

Give each student cards of three different colors: red, yellow and blue. Read each question on protein and have the students hold up the color of the card that indicates the correct answer to the question.

1. Amino acids are:

(red) Acids found in meat.

(yellow) Building blocks from which proteins are made.

(blue) A type of marinade.

2. The most important function of protein is:

(red) To provide energy

(yellow) The regulation of the body functions

(blue) To build and repair

3. Another function of protein is:

(red) To provide energy

(yellow) The regulation of the body functions

(blue) To build and repair

4. A complete protein is:

(red) From a source which has all 9 essential amino acids

(yellow) From an animal source

(blue) Both red and blue

5. An incomplete protein is:

(red) From a source that does not contain all 9 essential amino acids

(yellow) From an animal source

(blue) Neither red nor yellow

6. Protein sparing is:

(red) Not eating protein for several days

(yellow) Using a plant protein along with a small portion of an animal protein

(blue) Being a vegetarian

7. When a person doesn't eat enough carbohydrate and fat, the body uses protein to:

(red) Build and repair

(yellow) Regulate body processes

(blue) Provide energy

8. A good source of complete protein is:

(red) Eggs

(yellow) Beans

(blue) Wheat

9. An example of an incomplete protein is:

(red) Chicken

(yellow) Beans and rice

(blue) Wheat