

## Questions to Ponder

### Exam 2, Fall 2022

**"Bioavailability = 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
    - o Formed mostly of carbon, hydrogen, oxygen & nitrogen
      - Branching carbon backbone, acid (carboxyl) group & amino group
    - o 3 branched-chain amino acids- leucine, isoleucine & valine each with a branching carbon backbone
  - **Protein**
    - o 20 different amino acids make up all proteins via peptide bonds (4 kcal per gram)
    - o Amino acids are linked together by chemical bonds (peptide bonds) to form proteins
      - Bonds are difficult to break, but heat, acids, & enzymes can do so during cooking & chemical digestion
    - o Bonds form between amino group of 1 amino acid with the acid (carboxyl) group of another
    - o 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**
    - o Histidine
    - o Isoleucine
    - o Leucine
    - o Lysine
    - o Methionine
    - o Phenylalanine
    - o Threonine
    - o Tryptophan
    - o 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

**G Psacharopoulos**



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