

PROTEIN POWER CLASSROOM TRACKER



PROTEIN
BAR —

PURPOSE

to help students understand why peanut butter is a nutritious, protein-rich food while reinforcing healthy eating habits through engaging activities



TIMELINE

- Launch Week: January 19-23, 2026
- National Peanut Butter Day: January 24, 2026
- Celebration Day: January 30, 2026

HOW IT WORKS

each participating classroom earns Protein Power Points by completing three simple activities - points are visually tracked using a school-wide hallway display

- Nutrition Mini Lesson → 1 point
- Short Quiz Completed → 1 point
- Reflection or Poster → 1 point
- Bonus Points Available

VISUAL TRACKING DISPLAY

- Hallway Chart: PROTEIN POWER PROGRESS
 - Design: each classroom has a protein bar graphic, bars fill up as points are earned, fully filled bar = classroom completed the challenge
 - Visual Impact: encourages friendly participation, makes progress visible and exciting, reinforces learning visually

ACTIVITY DETAILS

- Nutrition Mini Lesson (1 point)
 - Teachers use FPF-provided lesson (10-15 minutes) covering
 - what protein is and why our bodies need it
 - how Peanut Butter provides plant based protein
 - how protein helps build muscles, energy, and focus
 - provided Read-aloud script, fact sheet, quick discussion questions
 - no food handling required
- Short Quiz (1 point)
 - Students complete quick check for understanding
 - multiple choice or true/false
 - 5 questions
 - can be printed or digital
- Reflection or Poster (1 point)
 - Classrooms choose one option
 - Reflection: writing prompt "Peanut Butter gives me protein power to..."
 - Poster: theme ideas: Protein Powers My Day, Fuel for Learning; Powered by Peanuts
 - Posters are displayed in classroom or hallway
- Optional Bonus Points
 - Classrooms can earn +1 Bonus Point for
 - reading a peanut or nutrition-themed book
 - sharing a healthy peanut butter snack idea

RECOGNITION & CELEBRATION

- Classrooms that complete challenge receive
 - School announcements recognition
 - Classroom certificate
 - Optional Prizes (stickers, bookmarks, extra recess, etc)
 - (no competition required, all classrooms can 'win')

WHY SCHOOLS LOVE THIS CHALLENGE

- Simple
- Educational
- Inclusive
- No food handling
- Minimal prep for teachers
- Strong nutrition tie-in

PROTEIN POWER

MINI LESSON

PROTEIN
BAR =

Grade Level: 3

Time Needed: 10-15 minutes

Topic: Why Peanut Butter
is a Protein Powerhouse

TEACHER INTRO

Today we are going to talk about protein and why it is important for our bodies - especially our brains and muscles.

Protein is a nutrient that helps us:

- Grow strong muscles
- feel full and energized
- stay focused and ready to learn

One food that is full of protein is Peanut Butter!

WHAT IS PROTEIN?

Protein is like a building block for your body.

It helps:

- Build muscles
- Repair your body when you get bumps or scrapes
- Give you energy that lasts longer

When we eat protein, it helps our bodies stay strong all day.

WHY PEANUT BUTTER HAS PROTEIN POWER?

Peanut butter is made from peanuts, which grow underground.

Peanuts are a plant that gives us plant-based protein.

Peanut butter:

- Has protein to help muscles grow
- Gives long-lasting energy
- Is easy to eat and store
- Is enjoyed by many families

That's why peanut butter is called a protein powerhouse!

THINK AND TALK

Class Discussion

Ask Students:

- What activities need strong muscles?
- How does protein help you at school?
- When might eating protein be helpful during your day?
- (example answers: recess, sports, learning, growing)

WRAP UP MESSAGE

Protein helps fuel your body and your brain.

Peanut butter gives you protein power to learn, play, and grow strong.

QUIZ ANSWER KEY

1. B
2. B
3. C
4. True
5. A, B, C

TEACHER CHECK LIST

Nutrition Mini-Lesson
Taught Lesson,
Discussed what Protein
is and why it matters,
Introduced Peanut
Butter a a protein rich
food

Student Quiz
Students completed
quiz, Reviewed answers
and/or discussed key
takeaways

Reflection or Poster
Student reflection
(writing or discussion),
classroom poster
related to protein or
peanut butter

Protein Power Tracker Updated
added progress to hallway or
classroom display
Protein bar filled to reflect
points earned

Classroom Participation
Verified
All students were given an
opportunity to participate

Point Earned
1 point per: Nutrition Mini-
Lesson, Quiz Completed,
Reflection/Poster
Total Protein Power Points
Earned
Optional Bonus Enrichment
Activity

PROTEIN POWER

QUIZ

PROTEIN
BAR —

NAME: _____

DATE: _____

1. What does Protein help your body do?

- a. help you learn to be a farmer
- b. build muscles and help you grow
- c. change your hair color

2. Peanut butter is a good source of which nutrient?

- a. sugar
- b. protein
- c. whater

3. Where do peanuts grow?

- a. on trees
- b. above the ground
- c. underground

4. True or False

Protein helps your body have energy that lasts longer. TRUE FALSE

5. Peanut butter helps give you protein power so you can:

(circle all that apply)

- a. learn and focus in school
- b. play and move your muscles
- c. grow strong
- d. none of the above