Name_____Period_____Table_____

Unit Six

Proteins & Fats

Eggs, Protein, and Milk Assignments	POINTS POSSIBLE	Your SCORE
Proteins, Milk, & Egg Notes	50 Points	
Fat Notes	65 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
Lab:	25 Points	
TOTAL	_____ Points	

Standards and Objective for Proteins and Fats

Standard 9
Protein

Objectives

1. Protein builds and repairs body tissues.
2. Amino acids are the building blocks of protein.
3. Eggs are a good source of protein.
4. Identify ways to prepare eggs.
5. Encourage milk drinking to provide body with calcium, vitamins, and protein.
6. Identify procedure for preparing a white sauce – use a moderate temperature and stir constantly.

Standard 10
Fats

Objectives

1. Fat is essential in the diet.
2. Identify monounsaturated fats as the best type of fat for the body.
3. Identify trans fats.
4. Discuss and learn about low-fat options.

Proteins

1. _____ _____are a chemical compound that serves as a small building block of proteins.
2. _____contain all nine essential amino acids in sufficient amounts. They support _____ and normal maintenance of_____.
3. There are NINE _____ _____ _____ The body cannot produce these, but you must get them from the _____ you _____.
4. _____ _____are missing one or more of the essential amino acids.
5. Complete proteins come from _____ _____ such as meat, poultry, fish _____,cheese and _____.
6. Most plant foods have _____ _____.
7. Proteins provide amino acids which your body needs for _____, _____ _____, _____, and _____.

Milk

1. Milk is called the most near _____ food. This is because it has _____ to build and repair, _____ for energy and warmth, _____ for energy and warmth, it helps carry _____ soluble vitamins and contains many _____ and minerals.
2. Before milk can be sold, it has to be heat treated to kill enzymes and harmful bacteria; this is called _____.
3. To keep its fat from rising to the surface milk is also _____. This means its fat is broken up and distributed evenly.
4. Fortified Milk: _____
5. Fresh whole milk is _____ percent water. The other _____percent is milkfat and _____ solids. These include the proteins that yogurt and _____ are made from.
6. To create a white sauce using milk, remember to use a _____ temperature and stir _____.

Eggs

1. Eggs are a good source of _____
2. List the five functions of eggs:
   A._____ B._____
   C._____ D._____
   E._____

3. List five ways to prepare eggs for breakfast:
   A._____ B._____
   C._____ D._____
   E._____

4. List the 3 stages of beating egg whites in order:
   Stage One:_____ Stage Two:_____
   Stage Three:_____

5. How should eggs be stored?_____

Fat Notes

1. Fat is essential in the body. What are the functions of Fat?
   A. _____
   B. _____
   C. _____
   D_____
   E. _____
   F. _____
2. What two form do Fat, or lipids, come in?
   1. 2.

3. No more than _____% of the TOTAL CALORIES in your daily diet should come from fat. No more than _____% should come from saturated fats.

4. What are fatty acids?_____

5. All FAT is made up of one of the three types of FATTY ACIDS:

TYPE OF FAT	SOURCES
A.	
B.	
C.	

6. What is trans fat and why is it so bad? _____

_____

7. What happens to the body if it gets TOO MUCH fat?
   A.
   B.

8. What happens to the body if it gets TOO LITTLE fat?
   A.
   B