

PROTEIN STUDY GUIDE

KEY

Name _____ Period _____ Assign # _____

Protein is one of the most important constituents of our food because it is the chief constituent of the body cell, of body tissues, and of body fluid.

1. List three reasons protein is needed by the body.
 - a. energy
 - b. build and repair
 - c. maintain
2. How often must individuals replenish themselves with protein. Why?
 _____ daily to replace worn out tissue
3. What happens to excessive amounts of protein?
 _____ stored as fat
4. Why can protein take the place of carbohydrates and fats?
 _____ excess protein is converted to energy
5. Explain why carbohydrates and fats cannot take the place of protein.
 _____ excess protein, once converted to energy, cannot be converted back to protein
6. The best sources of protein for optimum health are:
 _____ milk, eggs, cheese, fish, poultry and red meat
7. What are amino acids?
 _____ building blocks from which new proteins are made
8. There are how many essential amino acids that are necessary for good human health and nutrition?
 _____ nine
9. A food that has all 9 amino acids is called a
 _____ complete protein
10. All animal proteins are classified as
 _____ complete proteins

Protein Study Guide

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Protein Study Guide:

Protein Study Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Protein Study Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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