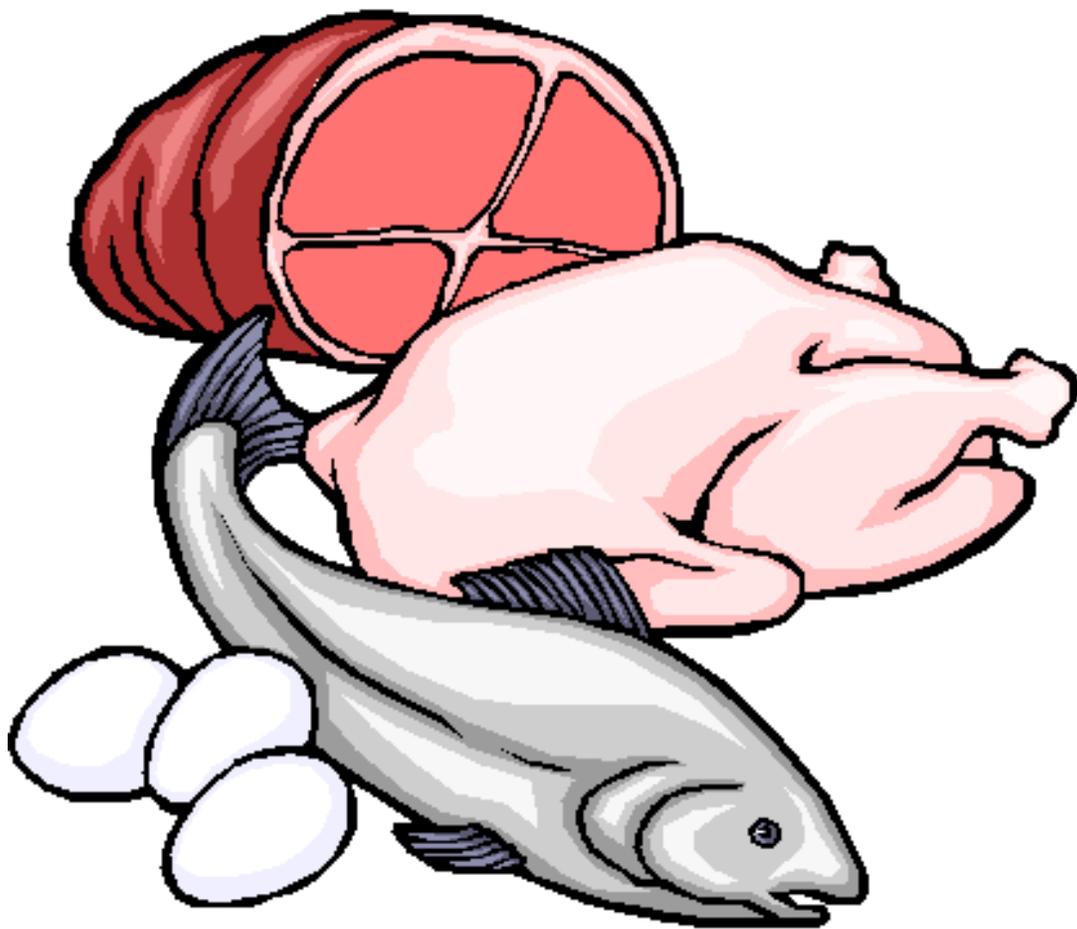


# Unit 5

## Protein



# Protein

## 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 \_\_\_\_\_.
5. It is recommended that we choose \_\_\_\_\_ products in the place of some meat and poultry every week.

## Amino Acids

6. \_\_\_\_\_ are the “\_\_\_\_\_” of protein.
7. There are \_\_\_\_\_ essential amino acids.
8. \_\_\_\_\_ means that your body MUST have them.

## Complete Proteins

9. \_\_\_\_\_ contain all 9 of the essential amino acids.
10. Complete proteins come from \_\_\_\_\_ sources.
11. \_\_\_\_\_ foods like tofu, tempeh, soy nuts and edamame are a few plant sources that contain complete proteins.

## Incomplete Proteins

12. \_\_\_\_\_ do NOT contain all of the essential amino acids.
13. Incomplete proteins come from \_\_\_\_\_ food sources.
14. Examples of incomplete proteins could be:
  - a. Grains
  - b. Beans
  - c. Nuts/Seeds
  - d. Rice
  - e. Wheat

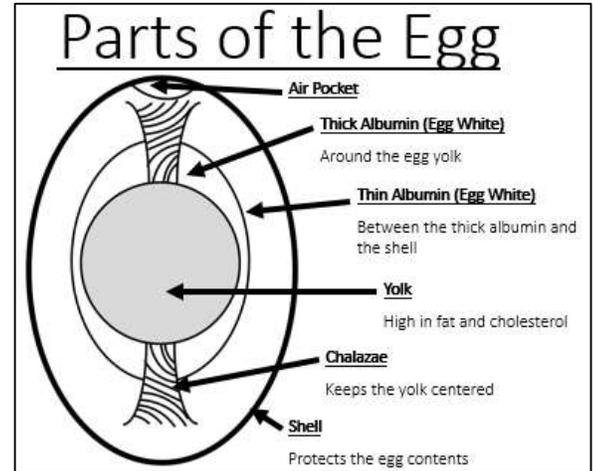
## Complimentary Proteins

15. Incomplete proteins can be \_\_\_\_\_ to create a \_\_\_\_\_ protein. (Grains combined with any nut seed, or legume.)
16. Examples include:
  - a. Beans and Rice
  - b. Peanut Butter and Whole Wheat Toast
  - c. Bean Soup with a Wheat Roll

# Eggs

## Storing 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 \_\_\_\_\_.



## Cooking Eggs

3. Methods of cooking eggs include:
  - a. HARD COOKED
  - b. SOFT COOKED
  - c. SCRAMBLED
  - d. FRIED
  - e. POACHED
4. When eggs are cooked, they \_\_\_\_\_. This means that the liquid transforms into a solid.

## Functions of Eggs

5. Eggs perform different jobs in different foods. These include:
  - a. \_\_\_\_\_ Example: \_\_\_\_\_
  - b. \_\_\_\_\_ Example: \_\_\_\_\_
  - c. \_\_\_\_\_ Example: \_\_\_\_\_
  - d. \_\_\_\_\_ Example: \_\_\_\_\_
  - e. \_\_\_\_\_ Example: \_\_\_\_\_

# Milk

## Milk

1. It is recommended that we \_\_\_\_\_ and get at least \_\_\_\_\_ daily from the Dairy food group.
2. Milk and milk products, (yogurt, cheese, etc.) are excellent sources of \_\_\_\_\_ because they come from animal sources.

## Nutrients in Milk

3. By law, milk must be fortified with \_\_\_\_\_.
4. \_\_\_\_\_ means that “\_\_\_\_\_” has been added to the project.

5. You can also get Vitamin D from \_\_\_\_\_. That is why it is sometimes called the “\_\_\_\_\_”.
6. Milk products also provide important minerals like \_\_\_\_\_ help build healthy bones and teeth.

### Processing Milk

7. Milk goes through several treatments before it is safe to drink. Two of these processes are:
- \_\_\_\_\_ : milk that has been \_\_\_\_\_ to remove or kill harmful organisms.
  - \_\_\_\_\_ : the fat particles in milk have been \_\_\_\_\_ and evenly distributed so they cannot join together again.

### Raw Milk

8. \_\_\_\_\_ is unpasteurized. It can carry dangerous bacteria responsible for causing numerous food-borne illnesses like salmonella, E. coli, campylobacter and listeria.
9. Most of the nutritional benefits of drinking raw milk are available from pasteurized milk without the risk of \_\_\_\_\_ that comes with drinking raw milk.

### Types of Milk

10. There are several types of Milk:

<u>Type of Milk</u>	<u>Description</u>
a. <b>WHOLE MILK</b>	Contains the highest amount of fat-(At least 3.25% or more)
b. <b>2% MILK</b>	Contains only 2% milk-fat
c. <b>1% MILK</b>	Contains only 1% milk-fat
d. <b>SKIM MILK (FAT-FREE MILK)</b>	Contains no fat
e. <b>NON-FAT DRY MILK</b>	Skim milk that has been dehydrated and packaged

f. <b>EVAPORATED MILK</b>	Milk that has had all water evaporated out of it
g. <b>SWEETENED CONDENSED MILK</b>	Milk with sugar added and then had water evaporated out
h. <b>UHT MILK</b> (Ultra High Temperature)	Milk heated to 280° for 2 seconds to kill bacteria
i. <b>LACTOSE FREE MILK</b>	Milk that has had the lactose sugar removed
j. <b>BUTTERMILK</b>	Milk with lactic acid added
k. <b>ACIDOPHILUS MILK</b>	Special milk to help those with digestive disorders
l. <b>FLAVORED MILK</b>	Milk with flavorings added (chocolate, strawberry, etc.)

### Milk Replacements

- \_\_\_\_\_ such as almond milk, soy milk, or rice milk are \_\_\_\_\_ with milk in regards to nutritional value.
- They are a viable \_\_\_\_\_ for people with special dietary needs.

### Cooking with Milk

- 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.



# Cheese

## Types of Cheese

1. There are two types of cheese: \_\_\_\_\_ and \_\_\_\_\_.
2. Natural cheeses include:

<u>Type of Cheese</u>	<u>Examples</u>
a. <b><u>Fresh (Unripened)</u></b>	Cream Cheese, Feta, Mozzarella, Ricotta
b. <b><u>Soft Cheeses</u></b>	Brie, Boursin, Camembert
c. <b><u>Semi-Soft Cheeses</u></b>	Fontina, Gorgonzola, Gouda
d. <b><u>Firm Cheeses</u></b>	Cheddar, Gruyere, Provolone
e. <b><u>Hard Cheeses</u></b>	Asiago, Parmesan

3. Processed cheese is cheese made from natural cheeses, but has had emulsifiers, colorings and \_\_\_\_\_ added to \_\_\_\_\_. It is also easier and cheaper to produce.
4. Processed cheese include:

<u>Type of Cheese</u>	<u>Examples</u>
a. <b><u>Processed Cheese</u></b>	American Cheese (Cheese Singles), Easy Cheese (Spray Cheese), Velveeta, Powdered Cheese

## Reducing Fat Intake from the Dairy Group

5. To reduce fat intake in the Milk and Dairy Group, you can:
  - a. Use a lower fat content \_\_\_\_\_
  - b. Use a lower fat content \_\_\_\_\_
  - c. \_\_\_\_\_ yogurt for mayonnaise