Chapter 6: Proteins

What element does protein contain not found in carbohydrate and fat?

Know what differentiates one amino acid from another

What is an essential amino acid?

Know what a dipeptide is

Know what denaturization is

Understand what is meant by the amino acid sequence of a protein

Where does protein digestion begin?

Know what pepsin does

What are proteases?

After the digestion of protein, what products are absorbed in circulation?

Understand the process of protein synthesis

Know the major functions of proteins-Know what hormones, enzymes, and antibodies do, what collagen is used for

Understand the concept of nitrogen balance

What is the “amino acid pool”?

What would be the most likely reason for a high blood ammonia level?

What would be the most likely reason for a high blood urea level?

What are “high quality proteins”? Know examples

What is a limiting amino acid?

If the diet lacks an essential amino acid, what will be the result?

What is complementary protein nutrition?

Know the features of Kwashiorkor and Marasmus

Approximately how many children worldwide have protein-energy malnutrition?

What is the RDA for protein? Be able to calculate this (ie, what is the RDA of a 70 kg man?)