Resource for Option #1

PROTEIN STUDY GUIDE KEY

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. energy
   b. build and repair
   c. maintain

2. How often must individuals replenish themselves with protein. Why?
   daily to replace worn out tissue

3. What happens to excessive amounts of protein?
   stored as fat

4. Why can protein take the place of carbohydrates and fats?
   excess protein is converted to energy

5. Explain why carbohydrates and fats **cannot** take the place of protein.
   excess protein, once converted to energy, cannot be converted back to protein

6. The best sources of protein for optimum health are:
   milk, eggs, cheese, fish, poultry and red meat

7. What are amino acids?
   building blocks from which new proteins are made

8. There are how many essential amino acids that are necessary for good human health and nutrition?
   nine

9. A food that has all 9 amino acids is called a
   complete protein

10. All animal proteins are classified as
    complete proteins

11. List at least 5 examples of complete proteins.
    a. red meat, fish and poultry
    b. certain nuts
    c. milk products
    d. germ of grains
    e. soybeans

12. Define incomplete proteins.
    plant foods that contain only part of the 9 essential amino acids

13. From what food sources can incomplete proteins be obtained?
    legumes, dried beans, grains, peanuts

14. Why do we need to eat a variety of protein type foods?
    A variety of foods to make certain your body gets all the amino acids. Incomplete amino acids, if not complete will go unused and will be excreted by the body.

15. How can incomplete proteins be made useful to the body?
    by combining plant and small amounts of animal foods i.e. macaroni and cheese .

16. What happens to incomplete proteins that are not immediately needed by the body?
    they go unused and will be excreted by the body

17. How can animal proteins can be extended?
    by combining them with plant proteins or carbohydrate foods

18. How does the body use protein when there are not enough carbohydrates or fats in the diet?
    stored as fat and used for energy

19. How much protein is required each day?
    2-3 servings per day

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20. Insufficient protein in the diet may manifest itself in several ways. Name at least three:
    a. lack of energy
    b. stunted growth in children
    c. lowered resistance to disease