

Name: _____ Period: _____ Date: _____ Score: _____/21pts

T13 Energy Nutrient- Proteins- Test

1. Email address *

2. Complete proteins are called complete because they contain all essential fatty acids in the right amount. *

Mark only one oval.

☐ True

☐ False

3. Which nutrient is needed to build new cells and repair injured ones? *

Mark only one oval.

☐ Lipids

☐ Proteins

☐ Vitamins

☐ Minerals

4. Macaroni and cheese is an example of which type of protein? *

Mark only one oval.

☐ Complete

☐ Incomplete

☐ Complementary

☐ Uncomplementary

5. What are proteins made of? *

Mark only one oval.

☐ Fiber

☐ Starch

☐ Fatty acids

☐ Amino acids

6. Proteins provide the building blocks in the form of *

Mark only one oval.

- ☐ fiber.
- ☐ starch.
- ☐ fatty acids.
- ☐ amino acids.

7. How many amino acids can be found in food? *

Mark only one oval.

- ☐ 9
- ☐ 20
- ☐ 27
- ☐ 35

8. Red beans and rice combined is an example of a _____ protein. *

Mark only one oval.

- ☐ complete
- ☐ complex
- ☐ incomplete
- ☐ complementary

Answer Key

- 1. NA
- 2. B
- 3. B
- 4. C
- 5. D
- 6. D
- 7. B
- 8. A