

Protein Review Questions

Complete this question sheet as you learn about proteins and the role they play in your health. Read over all of the information within the Nutrition course content notes and follow all the links provided to you within those notes.

Use the Review Discussion Forum to discuss any of the answers with your classmates and to help you prepare for the Protein Quiz.

1. What four elements make up amino acids? Which one of these elements was not found in carbohydrates and fats?
2. Amino acids are the building blocks of protein. Explain.
3. What is meant by an “essential amino acid”? How many essential amino acids have scientists identified? What types of foods contain all essential amino acids?
4. Explain the difference between complete and incomplete proteins. Give examples of each.
5. What do “proteases” do in the body?
6. What are the roles of pepsin and trypsin in the digestion of protein? How is hydrolysis involved?
7. Where does the majority of protein digestion take place?
8. What is the end product of protein digestion?
9. What happens to amino acids after they are absorbed into the blood stream? Where and through what specific part of the body does most of this absorption take place?
10. Why do we need protein in our body?
11. What foods could a vegetarian choose for protein content?
12. What are the effects of a protein deficiency?
13. Name some possible health effects of an excessive intake of protein.
14. In developing countries, who is at risk of protein energy malnutrition (PEM)? Who in developed countries like our own are at risk of PEM?
15. What happens to the body’s protein reserves if not enough carbohydrates and fats are found in the diet?
16. Calculate the daily protein requirement for each of the following:
 - a. 5 yr old child who weighs 23 kg
 - b. 16 yr old female who weighs 50 kg
 - c. 175 lb adult male (hint: 2.2 lb = 1 kg)
 - d. 125 lb adult female