

Study Guide

Proteins & Fats

Directions: Read chapter 7, and answer the following questions. Later, you can use this study guide to review.

1. Twenty chemicals make up protein. What is this group of chemicals called?

2. The protein people eat must be converted into the protein of the human body. Where does this conversion take place? Briefly describe the process.

3. Explain what is meant by the term *essential amino acids*.

4. Explain the difference between complete and incomplete proteins.

5. Identify five functions of proteins in the body.

6. Identify the health effects of too much protein and too little protein.

7. Identify two or three popular plant foods that provide protein.

8. Name the two types of lipids that have a big impact on health.

Chapter 7 Study Guide (continued)

9. Many fats can be seen in food or leave a greasy mark on plates. Others are not noticeable. List three foods with invisible fats.

10. Name three important functions of fats in the body.

11. Identify the difference between a saturated and an unsaturated fat.

12. Identify the part of the digestive system in which fat digestion takes place. Name the substance that assists in the process of breaking down fats.

13. Too much cholesterol can cause heart problems. Describe some ways in which cholesterol is useful to the body.

14. People often hear the comments about “good cholesterol” and “bad cholesterol.” Identify the functions of each in the body.

15. Which type of dietary fat increases the amount of bad cholesterol?

16. Describe two things that happen to oil when it is hydrogenated.

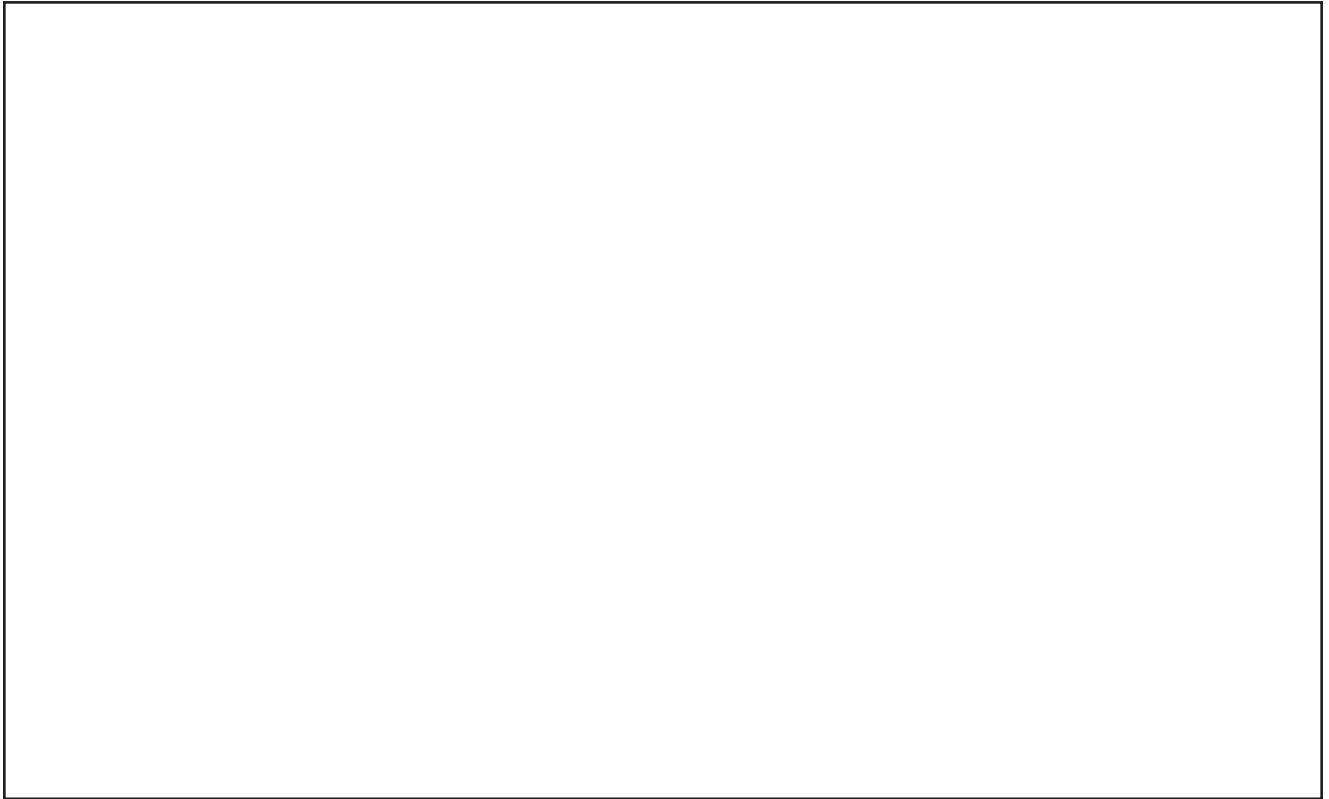
17. Name five things a teen can do to reduce the amount of fat in his or her diet.

Activity 1

Proteins & Fats

Low-Fat Favorites

Directions: Make a mini-collage of low-fat foods with at least 10 selections and attach them in the space provided below. Cut pictures from newspapers and magazines. Choose foods that you and other teens would like to eat. Write a sentence stating why you chose each of the 10 food items.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Activity 2**Proteins & Fats****Fats Fact Find**

Directions: In each situation described, find the error in the person's reasoning. Next, explain why the person's reasoning is incorrect.

1. When she discovered that her cholesterol was high, Mary decided to stop eating fats entirely. "Who needs them?" she said. "The only thing they do is raise your cholesterol level."

Error(s): _____

Explanation: _____

2. Gina is caring for her aunt who is on a low-cholesterol diet. Gina is careful to avoid serving her aunt green, leafy vegetables, which she read contain hidden amounts of high cholesterol. She also uses low-fat milk when preparing her aunt's favorite dish, fluffy scrambled eggs.

Error(s): _____

Explanation: _____

3. Simon wants to lose weight. He carefully checks labels on the foods he buys. If a product contains even a gram of saturated fat, he avoids buying it. However, he freely reaches for products containing the healthy monounsaturated and polyunsaturated fats.

Error(s): _____

Explanation: _____
