

# Chapter 4 Protein

Based on information found in Chapter 4 of the Reference Manual

- 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

