

Name: _____

4th Grade

Test Prep - Healthy Lifestyles

- 39 Protein in foods helps the body to grow. The chart below shows the amount of protein per serving in four foods.

Amount of Protein in Four Foods

Food	Grams of Protein per Serving (g)
chicken	25
milk	10
veggie burger	14
hard-boiled egg	8

How much protein is in a meal of one glass of milk and one veggie burger?

- A 20 g
B 24 g
C 31 g
D 35 g
- 40 The diagram below shows students on a playground.



How does playing on the playground every day help the students stay healthy? [2]

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