

THE MIGHTY MUSCLE MEAT GROUP

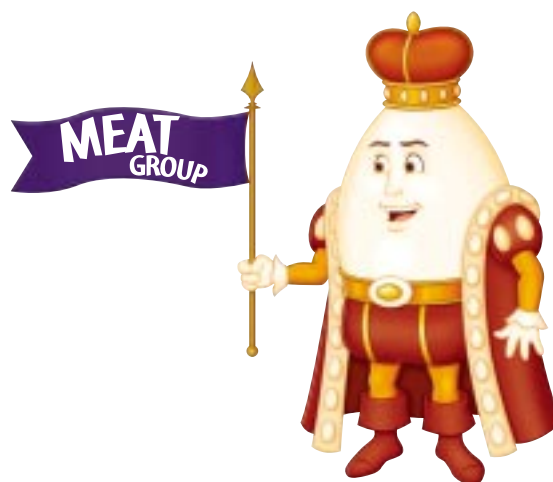
TEACHER KEY



= Gesture to entire class
(Have students listen for action word and act it out.)




= Point to your mouth
(Have students say: "Mmm, good!")



A week or two after Little D learned about the Milk Group, he found a note slipped under the bedroom door.

The note read, "His Highness, King Henry the Egg, would like the pleasure of your company this afternoon at 1:00 p.m., in the throne room. The purpose of this meeting is to discuss the Meat Group."

Little D was so excited. He spent the morning  **dancing** around the courtyard.

Promptly at 1:00, Little D  **walked** up to the throne room. At the door, he politely handed the guard his note. The guard read it quickly. Then he  **turned sharply** facing in the direction of the throne.


"Little D, the dragon!" he exclaimed in a very loud voice.

The King looked up and waved.

Little D  **walked** slowly down the long red carpet to the other end of the huge throne room. He  **bowed** to the king, just like he had seen the other boys and men do.

The King smiled. "Come here, my boy. We've got a lot of material to cover."

Little D walked up to the throne.

King Henry  **shook his paw** and said, "Little D, the Meat Group is so important because it helps build muscles. Do you know what muscles do?"

Stop Reading.

Teacher Note:

- Ask students: "What do muscles do?" *Accept all reasonable answers.*

Continue:

Little D put his paw to his lips. Then he said, "I think muscles help your body move."

King Henry smiled again. "Yes. One of the most important things muscles do is to help your body move. Human beings have about 600 muscles in their bodies. I'm not sure about dragons, but I guess you might have lots more than that."

King Henry continued. "Little D, the first thing I'd like you to do is to get more familiar with your muscles. We'll play a game. I'm going to give you some directions and I want to see if you can follow them. Okay?"

The little dragon nodded.

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King Henry went on. "Let's start by  placing your paws on your forehead. Good.  Now wiggle your eyebrows. What does that feel like?"








Stop Reading.

Teacher Note:

- Ask students: "What do you feel when you wiggle your eyebrows?" *Accept all reasonable answers.*

Continue:

Little D looked at him and said. "It feels like a blinking light."

"Good," said the King. "Now let's try  placing your paws on your cheeks.  Use your cheek muscles to smile.  Now use those muscles to frown.  Smile.  Frown.  Smile.  Frown. Do you feel your muscles working?"



Stop Reading.

Teacher Note:







- Ask students: "Do you feel your muscles working?"

Continue:

"Yes sir," said Little D.

"Excellent," said the King. "Let's try something a little different. This time I'd like you to use your leg muscles to  stretch your legs as far as you can.  Now relax your leg muscles. How does that feel?"

"Relaxing my legs feels very nice," said Little D. "Your Highness, do I have muscles all over my body?"

"You do, Little D," said the King. "Some are large muscles, like the ones in your legs. Others are very tiny – like your eyelids. Speaking of eyelids, use the muscles in your eyelids  to close your right eye. Now use those same muscles to  open your right eye.  Close your left eye.  Open your left eye.  Close both eyes.  Open both eyes."

The King beamed. "Little D, you're doing a great job following my instructions! Here's something important to remember: Every time you move, you are using one or more muscles."

Stop Reading.

Teacher Note:

- Ask students: "Why is it important for students your age to have strong muscles?"
Accept all reasonable answers.

Continue:

"Let's move on to another aspect of the Meat Group." With that, the King stepped over to a long table filled with foods. "Do you recognize any Meat Group foods here?" the King asked the little dragon.

Little D took a close look. "I see hamburger, chicken, tuna, and of course, eggs!" he giggled.

The King responded, "Very good, Little D. But how about the peanut butter and sunflower seeds?"

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Little D frowned. "How can those be in the Meat Group? I thought all Meat Group foods come from animals."

The King  **pointed to the foods.**

"Many foods in the Meat Group come from an animal," said King Henry. "These include foods such as hamburger, chicken, fish, eggs, and pork. However, other Meat Group foods such as peanut butter, sunflower seeds, dried beans, and nuts come from plants. What all Meat Group foods have in common is that they are good sources of protein. Protein is something in food that helps build muscles and keep muscles strong."

Little D  **slapped his paw against his leg.** "Well that cleans up some confusion. Some Meat Group foods actually do come from plants."

The King nodded vigorously and said, "You're getting good at this nutrition stuff Little D."

Little D spoke softly. "I've never tasted sunflower seeds before," he said.

"Well, give them a try," said the King.

Little D scooped a handful of sunflower seeds and started nibbling on them to remove the shells.

 "Mmm, good! These are delicious!" he exclaimed.

"Oh my," said King Henry. "I'm scheduled to do an inspection of the east side of the Kingdom today. Guard, can you bring in the royal bicycle?"

A guard in full armor  **marched** into the throne room walking a bicycle next to him. On the handlebars was an ornament – a crown and an egg.

"Your Highness," he said.

"Thank you," said the King.

"Little D, I'm sorry to leave you like this. I do have some homework for you. It'll give you a little more practice learning about the Meat Group." With that, King Henry the Egg jumped on the royal bicycle.

"Thanks for teaching me about the Meat Group," said Little D.

"My pleasure, son, my pleasure." And with that, he  **pedaled** the royal bicycle right down the red carpet, out of the throne room, out of the castle, and out the front gate!

Little D waved good-bye. Then he looked down at his chest. And what do you think he saw?