Nutrition & Wellness for Life © 2012
Chapter 7: Proteins: The Body’s Building Blocks—Interactive Quiz Questions

1. Amino acids ______.
   A. are the building blocks of protein
   B. can be combined in a total of ten forms
   C. contain helium in their basic chemical structure
   D. cannot be made by the body

2. After you eat protein foods, what occurs in the body?
   A. Proteins are denatured by body tissues.
   B. Enzymes help protein break down.
   C. Amino acids lose their nitrogen.
   D. Amino acids stay in the stomach.

3. Which of the following is not a function of protein?
   A. Build new tissues and maintain them.
   B. Prevent sodium and potassium from passing through cell walls.
   C. Make compounds needed for important body functions.
   D. Carry vital substances to needed points throughout the body.

4. Which of the following has the least protein?
   A. Ground beef.
   B. Legumes.
   C. Milk.
   D. Apples.

5. A vegetarian who eats dairy products, eggs, poultry, and seafood is called a ______.
   A. vegan
   B. lacto-ovo vegetarian
   C. semivegetarian
   D. lacto-vegetarian

6. When you eat a peanut butter sandwich made with wheat bread, you are eating ______.
   A. complementary proteins
   B. high-quality proteins
   C. two complete proteins
   D. unusable proteins

7. Which of the following is a true statement about protein needs?
   A. Illness or injury decreases protein needs.
   B. Males and females need the same amount of protein.
   C. A large person needs less protein than a small person.
   D. Most people consume more protein than they need.
8. A person who excretes and takes in the same amount of nitrogen each day is said to be in ______.
   A. positive nitrogen balance
   B. protein overload
   C. nitrogen equilibrium
   D. negative nitrogen balance

9. Protein deficiency ______.
   A. is common in the United States
   B. occurs in areas where poverty exists
   C. results in increased growth potential
   D. tends to occur in children who are breast-fed

10. A high-protein diet ______.
    A. can put stress on the liver and kidneys
    B. helps people have strong bones
    C. can contribute to being underweight
    D. is a healthful one to follow