



Week 10 - Diet - Protein

Test your knowledge about proteins and their uses by the body with this quiz.

Circle your answer - there is only one answer per question except when indicated otherwise.

1. Protein is important for:

growth and repair

energy

protection and reserves

2. What are the best food sources of protein?

meat fish  
and pulses

fruit & veg

bread, potatoes,  
pasta etc

3. How many portions of protein should you eat every day?

1-2

2-3

3-4

4-5

5-6

4. Proteins, when eaten, are broken down to simple units. What are these units called?

Trans Fats

Amino Acids

Hormones

Enzymes

5. How much energy does 1 gram of protein provide?

9 kcals

5 kcals

8 kcals

4 kcals

7kcals



6. How many Amino Acids are there?

13            26            18            10            14            21

7. What does a molecule of protein/amino acid contain?  
(there is more than one answer)

Carbon    Hydrogen    Nitrogen    Oxygen    Sulphur

8. You need to eat a lot of protein to build muscle or if you do a heavy physical job or training.

TRUE

FALSE

9. Unused protein is broken down to:

glucose and nitrogen    sulphur and oxygen    oxygen and hydrogen

10. Which plant food is considered to be a complete protein?

Soya    Cereals/grains    Pulses    Nuts    Green vegetables