Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Unit 5

Protein



**Protein**

**PROTEIN**

1. Proteins provide **\_\_\_\_\_\_\_\_\_** calories per gram.
2. The main function of protein is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	* If carbohydrates and fat are not available, your body will use protein. Is this a good thing? \_\_\_\_\_\_\_
3. You must eat protein \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to replace the wear and tear on the body tissues.
4. We get most of our protein from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. It is recommended that we choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ products in the place of some meat and poultry every week.
6. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** are the **“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”** of protein.
7. There are **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** essential amino acids.
8. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means that your body MUST have them.
9. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** contain all 9 of the essential amino acids.
10. Complete proteins com from **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** sources.
11. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (from soybeans) is the only complete protein from a plant source.
12. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** do NOT contain all of the essential amino acids.
13. Incomplete proteins come from **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** food sources.
14. Examples of incomplete proteins could be:
	1. **GRAINS d. RICE**
	2. **BEANS e. WHEAT**
	3. **NUTS/SEEDS**
15. Incomplete proteins can be **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** to create a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein.
16. Examples include:
	1. **BEANS AND RICE**
	2. **PEANUT BUTTER AND WHOLE WHEAT TOAST**
	3. **BEAN SOUP WITH A WHEAT ROLL**

**EGGS**

1. Eggs are very porous. They should be **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** in their **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. The cardboard helps block unwanted odors from seeping into the eggs.
2. Eggs have an expiration date printed on the carton. They usually last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Methods of cooking eggs include:
	1. **HARD COOKED d. FRIED**
	2. **SOFT COOKED e. POACHED**
	3. **SCRAMBLED**
4. When eggs are cooked, they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This means that the liquid transforms into a solid.
5. Eggs perform different jobs in different foods. These include:
	1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MILK**

1. It is recommended that we **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and get at least **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** daily from the Dairy food group.
2. Milk and milk products, (yogurt, cheese, etc.) are excellent sources of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because they come from animal sources.
3. By law, milk must be fortified with **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
4. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means that “**EXTRA**” has been added to the project.
5. You can also get Vitamin D from **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. That is why it is sometimes called the “**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ VITAMIN**”.
6. Milk products also provide important minerals like **CALCIUM, IRON and PHOSPHORUS to** help build healthy bones and teeth.
7. Milk goes through several treatments before it is safe to drink. Two of these processes are:
	1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: milk that has been **HEAT TREATED** to remove or kill harmful organisms.
	2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: the fat particles in milk have been **BROKEN DOWN** and evenly distributed so they cannot join together again.
8. There are several types of Milk:

|  |  |
| --- | --- |
| **Type of Milk** | **Description** |
| a. **WHOLE MILK** | Contains the highest amount of fat-(At least 3.25% or more) |
| b. **2% MILK** | Contains only 2% milk-fat |
| c. **1% MILK** | Contains only 1% milk-fat |
| d. **SKIM MILK (FAT-FREE MILK)** | Contains no fat |
| e. **NON-FAT DRY MILK** | Skim milk that has been dehydrated and packaged |
| f. **EVAPORATED MILK** | Milk that has had all water evaporated out of it |
| g. **SWEETENED CONDESNSED MILK** | Milk with sugar added and then had water evaporated out |
| h. **UHT MILK** (Ultra High Temperature) | Milk heated to 280° for 2 seconds to kill bacteria |
| i. **LACTOSE FREE MILK** | Milk that has had the lactose sugar removed |
| j. **BUTTERMILK** | Milk with lactic acid added |
| k. **ACIDOPHILUS MILK** | Special milk to help those with digestive disorders |
| l. **FLAVORED MILK** | Milk with flavorings added (chocolate, strawberry, etc.) |

1. Milk products \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ easily.
2. Scorching occurs when the proteins in milk are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They fall and cling to the bottom of the pan. They create a thick, black layer that is difficult to remove.
3. To prevent scorching, cook milk on **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and **STIR IT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**to prevent the proteins from collecting on the bottom of the pan.
4. Heating milk in the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** will also prevent scorching.

**CHEESE**

1. There are two types of cheese: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
2. Natural cheeses include:

|  |  |
| --- | --- |
| **Type of Cheese** | **Examples** |
| a. **FRESH (Unripened)** | Cream Cheese, Feta, Mozzarella, Ricotta |
| b. **SOFT CHEESES** | Brie, Boursin, Camembert |
| c. **SEMI-SOFT CHEESES** | Fontina, Gorgonzola, Couda |
| d. **FIRM CHEESES** | Cheddar, Gruyere, Provolone |
| e. **HARD CHEESES** | Asiago, Parmesan |

1. Processed cheese is cheese made from natural cheeses, but has had emulsifiers, colorings and **PRESERVATIVES** added to **INCREASE SHELF-LIFE**. It is also easier and cheaper to produce.
2. Processed cheese include:

|  |  |
| --- | --- |
| **Type of Cheese** | **Examples** |
| a. **PROCESSED CHEESE** | American Cheese (Cheese Singles), Easy Cheese (Spray Cheese), Velveeta, Powdered Cheese |

1. To reduce fat intake in the Milk and Dairy Group, you can:
	1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	2. **USE A LOWER FAT CONTENT CHEESE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	3. **SUBSTITUTE YOGURT FOR MAYONNAISE\_\_\_\_\_\_\_\_\_\_\_\_\_**