Chapter 6 study guide

1. Describe what proteins are and how they can help the body.
2. What do all amino acids have in common? How do the 20 amino acids differ from each other?
3. What are essential amino acids and how many are there?
4. TRUE/FALSE: The body can recycle amino acids?
5. How are proteins made?
6. How many amino acids are there?
7. Can the body use amino acids for energy?
8. What allows each protein to be so specific in its role in the body?
9. A single human cell may contain up to how many different proteins?
10. What does it mean when a gene “expresses” itself?
11. What does “denatured” mean and name three ways it can happen.
12. What are enzymes made of and what do they do?
13. Where does protein digestion begin?
15. Describe how proteins are digested and absorbed in the human digestive system.
16. What is “protein turnover”?
17. What are antibodies?
18. Why is collagen important?
19. TRUE/FALSE: Proteins cannot buffer the blood’s pH.
20. Know at least five functions of proteins.
21. When are the amino acids in proteins “wasted”? 
22. Name the top three protein foods that are easiest to digest.
23. What is mutual supplementation?
24. Name and describe two kinds of diseases caused by protein deficiency.
25. Name three benefits of a vegetarian diet.

Also use study guide at the end of each chapter!