

Read the article - <https://www.bbcgoodfood.com/howto/guide/best-sources-protein> and answer the following questions:

1. *Why do we need protein?*

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2. *What is the recommended daily intake of protein for an average man and a woman?*

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3. *How much protein should an athlete consume daily?*

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4. *Can you eat too much protein and what is the harm to your health if you do?*

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5. *What is the best source of protein (based on the given information) that you would choose? Why?*