Protein Foods

Directions As you read, use a graphic organizer like the one below to list four guidelines for handling and enjoying eggs safely.

Enjoy Eggs Safely

| |
|----|
| 1. |
| 2. |
| 3. |
| 4. |