Chapter 6: Protein

Answer the questions completely. Your work need to be typed.

1. Identify the body's working proteins.
2. Identify the body's structural proteins.
3. What do proteins contain that carbohydrates and lipids do not?
4. ____________ are the building blocks of proteins.
5. What is an essential amino acid? How many are there?
6. What are proteins made of? Illustrate an example.
7. Globular shaped proteins are ____________ proteins and are ____________ soluble.
   ________ proteins are long and wide.
   ________ acts like glue between cells.
   ________ helps regulate blood glucose.
   ________ are proteins that act on other substances to change them chemically.
8. Explain why a variety of proteins are available.
9. Define denaturation. When it comes to nutrition, is denaturation beneficial for the body or not?
10. How is protein broken down by the body?
11. List the roles of proteins in the body.
12. Glucose is stored as ___________. Fat is stored as ___________. Protein is stored as ________.
13. How does the body deal with oversupplied amino acids?
14. How does the body deal with undersupplied amino acids?
15. How can you prevent the waste of dietary protein?
16. What percent of animal, legumes, and grains/plant proteins are digested by the body?
18. What underlies protein recommendations?
19. Define PEM.
20. Define marasmus. What is a result of having this disease?
21. Define kwashiorkor. What is a result of having this disease?
22. What are some health risks of consuming too much protein?
23. _________ % of our daily calories should come from protein.