

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—tofu!! Here are some fun facts about tofu to help guide your discussion...

- Tofu is also known as soybean curd, a soft cheese-like food.
- Tofu was first used in China around 200B.C.
- Tofu is a food staple in Asia.
- It is rich in high-quality protein, a good source of B-vitamins and iron, low in saturated fat and sodium, and contains no cholesterol.
- Tofu can be added to any dish—soups, desserts, and even burgers! It acts like a sponge and soaks up any flavor it is added to.

Source: Soyfoods.com

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