

Protein Foods

Name _____

Grade _____

Use the words in the box below to complete the sentences.

amino acids complete muscles nutrient
Complete kwashiorkor poultry energy build beans
Repair cheese essential fatigue egg

Protein foods are foods rich in the _____ protein. Proteins are made up of smaller

units called _____. Proteins found in animal sources are _____

proteins, those found in plants sources are incomplete proteins. Proteins provides the body

with _____ and helps to build and _____ body tissues and _____. A lack

of protein can cause loss of energy and a feeling of _____ and may lead to a deficiency

disease called _____. Good sources of animal protein can be found in meat, _____

and fish. Good sources of plant protein can be found in soy beans, whole grains and

_____. Milk and _____ are also excellent sources of protein.