

# Protein Swap



**Take-home challenge!**

## Overview

Try a plant-rich meal with your family or household and reflect on the experience. Explore new recipes, taste different foods, and consider the environmental impact of protein choices.

## Learning Outcomes

- Explore plant-rich options as part of a balanced diet.
- Understand the environmental impact of various protein choices.
- Reflect on cultural, personal, and family perspectives on food choices.

## Proof to Submit

- Sample student reflections, recipes, or photos.

## Curriculum Connections

- Health & Physical Education: Food choices, nutrition, wellbeing, healthy living
- Science: Food systems, agriculture, environmental impacts
- Social Studies: Food traditions, culture, community
- Mathematics: Comparing quantities, ingredients or environmental data

## Materials

- Access to meal preparation with family
- Options: Research a plant-rich recipe if meal preparation is not feasible. Cook a plant-rich meal at school as a class.

## Activity

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### Grades K to 6

Students prepare one plant-rich meal with their family or household (e.g., beans, lentils, tofu, or a vegetable-focused dish). They then reflect by drawing or writing about the meal (i.e., what they ate, whether their family enjoyed it, whether it is a more plant-rich version of something they usually eat, and whether they would try it again).

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## Grades 7 to 12

Students prepare and share a plant-rich meal with their family or household. They reflect in writing on what made the experience easy or challenging, how it fits with family routines and traditions, and how more plant-rich eating could be encouraged in their community.

*Accessibility: If preparing a meal at home isn't feasible, students can research a plant-rich recipe, or cook a plant-rich meal at school as a class.*

## Resources for teachers

Visit the [Live Net Zero Classroom Challenge website](#) for additional resources and information.