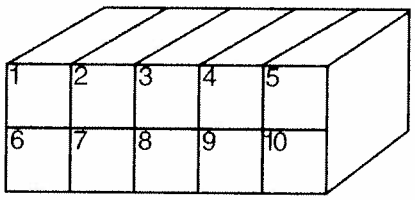
Proteins: The Body's Building Blocks 7

Building Blocks of Protein

Activity A **Name** _____

Chapter 7 **Date** _____ **Period** _____

Choose the best response to complete each multiple choice statement. Write the letter for each answer in the block below containing the same number as the statement. Your answers will reveal an essential component of proteins.



_____ 1. Protein differs from carbohydrates and fats because of the _____ it contains.
A. nitrogen B. oxygen C. hydrogen D. carbon

_____ 2. Protein makes up about _____ percent of your body.
L. 12 to 15 M. 18 to 20 N. 20 to 25 O. 30 to 40

_____ 3. When proteins change shape and take on new characteristics, _____ has occurred.
G. balance H. completion I. denaturation J. coagulation

_____ 4. To say the body can synthesize a compound means that it can _____ it.
L. destroy M. digest N. make O. complement

_____ 5. There are _____ indispensable amino acids.
L. 20 M. 19 N. 11 O. 9

_____ 6. Proteins that defend the body against infection and disease are _____.
A. antibodies B. buffers C. enzymes D. hormones

_____ 7. The liver converts nitrogen waste from proteins into _____.
A. enzymes B. lipoproteins C. urea D. urine

_____ 8. Plants that can capture nitrogen from the air and transfer it to their protein-rich seeds are _____.
G. grains H. hummus I. legumes J. tofu

_____ 9. Complete proteins come from _____ sources.
A. plant and animal B. only plant C. only mineral D. only animal

_____ 10. Two incomplete proteins that together provide all the indispensable amino acids are said to be _____.
Q. complete R. animal S. complementary T. valuable

A Billboard for Proteins

Activity B **Name** _____

Chapter 7 **Date** _____ **Period** _____

In the space provided below, list the six basic functions of protein in the body. Then design a billboard to advertise one of the functions. Choose a function and write a summary of the message of your design. Use the box at the bottom of the page to illustrate your billboard. Be sure to use an attention-getting slogan, logo, and layout.

Functions of Protein

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Summary of Message

_____

_____

_____