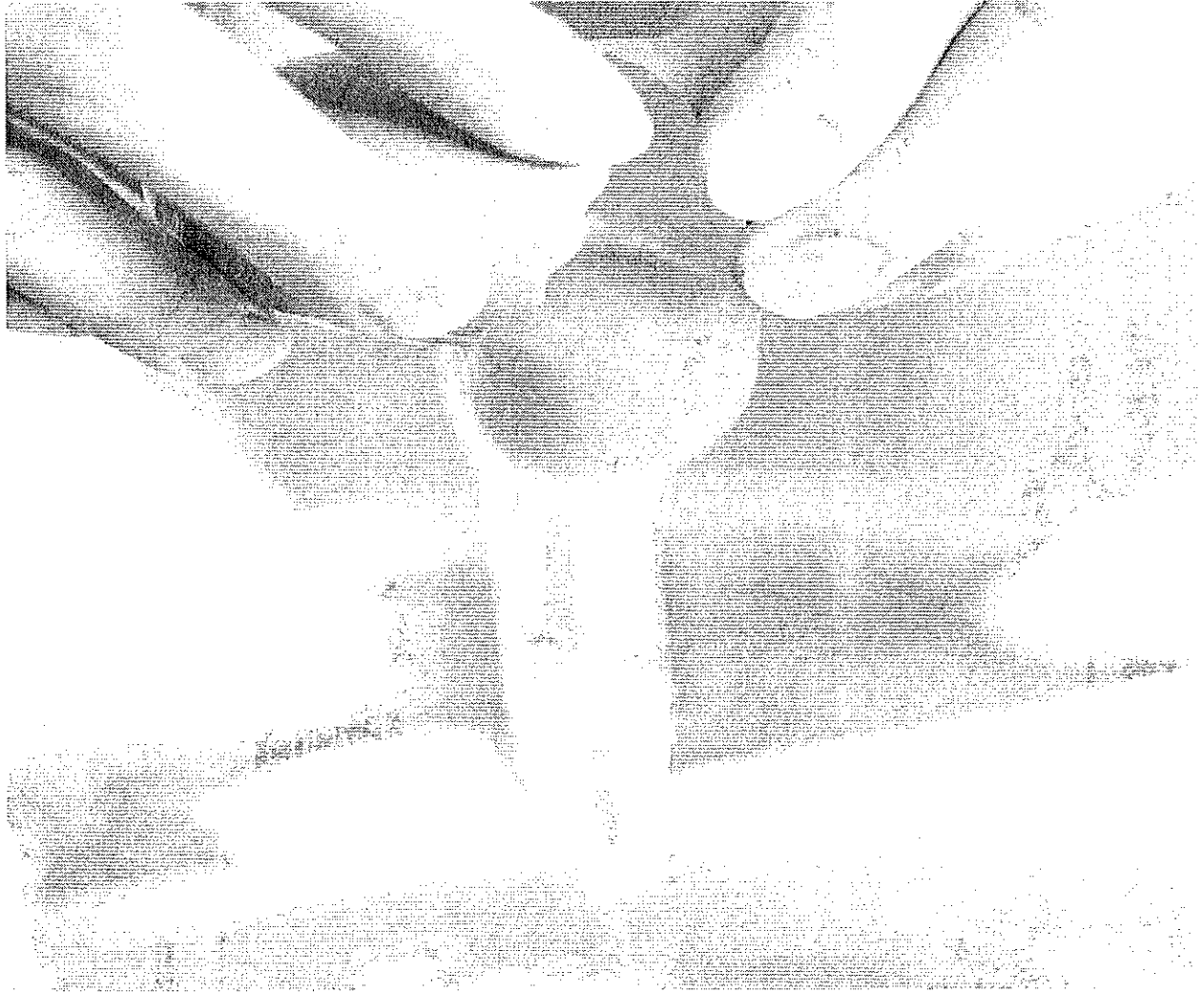



Name:



Unit 5

Protein & Eggs

Protein

- _____ protein = _____ Amino Acids.
AKA Building blocks of protein 

Protein is one of the most important nutrients in our food because it is the chief constituent of the body cells, of body tissues and of body fluids.

Functions of Protein

- 1.
- 2.
- 3.
- 4.

_____ AMINO ACIDS

11 Amino Acids	9 Amino Acids
•	• • •

- **Who has to worry about not getting the complete proteins? _____.**

4 Different Types of Vegetarians

1. **Lacto-Ovo-Vegetarin =**
2. **Ovo-Vegetarin =**
3. **Lacto-Vegetarin =**
4. **Vegan =**

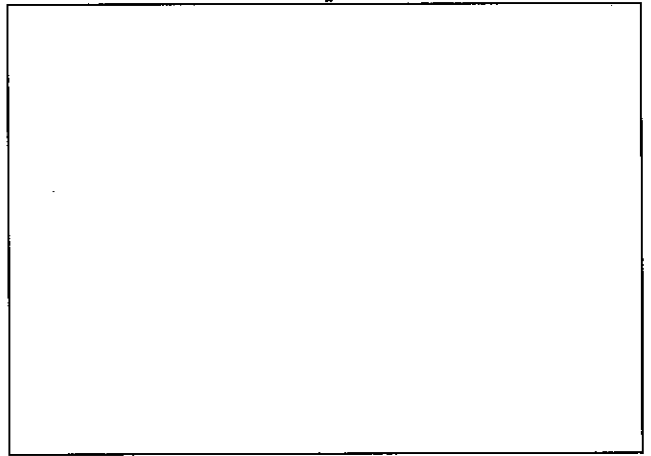
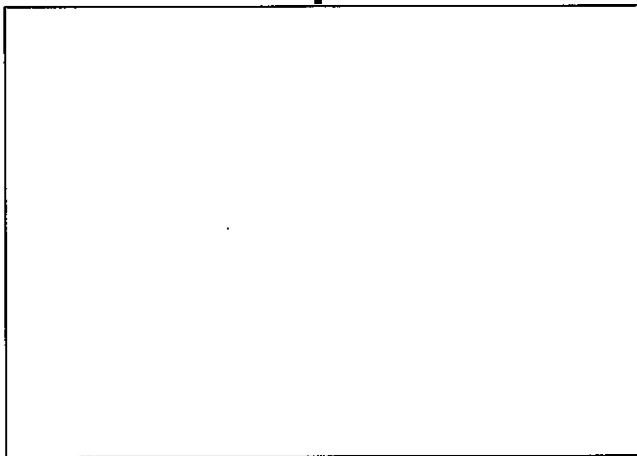
9 Essential Amino Acids	Peanut Butter	Baked Beans	Rice	Whole Wheat Flour
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				

ALL _____ Amino Acids must be present in order for protein to be synthesis in the body.

Complete

vs

Incomplete

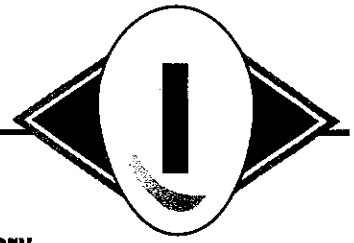


_____.

How much Protein does your body need everyday?

- Your weight _____ Double your weight _____
Divide by 5 _____ =Grams of protein you need everyday.

DISCOVER THE EGGSTRAORDINARY EGG:



EGG COMPOSITION

Eggsplere the Internet (www.aeb.org), encyclopedia CD-ROMs or library resources to discover the names of these egg parts.

- Outer covering of egg, composed largely of calcium carbonate
- May be white or brown depending on breed of hen
- Color doesn't affect egg quality, flavor, cooking characteristics, nutritional value or shell thickness.

- Pocket of air formed at large end of egg
- Caused by contraction of egg contents during cooling after laying
- Increases in size as egg ages

- Yellow portion of egg
- Color varies with feed of the hen, but doesn't indicate nutritional content.
- Major source of egg's vitamins, minerals, fat and about half of the protein

- Two – inner and outer – surround the albumen.
- Provide protective barrier against bacterial penetration
- Air cell forms between them.

- Germinal Disk

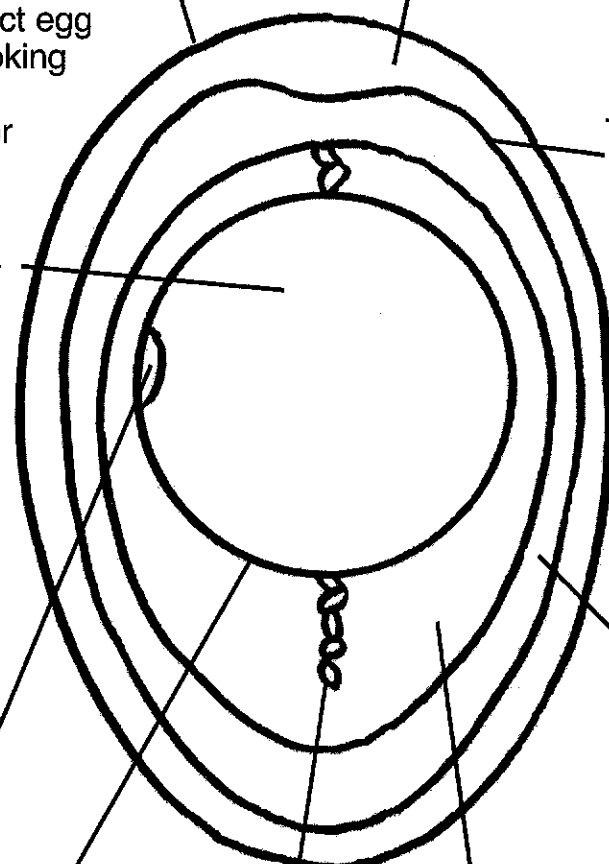
- (white)
- Nearest to the shell
- Spreads around thick white of high-quality egg

(yolk)

- Clear seal which holds egg yolk

- (white)
- Major source of egg's riboflavin and protein
- Stands higher and spreads less than thin white in higher-grade egg
- Thins and becomes indistinguishable from thin white in lower-grade egg

- Twisted, cord-like strands of egg white
- Anchor yolk in center of egg
- Prominence indicates freshness.



Nutrients in Eggs	Grades	Size	Storing Eggs

What temperature should you cook an Egg

The 7 Properties of An Egg

1.

Definition

Recipe or Food Example:

2.

Definition

Recipe or Food Example:

3.

Definition

Recipe or Food Example:

4.

Definition

Recipe or Food Example:

5.

Definition

Recipe or Food Example:

6.

Definition

Recipe or Food Example:

7.

Definition

Recipe or Food Example: