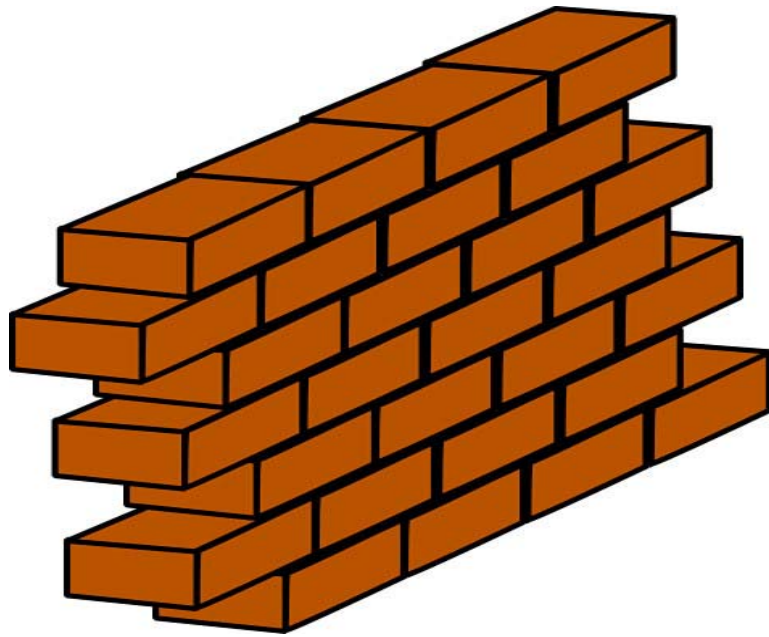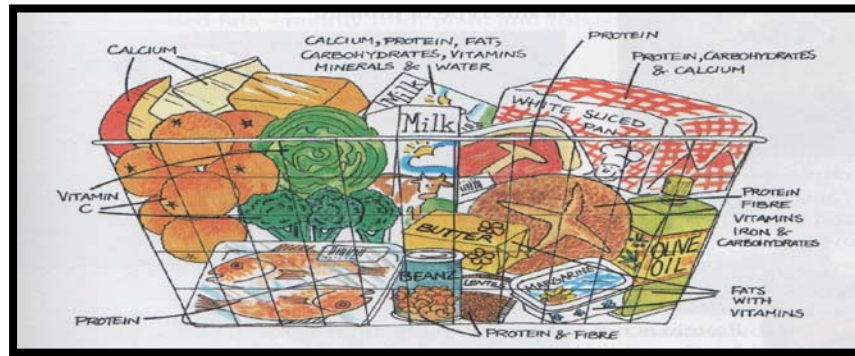# Body Builder

Protein

At the end of this unit you should be able to:-

a)   Recognise the sources of protein in the diet

b)   Understand the functions of protein in the body

c)   Understand deficiency disorders

Nutrients are present in varying amounts in different foods. Protein, for example is present in large amounts in some foods and not in others.

The word protein comes from the Greek word meaning 'I am first'. It is the first and most important nutrient in our diet, and we cannot live without it. In the UK we are not likely to be short of protein.

Why do we need protein?

All living things, both plants and animals, need protein to grow.

Children are still growing and need protein to build up the millions of body cells which form muscles, skin, nerves and body organs. Although adults have stopped growing they still need protein to replace and renew worn-out or damaged body cells. When the skin is cut, new cells must be formed to heal a wound.

If more protein is eaten than the body needs for growth and repair, the spare protein is broken down and used for energy.
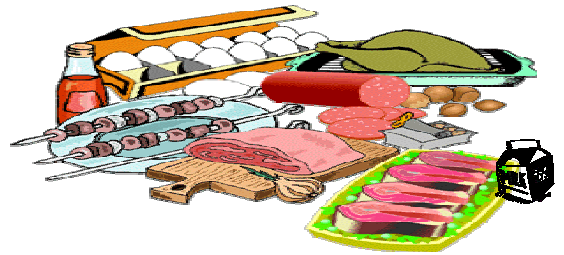
Protein makes up _____

_____

_____

_____

_____

_____

_____

Which foods are rich in protein?

Protein is found in all living things, **plants and animals**. Some foods are better sources of protein than others.
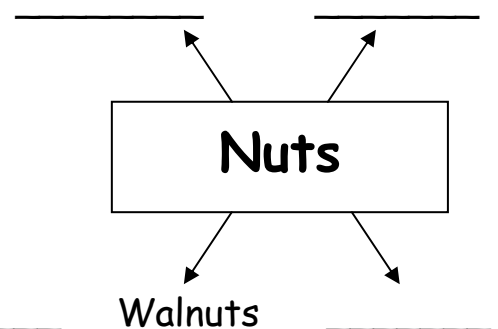
<u>Animal</u> foods which are good sources of protein include meat, fish, cheese, eggs and milk.

<u>Vegetable</u> foods which are good sources of protein include the seeds of plants – peas, beans, cereals, nuts and rice.

Fill in the missing words below:

_____   Rice   _____   _____   _____

| |
| **Cereals** |

| |
| **Pulses** |

| |
| **Nuts** |

Oats   _____   Beans   _____   Walnuts   _____
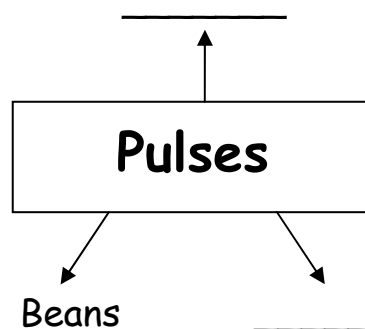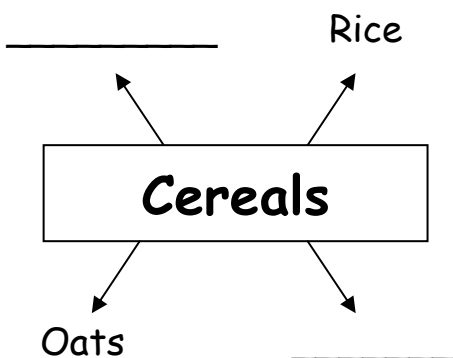
A healthy balanced diet includes a mixture of animal and vegetable foods e.g. bread and cheese, breakfast cereal and milk, egg and chips.

List <u>5</u> good sources of animal and plant protein foods

Animal: 1. _____ 2. _____

3. _____ 4. _____

5. _____

Plant: 1. _____ 2. _____

3. _____ 4. _____

5. _____

Name 5 which contain no protein

1. _____ 2. _____

3. _____ 4. _____

5. _____

How much protein do I need?

_____

_____

_____

_____

_____

_____

_____

_____

_____

How much protein do foods contain?

_____

_____

_____

FOOD	Amount of protein (g)