

## Nutrition Study Guide

### Chapter Six

#### Proteins

- 1 What are the sources of proteins? What sources have the richest amount of protein (per gram)?
- 2 What is the chemical structure of protein? Monomer?
- 3 What is the difference between a structural and functional protein? Where is the information to make a protein stored in the cell?
- 4 What is the difference between essential and non-essential amino acids?
- 5 What are phenylketones? What are they toxic to? Explain
- 6 What happens to a protein when it denatures? What may cause this to happen?
- 7 Where are proteins digested? How?
- 8 How amino acids transported into our blood?
- 9 What is the significance of the amino acid pool?
- 10 What is the significance of transcription and translation?
- 11 What types of functions require protein molecules?
- 12 How and when may proteins be used for energy?
- 13 What type of disease is Kwashiorkor and Marasmus? Describe each.
- 14 What are food allergens? Examples?
- 15 What is the difference and when would you experience if you were in negative or positive nitrogen balance? What does this tell you about your physical state?
- 16 How much pure protein do you need to eat every day?
- 17 What is the difference between complete and incomplete proteins? What is another term used to describe complete dietary proteins? Sources of each?
- 18 What is the significance of complementary proteins?