Questions to Ponder Exam 2, Fall 2022

"Biograilability = ingested nutrient is digested & absorbed which becomes available to the body"

Proteins

- 1. What are the structures of proteins and amino acids?
 - Amino acids
 - o Building blocks for proteins
 - Formed mostly of carbon, hydrogen, oxygen & nitrogen
 - Branching carbon backbone, acid (carboxyl) group & amino group
 - 3 branched-chain amino acids- leucine, isoleucine & valine each with a branching carbon backbone
 - Protein
 - 28 different amino acids make up all proteins via peptide bonds (4 kcal per gram)
 - Amino acids are linked together by chemical bonds (peptide bonds) to form proteins
 - Bonds are difficult to break, but heat, scids, & enzymes can do so during cooking & chemical digestion
 - Bonds form between smino group of 1 smino acid with the acid (carboxyl) group of snother
 - Most proteins are polypeptides
- 2. What is an essential amino acid? What are the nine essential amino acids?
 - Essential amino acid: cannot be synthesized by humans, must be consumed from diet
 - Histlidine
 - Isoleucine
 - o Leucine
 - o Lynine
 - o Methionine
 - o Phenylalanine
 - Threonine
 - o Tryptophan
 - Valine
- 3. What are the functions of proteins in the body? How much protein does an average person need?
 - Building blocks of body components
 - Fluid balance maintenance
 - Acid-base balance
 - Building blocks of hormones & enzymes.
 - Immune function

Ponder Tales Study Guide Answers

Sharon Garlough Brown, Sharron Carrns

Ponder Tales Study Guide Answers:

The book delves into Ponder Tales Study Guide Answers. Ponder Tales Study Guide Answers is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and indepth insights into Ponder Tales Study Guide Answers, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Ponder Tales Study Guide Answers
 - Chapter 2: Essential Elements of Ponder Tales Study Guide Answers
 - o Chapter 3: Ponder Tales Study Guide Answers in Everyday Life
 - Chapter 4: Ponder Tales Study Guide Answers in Specific Contexts
 - ∘ Chapter 5: Conclusion
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