

Protein Interactive Worksheet

Directions: Please match the term with the correct definition

Key Term	Definition
Amino Acids	Boys ages 14 to 18
Collagen	The loss of muscle mass as you age
Complete Protein	Women and Girls ages 14 and over
Incomplete Protein	Does not contain all 9 essential amino acids
Protein	Men ages 19 and over
Peptide	Made from long chains of amino acids
Sarcopenia	Children under 4
13 Grams	A short chain of amino acids
19 Grams	Contains all 9 essential amino acids
34 Grams	A fibrous protein found in bones and tendons
46 Grams	Children ages 4 to 8
52 Grams	Protein building blocks
56 Grams	Children ages 9 to 13