

Standard Five

PROTEIN

1. Proteins provide _____ calories per gram.
2. The main function of protein is to _____.
 - If carbohydrates and fat are not available, your body will use protein. Is this a good thing? _____
3. You must eat protein _____ to replace the wear and tear on the body tissues.
4. We get most of our protein from the _____. We should eat _____ daily from the Protein food group. The MyPlate recommends that we keep all poultry and meat portions _____. We should eat _____ of seafood weekly as well
5. _____ are the _____ of protein.
6. There are _____ essential amino acids. _____ means that your body **MUST** have them. The body cannot manufacture essential amino acids so you must get them from the _____.
7. _____ contain all 9 of the essential amino acids. Complete proteins com from _____ sources. _____ (from soybeans) is the only complete protein from a plant source.
8. _____ do NOT contain all of the essential amino acids. Incomplete proteins come from _____ food sources.
9. Examples of incomplete proteins could be:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
10. Incomplete proteins can be **COMBINED** to create a **COMPLIMENTARTY** protein. A Complimentary Proteins_ are a grain combined with any _____, _____ or legume.
11. Examples include:
 - a. _____
 - b. _____
 - c. _____

EGGS

1. Eggs are very porous. They should be _____ in their _____. The cardboard helps block unwanted odors from seeping into the eggs.
2. Eggs have an expiration date printed on the carton. They usually last _____.
3. Methods of cooking eggs include:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

4. When eggs are cooked, they _____. This means that the liquid transforms into a solid. Eggs are toughened by long exposure to _____ so you should cook them on low temperatures.
5. Eggs perform different jobs in different foods. These include:
 - a. _____ Example: _____
 - b. _____ Example: _____
 - c. _____ Example: _____
 - d. _____ Example: _____
 - e. _____ Example: _____

MILK

1. We should eat at least _____ daily from the Milk and Dairy food group.
2. Milk and milk products, (yogurt, cheese, etc.) are excellent sources of _____ because they come from animal sources. Milk products also provide important minerals like _____ to help build healthy bones and teeth.
3. The MyPlate recommends that we switch to _____. You can lower fat content in recipes by substituting a lower fat content milk: examples are using _____ instead of mayonnaise or substituting _____ instead of whole milk.
4. By law, milk must be fortified with _____. _____ means that _____ has been added to the product.
5. Milk goes through several treatments before it is safe to drink. Two of these processes are:
 - a. _____: milk that has been _____ to remove or kill harmful organisms.
 - b. _____: the fat particles in milk have been _____ and evenly distributed so they cannot join together again.
6. There are several types of Milk:

<u>Type of Milk</u>	<u>Description</u>
a.	Contains the highest amount of fat- (At least 3.25% or more)
b.	Contains only 2% milk-fat
c.	Contains only 1% milk-fat
d.	Contains no fat
e.	Skim milk that has been dehydrated and packaged
f.	Milk that has had all water evaporated out of it
g.	Milk with sugar added and then had water evaporated out
h.	Milk heated to 280° for 2 seconds to kill bacteria
j.	Milk with lactic acid added

7. Milk products _____ easily. Scorching occurs when the proteins in milk are _____. They fall and cling to the bottom of the pan. They create a thick, black layer that is difficult to remove. To prevent scorching, cook milk on _____ and _____ to prevent the proteins from collecting on the bottom of the pan. Heating milk in the _____ will also prevent scorching.

Fats and Oils & Cholesterol

Fats

1. Fat is the most _____ sources of food energy. There are _____ calories in every gram of fat.

- Fats that are _____ at room temperature are called _____
° Examples: vegetable oil, canola oil, olive oil, etc.
- Fats that are _____ at room temperature are called _____
° Examples: lard, butter, shortening, etc.

2. Functions of Fat

- Supplies _____
- Carries vitamins ____, ____, ____ and ____ through the body
- Provides a _____ store of energy
- Promotes healthy _____
- Promotes normal _____
- Acts like a “_____” and _____ to protect you heart, liver and other vital organs
- It helps your feel _____ longer
- Adds _____ to food

3. Types of Fat

- **Fatty Acids:** organic acid units that make up fat. There are three types...

- _____
- _____
- _____

4. **Saturated Fatty Acids:** Appear to _____ the level of _____ (“**bad**”) cholesterol in the bloodstream.

- ° Food Sources: meat, poultry skin, whole-milk dairy products, and the tropical oils-coconut oil, palm oil, and palm kernel oil

5. **Polyunsaturated Fatty Acids:** Fats that seem to _____ total cholesterol levels

- ° Food Sources: vegetable oils, such as corn oil, soybean oil and safflower oil

6. **Monounsaturated Fatty Acids:** Appear to _____ **LDL (“bad”)** cholesterol and help **raise** levels of **HDL (“good”)** cholesterol

- ° Food Sources: olives, olive oil, avocados, peanuts, peanut oil and canola oil

7. A Good Rule of Thumb

- Fats that are _____ at room temperature are made up mainly of _____ fatty acids
- Fats that are _____ at room temperature are made up mainly of _____ fatty acids

8. Hydrogenation: The process in which missing _____ are added to an unsaturated fat to make it _____ in texture. This forms a new type of fatty acid called _____ fatty acid. Trans fatty acids have many of the same properties as _____ fats.

9. Too Much Fat...

- Americans eat not only too much fat, but the wrong kinds of fat. Doing so can increase the risks for serious health **concerns** and **illnesses**.

10. High Fat Diets are Linked To...

- _____
- _____
- _____ **Related Problems**

Cholesterol

1. Cholesterol is _____ fat. It is a “_____” substance present in all **body cells** that is needed for many **essential body processes**. It contributes to the _____ and the skin’s production of **Vitamin D**. Adults _____ all the cholesterol they need, mostly in the liver. All _____ also have the ability to manufacture cholesterol

2. Because all animals make cholesterol, if you eat any animal product, including _____, _____ and _____, you will be consuming some “extra” cholesterol.

- *Other foods high in cholesterol are:*

- _____
- **Liver / Organ Meats**
- **Some Shellfish**

3. A certain amount of cholesterol _____ in the blood. It does not float through the bloodstream on it’s own, but in chemical “packages” called _____. There are two major kinds of lipoproteins:

- _____’s (**Low-Density Lipoproteins**) “**Losers**”
- _____’s (**High-Density Lipoproteins**) “**Heroes**”

4. Low-Density Lipoproteins (“Loser”)

- Takes cholesterol _____ the _____ to wherever it is needed in the body
- If too much LDL cholesterol is circulating, the _____ amounts of cholesterol can **build up** on **artery** walls
- This buildup **increases** the risk of _____ or _____
- Thus, LDL cholesterol has come to be known as “_____ **cholesterol**”

5. High-Density Lipoproteins (“Hero”)

- Picks up excess cholesterol and takes it _____ to the _____, keeping it from causing harm
- Thus, HDL cholesterol has come to be known as “_____ **cholesterol**”
- For most people, the **amounts and types** of fats eaten have a **greater** effect on blood cholesterol than does the cholesterol itself.
- The fats found in food, such as butter, chicken fat, or corn oil, are made up of different combinations of _____