

Learning Guide – Proteins and Water
Chem 1010

Protein

What is protein primarily used for?

1)

2)

How much protein do you need?

Do most Americans get enough protein?

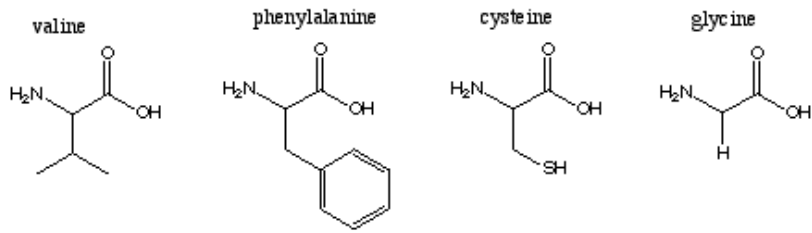
What kinds of people need extra protein?

-
-
-
-

What happens if you eat more protein than you need?

What kinds of foods contain protein?

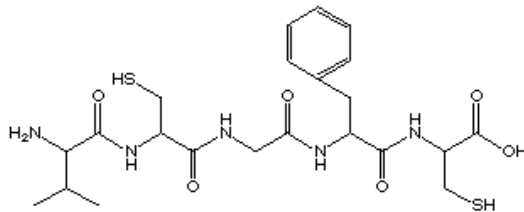
What are proteins made of?



How many common amino acids are there?

How are amino acids joined together to make a protein?

What amino acids made up this protein?



The sequence of amino acids determines:

What determines the sequence of the amino acids in each protein?

All genetic variation is caused by slight differences in the proteins made by your cells.

How does the protein you eat get turned into the proteins you need?

1)

2)

3)

4)

Protein malnutrition can be caused by:

1 –

2 –

Essential amino acids:

Complete proteins:

Incomplete proteins:

Complementary proteins:

corn:

beans:

other combinations:

Water

We don't usually think about water as a nutrient, but it is an important part of our diet.

Why is water important in your body?

What does water do?

What is it called if you don't get enough water?

When does this happen?

What are the symptoms of dehydration?

When it's hot, dehydration can progress to:

As little as _____ water loss can affect athletic performance.

How much water do you need each day?

glasses per day:

for every 2 pounds you weigh:

other sources of water:

when you're feeling sick:

Why are coffee and caffeinated sodas a bad choice?

Summing up the macronutrients

What percentage of each of the macronutrients is found in the following foods?

bread:

water	protein	fat	carbohydrates

milk:

water	protein	fat	carbohydrates

chocolate
chip
cookies:

water	protein	fat	carbohydrates

peanut
butter:

water	protein	fat	carbohydrates

steak:

water	protein	fat	carbohydrates

beans
(cooked):

water	protein	fat	carbohydrates