

Animal vs. Plant Proteins

Activity C

Name _____

Chapter 7

Date _____ Period _____

Complete the following chart to contrast plant and animal proteins. Supply the information called for in each row of the chart. Then answer the question at the bottom of the page.

	Animal Sources of Protein	Plant Sources of Protein
Examples		
Protein Quality		
Advantages		
Disadvantages		

Do you choose more protein from plant sources or animal sources? Explain your response.

Complementary Proteins—A “Good Match”

Activity D

Name _____

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For each of the following recipes, circle the ingredients that are complementary sources of protein. Use a recipe book to find a third example of a recipe containing complementary proteins. Write the name of the recipe on the tab of the third recipe card below. List the ingredients for the recipe on the lines of the card. Then circle the complementary sources of protein contained in the recipe.

Vegetarian Chili Mac

- | | |
|---|----------------------------|
| 3 cups canned tomatoes | 1 tablespoon oil |
| $\frac{3}{4}$ cup uncooked whole-grain macaroni | 2 teaspoons chili powder |
| $\frac{3}{4}$ cup chopped onion | 1 teaspoon dried basil |
| 2 cloves garlic, crushed | 3 cups canned kidney beans |
| $\frac{1}{4}$ cup chopped green pepper | |

Stir-Fried Vegetables and Tofu

- | | |
|---------------------------|-------------------------------------|
| 1 cup orange-ginger sauce | 1 medium red bell pepper |
| 2 tablespoons peanut oil | $\frac{1}{2}$ pound mushrooms |
| 1 medium onion | 1 cup bean sprouts |
| 2 carrots | $1\frac{1}{2}$ cups diced firm tofu |
| 2 ribs celery | 6 cups cooked brown rice |
| 2 cups broccoli florets | |
