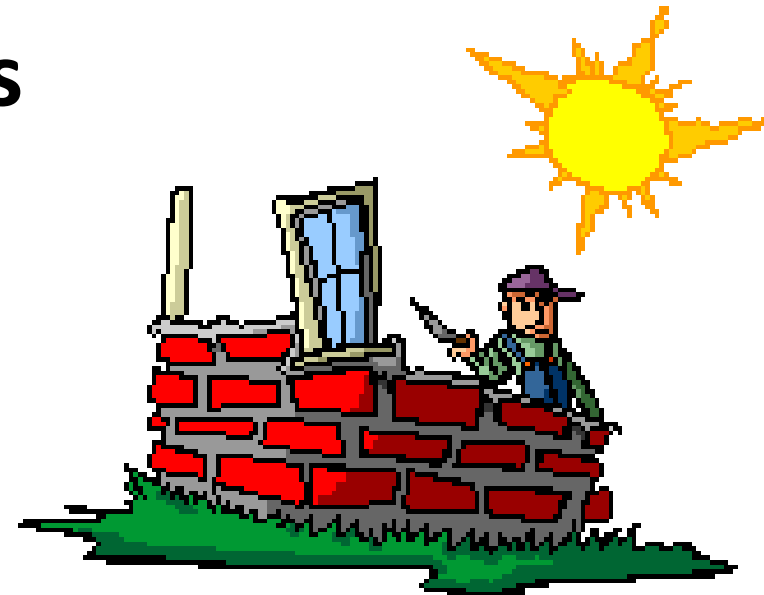


My Goal Today: I will discover the difference between complete, incomplete, and complimentary proteins.

# *Protein*

- ◆ “The Body’s Building Blocks”
- ◆ The Body’s Workers



My Exit Ticket: I will identify one complete protein, one incomplete protein, and one complimentary protein.

**My Goal Today:** I will discover the difference between complete, incomplete, and complimentary proteins.

# Where Protein is Found



**My Exit Ticket:** I will identify one complete protein, one incomplete protein, and one complimentary protein.

My Goal Today: I will discover the difference between complete, incomplete, and complimentary proteins.

# How Much Protein Do You Need

- **Formula:**
  - $\frac{1}{2}$  your body weight = grams of protein needed per day

## Excesses of Protein

- **Protein is NOT stored in the body**
  - Excreted
  - Stored as *FAT*
- **Weakens the bones**
- **Liver and kidney problems**



## Deficiencies of Protein

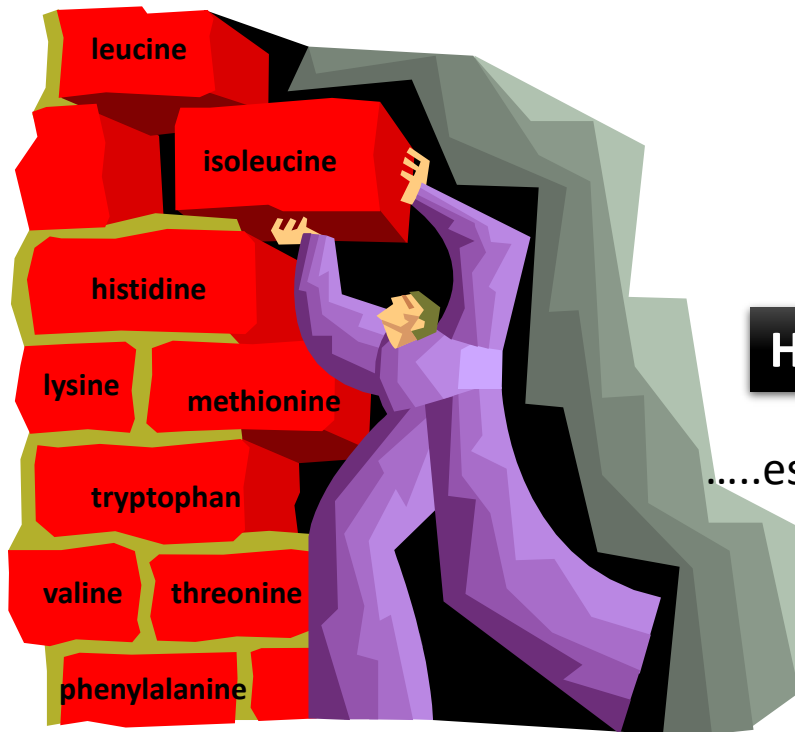
- Kwashiorkor
- Marasmus

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# AMINO ACIDS

## Which Ones Do We Need?



- ✓ 20 amino acids form the proteins in our bodies
  - ✓ 11 our body can manufacture
  - ✓ 9 it cannot produce

**How do we get these 9 Essential Amino Acids?**

.....estimated that human body has the ability to generate 2 million different types of proteins.....

**My Exit Ticket:** I will identify one complete protein, one incomplete protein, and one complimentary protein.

My Goal Today: I will discover the difference between complete, incomplete, and complimentary proteins.

<i>Complete</i>	<i>Incomplete</i>	<i>Complimentary</i>
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- **Meat**
- **Poultry**
- **Fish**
- **Eggs**
- **Milk**
- **Cheese**
- **Yogurt**
- **Quinoa**

- **Whole grain breads and cereals**
- **Dry Beans**
- **Peas**
- **Nuts**
- **Legumes**
- **Grains**
- **Seeds**
- **Lentils**
- **Rice**
- **Potatoes**

#1



#2



#3



My Exit Ticket: I will identify one complete protein, one incomplete protein, and one complimentary protein.