Name: Period:

Proteins Pre-Assessment

1. Proteins are made up of
2. Calories
3. Glucose
4. Vitamins and Minerals
5. Amino Acids
6. List 3 sources of non-meat protein:
7. What does protein do for your body?
8. Helps you breathe
9. Builds and repairs body tissues
10. Provides most of your energy
11. Insulates and protects body organs

1. What is an incomplete protein?
2. A sugar-based protein
3. A protein with less than 9 amino acids
4. Animal-based protein
5. Protein with all 22 amino acids
6. Eggs \_\_\_\_\_\_\_\_\_\_ when cooked with heat:
7. Coagulate/solidify
8. Turn liquid
9. Dissolve
10. Dry up
11. Protein contains \_\_\_\_\_ calories per gram.
12. 8
13. 9
14. 4
15. 0