

PROTEIN STUDY GUIDE

Name _____ Period ____ Assign #

Protein is one of the most important constituents of our food because it is the chief constituent of the body cell, of body tissues, and of body fluid.

1. List three reasons protein is needed by the body.
 - a.
 - b.
 - c.
2. How often must individuals replenish themselves with protein. Why?
3. Why can protein take the place of carbohydrates and fats?
4. Explain why carbohydrates and fats **cannot** take the place of protein.
5. The best sources of protein for optimum health are:
6. What happens to excessive amounts of protein?
7. What are amino acids?
8. There are how many essential amino acids that are necessary for good human health and nutrition?
9. A food that has all 9 amino acids is called a
10. All animal proteins are classified as

11. List at least 5 examples of complete proteins.
 - a.
 - b.
 - c.
 - d.
 - e.

12. Define incomplete proteins.

13. From what food sources can incomplete proteins be obtained?

14. Why do we need to eat a variety of protein type foods?

15. How can incomplete proteins be made useful to the body?

16. What happens to incomplete proteins that are not immediately needed by the body?

17. How can animal proteins be extended?

18. How does the body use protein when there are not enough carbohydrates or fats in the diet?
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19. How much protein is required each day?
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20. Insufficient protein in the diet may manifest itself in several ways. Name at least three:
 - a.
 - b.
 - c.