

Quiz for Module: Proteins

Name _____

Date _____

1. Proteins function to:

1. Fuel the body
2. Enhance nerve communication
3. Build the body

2. Too little protein can result in:

1. Muscle wasting
2. Changes in irritability
3. Changes in hair quality
4. Prone to get every illness that passes by
5. All of the above

3. Too much protein challenge which organs?

1. Heart
2. Liver
3. Kidney
4. Brain
5. Two of the above

4. Assuming you weight 200 lbs but are not very lean, you will need more or less protein as compared to someone who weighs 200 lbs but is very lean?

1. Less
2. More

5. You need about what percent of lean muscle mass in grams per day of protein?

1. 33%
2. 66%
3. 99%

6. You can get the necessary amounts of protein as a vegetarian?

1. True
2. False

7. Everyone will do better with eating beef at least 4 times per week?

1. True
2. False

8. Everything listed below can provide protein except?

1. Beef
2. Eggs
3. Cheese
4. Milk
5. Coconut

Answers listed below.

Answers

1. 3
2. 5
3. 5
4. 1
5. 2
6. 1
7. 2
8. 5

