**QUIZ PROTIENS**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_

1. What is protein made up of? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many amino acids are there? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What acid breaks down protein in the stomach? \_\_\_\_\_\_\_\_\_\_\_\_\_
4. What helps grown and repair human tissue? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What is proteins main purpose in the body? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Name one of the most complete and digestible proteins. \_\_\_\_\_\_\_\_\_\_\_\_\_
7. When you have malnutrition, it means you have a protein what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What is a person called who does not eat meat, fish, poultry, eggs or milk? \_\_\_\_\_\_\_\_\_
9. Name one of the two vitamins strict vegetarians are often lacking? \_\_\_\_\_\_\_\_\_\_\_\_\_
10. True or False: A strict protein diet is the best way to lose weight and keep it off? \_\_\_\_\_\_

**BONUS QUESTIONS**

What does ovo indicate in nutrition? \_\_\_\_\_

What is PEM? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_