**NAME:** **CLASS:**

**Protein Unit Notes**

**PROTEIN**

1. Proteins provide \_\_\_\_\_\_\_\_\_\_\_\_\_ calories per gram.
2. The main function of protein is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
   * If carbohydrates and fat are not available, your body will use protein. Is this a good thing? \_\_\_\_\_\_\_\_\_\_\_\_
3. You must eat protein \_\_\_\_\_\_\_\_\_\_\_\_ to replace the wear and tear on the body tissues.
4. We get most of our protein from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (duh!) food group.
5. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of protein.
6. There are \_\_\_\_\_\_\_\_\_\_\_essential amino acids.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means that your body MUST have them.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contain all 9 of the essential amino acids.
9. Complete proteins come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sources.
10. \_\_\_\_\_\_\_\_\_\_\_\_\_ (from soybeans) and \_\_\_\_\_\_\_\_\_ are the only complete proteins from a plant source *(n.b)*
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do NOT contain all of the essential amino acids.
12. Incomplete proteins come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food sources.
13. Examples of incomplete proteins could be:
    1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Incomplete proteins can be \_\_\_\_\_\_\_\_\_\_\_\_\_ to create a complementary protein.
15. Examples include:
    1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EGGS**

1. Eggs are very porous. They should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The cardboard helps block unwanted odors from seeping into the eggs.
2. Eggs have an expiration date printed on the carton. They usually last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Methods of cooking eggs include:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. When eggs are cooked, they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This means that the liquid transforms into a solid.
5. Eggs perform different jobs in different foods. These include:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MILK**

1. Milk and milk products, (yogurt, cheese, etc.) are excellent sources of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because they come from animal sources.
2. By law, milk must be fortified with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ means that \_\_\_\_\_\_\_\_\_\_\_ has been added to the project.
4. You can also get Vitamin D from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. That is why it is sometimes called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Milk products also provide important minerals like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help build healthy bones and teeth.
6. Milk goes through several treatments before it is safe to drink. Two of these processes are:
   1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: milk that has been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to remove or kill harmful organisms.
   2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: the fat particles in milk have been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and evenly distributed so they cannot join together again.
7. MyPlate teaches us to choose \_\_\_\_\_\_\_\_\_\_\_\_dairy. Lowfat is considered \_\_\_\_\_\_\_%.
8. Lowfat dairy has the \_\_\_\_\_\_\_\_\_\_ amount of calcium and vitamins/minerals as whole milk products.
9. Milk products \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ easily.
10. Scorching occurs when the proteins in milk are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They fall and cling to the bottom of the pan. They create a thick, black layer that is difficlt to remove.
11. To prevent scorching, cook milk on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to prevent the proteins from collecting on the bottom of the pan.
12. Heating milk in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will also prevent scorching.