

Quiz 4 / Answers

These **quizzes** as well as **interactive quizzes** are built-in to the **MAP System**

Protein

1.) **Proteins 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.) **“Limiting” 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

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