

**TT1 Macronutrients: Proteins**

1. How much energy should be provided with protein in a balanced diet?
- A. 15%
  - B. 30%
  - C. 50%
  - D. 5%



(1 mark)

2. i) Edamame is another name for dried soy beans.

(1 mark)

**TRUE/FALSE**

- ii) Quorn™ is suitable for vegans.

(1 mark)

**TRUE/FALSE**

- iii) Kwashiorkor can develop very quickly.

(1 mark)

**TRUE/FALSE**

- iv) There are 20 essential amino acids.

(1 mark)

**TRUE/FALSE**

3. Fill in the gaps using the keywords below. Note that some of the keywords may be incorrect.

(3 marks)

<i>carbohydrates</i>	<i>low biological value</i>	<i>primary</i>	<i>fatty acids</i>
<i>alternative</i>	<i>amino acids</i>	<i>secondary</i>	<i>fats</i>
<i>high biological value</i>	<i>bean curd</i>	<i>tofu</i>	<i>proteins</i>

i) Proteins are built from \_\_\_\_\_. There are 20 types, and if a protein contains them all, it is called a \_\_\_\_\_ protein.

ii) Proteins are a \_\_\_\_\_ source of energy. One gram of protein provides nearly the same amount of energy as one gram of \_\_\_\_\_.

iii) Textured vegetable protein is also called \_\_\_\_\_. It can be used as an \_\_\_\_\_ to meat.

4. List **two** functions of proteins in a human body.

(2 marks)

1. ....
2. ....

5. i) Define protein complementation. (1 mark)

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ii) Identify **two** plant sources of high biological value protein. (2 marks)

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iii) Give **two** examples of foods which apply protein complementation. (2 marks)

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6. Identify **one** effect of excessive protein consumption for health. (1 mark)

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7. Explain why protein deficiency may put a stop to growth in children. (4 marks)

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8. Explain why vegans are at a higher risk of developing protein deficiency and provide a way of preventing it. (4 marks)

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**Total marks** \_\_\_\_\_ /24