mmm...This soy drink taste yummy.

Hmm... What is soy?
Hello there! Would you like to discover more about soy?

\[ \text{uhm...okay...} \]
Soy is a very versatile bean! It has been used for centuries in China and Japan and has since become popular worldwide! Come with me and I'll show you some of the many ways soybeans can be enjoyed!
Soy milk is made by soaking dry soybeans and then grinding them with water. That drink you just had contains a lot of vitamins that are good for your health. Vitamin E is plentiful in soymilk.

Icecream, milkshakes and yogurts, are some of the things you can make with soymilk. YUM!
Tofu is rich in protein, which helps you grow stronger muscles! It’s made by boiling soymilk with salt and acid, then pressing it into blocks. It has an equal amount of nutritional value as the other meat products, but without the bad cholesterol and extra fats.

Tofu can be made to look and taste like meat. We can make tofu burgers, hot dogs, and sandwiches!
Edamame are fresh green soybeans, which are also known as vegetable soybeans. They are served in pods like green beans. You can boil edamame to make soup or stir fry them with other vegetables!

Edamame is also rich in protein, vitamin A, B, and calcium! Eat green!
Miso is a soup made from fermented soybeans. There are a variety of miso paste, such as white and red.

Soy oil is used for cooking and as an ingredient in many other foods.

Soy sauce is made from soy, wheat and salt. You can use it for cooking also. There are light and dark kinds. Be careful, these could stain!

Tempeh is also fermented, but differently so that it forms a firm cake.
Wow! I never knew soy had so many wonderful uses. Is there anything else you can tell me, little soybean?

Of course! I have some creative tips for using soy and yummy snack ideas!
Children who are lactose intolerant, or allergic to milk protein, can pour soymilk over cereal or enjoy soy non-dairy frozen desserts.

Fruit soy smoothies, made with soymilk or soy yogurt, are a fun way to help ensure proper calcium intake.

Try substituting roasted soybeans, plain or yogurt covered, for peanuts.

Children with peanut and nut allergies can try a soy nut butter and jelly sandwich or roasted soy nuts as a snack. Even soy chips can be a treat for kids with wheat allergies!
A Note for the Parents

Did you know that soy has a significant effect on our environment? Soy takes less energy to produce and is cost efficient.

Land used for raising livestock could yield twice as much food if it grew soy! We could feed more with less pollution too!

There is more to soy than consumption. Soy can become an important factor in our everyday lives, from our future health to our future generations.
A healthy diet pattern, which may include soy foods, could give your body the chance to prevent certain cancers or complications, such as heart disease and obesity.

Remember, although soy is a very healthy choice, it lacks a few necessary nutrients. Make sure to research other foods that can complete your balanced diet!

Pregnant mothers can drink soy milk to help nourish their infants before they are born. A continuous healthy diet at a young age will benefit a child’s eating patterns in the future.