Chapter 4 Protein Based on information found in Chapter 4 of the Reference Manual

1.)	Prote	ins are necessary for:	
		Glycogen	
		Tissue Synthesis	
		Hydration	
2.)	Protein is more important than all other nutrients in the body:		
		True	
		False	
3.)	Proteins are complex structures made up of:		
		Amino Acids	
		Citric Acids	
		Carbonic Acids	
4.)	Always present in protein is:		
		Magnesium	
		Helium	
		Nitrogen	
5.)	Every body requires the exact same amount of protein:		
		True	
		False	
6.)	"Lim	iting" Amino Acids (found in cereals, millets and grains) means:	
		They exist in smaller quantities and not in proper balance	
		They limit the amount of fat your body is able to store	
		They limit the amount of water your body is able to absorb	
7.)	In discussing amino acids, the term refers to a specific nutrient the body requires, but is not capable of producing:		
		Essential	
		Mandatory	
		Unlimited	

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8.)	If one amino acid is supplied in a smaller amount than necessary, then the total amount of protein that can be synthesized from all other amino acids will be limited			
		True		
		False		
9.)	If one essential amino acid is completely absent, the other amino acids:			
		Can not be utilized and are therefore wasted by the body		
		Are stored as fat		
		Converted into carbohydrate		
10.)	In order for protein synthesis to occur the body requires:			
		Partial proteins		
		Complete proteins		
		Compressed proteins		
	otes:			