

Chapter 6: Proteins

1. What element does protein contain not found in carbohydrate and fat?
2. Know what differentiates one amino acid from another
3. What is an essential amino acid?
4. Know what a dipeptide is
5. Know what denaturization is
6. Understand what is meant by the amino acid sequence of a protein
7. Where does protein digestion begin?
8. Know what pepsin does
9. What are proteases?
10. After the digestion of protein, what products are absorbed in circulation?
11. Understand the process of protein synthesis
12. Know the major functions of proteins-Know what hormones, enzymes, and antibodies do, what collagen is used for
13. Understand the concept of nitrogen balance
14. What is the “amino acid pool”?
15. What would be the most likely reason for a high blood ammonia level?
16. What would be the most likely reason for a high blood urea level?
17. What are “high quality proteins”? Know examples
18. What is a limiting amino acid?
19. If the diet lacks an essential amino acid, what will be the result?
20. What is complementary protein nutrition?
21. Know the features of Kwashiorkor and Marasmus
22. What is the RDA for protein? Be able to calculate this (ie, what is the RDA of a 70 kg man?)