

PROTEIN HUNT

Name _____ Period ____ Assign #

Directions: Complete the chart by listing as many foods containing protein as you can. Identify the source of the food, such as animal or plant (beef, pork, poultry, eggs, beans, nuts, etc.)

Using nutritional value charts, research the grams of protein per serving of each of your foods listed.

Answer the questions below the chart.

FOOD CONTAINING PROTEIN	SOURCE	GRAMS/SERVING

QUESTIONS:

1. Which food is one of the best sources of high-quality protein?
2. Which food has the least amount of protein?
3. Name a food other than a meat which is high in protein.
4. Without enough complete protein in the diet, the body cannot _____.