

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

Patrick Vollmar



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