



Are You Gonna Eat That? Cookbook Unit

Protein Extension Ideas

- a. Diagram and label the basic structure of an amino acid;
- b. Explain what an essential amino acid is
- c. Describe the process of protein synthesis, beginning in the nucleus of the cell and ending with the complete formation of the protein
- d. List the ways that proteins are denatured
- e. Explain how proteins are digested and absorbed
- f. Describe the various nutritional roles of protein (in growth; in cellular maintenance; in production of enzymes, hormones, and antibodies; in sustaining the body's balance of fluids and electrolytes, and of acids and bases; in the clotting of blood; and the generation of energy.)
- g. Compare different types of incomplete proteins, outlining dietary options for making complete proteins from incomplete ones
- h. Calculate how much protein a person needs daily in his or her diet
- i. Catalogue the diseases associated with low-protein diets and high-protein diets, listing the effects each has on the body
- j. Summarize the benefits and pitfalls of vegetarian diets