



AT SCHOOL



IN THE HOME

# SOY

ALL AROUND ME



AT THE STORE



IN THE KITCHEN



ILLINOIS  
SOYBEAN  
ASSOCIATION



HEY YOU! DID YOU KNOW  
SOYBEANS CAN BE FOUND  
IN EVERYDAY PRODUCTS?



# AT THE STORE

CHALLENGE:  
NEXT TIME YOU ARE AT THE  
STORE LOOK FOR SOY!

SOYBEAN OIL CAN BE USED FOR FRYING  
OR BAKING FOODS. SOY IS ALSO USED IN  
CONDIMENTS LIKE SALAD DRESSING.

SOYBEAN OIL IS  
USED IN BROWNIES.  
YUM!

TOFU .....\$2.99

## FIND FIVE SOY USES:

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| M | S | O | Y | B | E | A | N | A | M |
| F | O | Z | C | P | G | Y | K | Z | T |
| K | Y | T | M | I | S | O | L | T | O |
| G | M | L | G | D | Y | G | V | E | K |
| P | I | Y | F | W | A | T | D | M | F |
| T | L | D | P | C | V | Q | L | P | A |
| G | K | W | O | Z | B | M | G | E | G |
| O | Z | G | Q | D | P | W | Y | H | L |
| V | E | D | E | M | A | M | E | Z | F |
| M | D | P | Y | G | T | O | G | V | K |

## SOY MANY WAYS:

SOYBEANS  
MISO  
EDAMAME  
TEMPEH  
SOYMILK  
SOY NUT BUTTER  
SOY BURGER  
SOY FLOUR  
SOY FIBER  
SOY LECITHIN

# IN THE KITCHEN

DID YOU KNOW  
ANIMALS LIKE PIGS,  
POULTRY, BEEF AND  
DAIRY COWS ARE THE  
NUMBER ONE USER OF  
SOYBEAN MEAL?

SOY IS PROTEIN PACKED  
AND HEART HEALTHY



SOYBEAN  
OIL



SOY SAUCE



EDAMAME

TOFU



SOYMILK

## WORD SCRAMBLE

CAN YOU UNSCRAMBLE ALL FIVE?

FTOU

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OYSILMK

-----

YSO CEUAS

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MDAMEEA

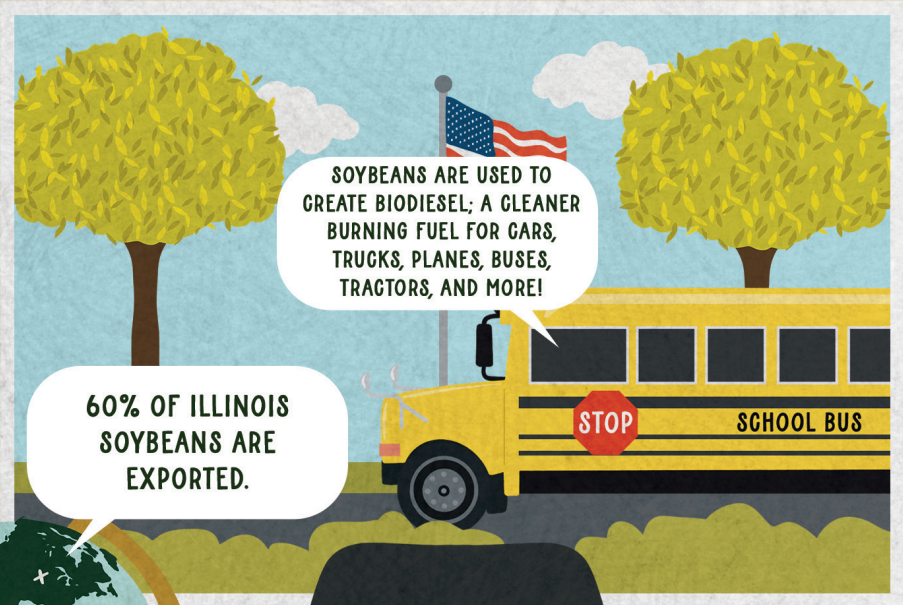
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OSYAEBN LOI

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CREATE YOUR OWN MEAL WITH SOY

# AT SCHOOL



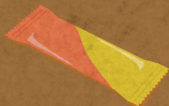
DID YOU KNOW THAT SOYBEANS CAN BE USED TO MAKE INK FOR PRINTERS AND PENS?



CAN YOU SPY ALL FIVE ITEMS AT SCHOOL?



BOOK STACK



PROTEIN BAR



INK PEN



SCHOOL BUS



CRAYON

# IN THE HOME

Playroom

SOYBEAN OIL IS A MAJOR INGREDIENT IN MOST PAINTS.

Bedroom

Laundry Room

SOAP

Bathroom

SOYBEAN IS A SAFE INGREDIENT FOR MANY EVERYDAY HOUSEHOLD PRODUCTS, LIKE CANDLES, SOAPS, AND SPRAYS.

Living Room

Kitchen

FARMERS ARE DOING MORE WITH LESS, TO PROTECT OUR LAND, WATER, ANIMALS & PLANET!

## FIND ALL 9 SOY PRODUCTS IN THE HOME:



CLEANING SPRAY



SOAP



LAUNDRY DETERGENT



CANDLE



STUFFED TOY (FOAM)



ROOF SHINGLES



RUBBER DUCK (PLASTIC)



PAINT



BOOKS

# ASIAN CHICKEN PIZZA WITH EDAMAME

## Ingredients

3 TABLESPOONS PEANUT BUTTER  
2 TABLESPOONS WATER  
1 1/2 TEASPOON SOY SAUCE  
1 1/2 TEASPOON WHITE RICE VINEGAR  
1 1/2 TEASPOON FRESH GINGER, MINCED\*  
1 PRE-BAKED PIZZA CRUST, 12-INCH  
1/2 CUP REDUCED-FAT MOZZARELLA CHEESE, SHREDDED  
1 CUP COOKED CHICKEN BREAST, DICED\*  
1/2 CUP EDAMAME, SHELLED  
1/2 CUP RED BELL PEPPER, SLICED\*  
1/4 CUP CHOW MEIN NOODLES

USE PORK, BEEF OR CHICKEN FOR THIS RECIPE!



## Instructions

PREHEAT OVEN TO 450°F\*.

COMBINE PEANUT BUTTER, WATER, SOY SAUCE, VINEGAR AND GINGER IN SMALL BOWL; STIR UNTIL SMOOTH.

PLACE PIZZA CRUST ON FOIL-LINED BAKING SHEET. SPREAD PEANUT BUTTER MIXTURE EVENLY OVER PIZZA CRUST. SPRINKLE CHEESE, CHICKEN, EDAMAME, BELL PEPPERS AND CHOW MEIN NOODLES EVENLY OVER CRUST.

BAKE 8 TO 10 MINUTES UNTIL CHEESE IS MELTED. CUT INTO 8 SLICES AND SERVE.

\*ADULT SUPERVISION IS ADVISED WHEN HANDLING OVEN & CUTLERY.

RECIPE PROVIDED BY SOYCONNECTION.COM

ILLINOIS IS THE #1  
SOYBEAN PRODUCING  
STATE IN THE COUNTRY!

ONE ACRE IS ABOUT THE  
SIZE OF A FOOTBALL FIELD,  
PRODUCING ENOUGH  
SOYBEANS TO MAKE  
AROUND 82,000 CRAYONS.

THE SOYBEAN IS OFTEN  
CALLED THE MIRACLE BEAN,  
BECAUSE IT CAN BE USED  
FOR SO MANY THINGS! !