

Y10 – KO4 - GCSE FOOD PREPARATION AND NUTRITION: MACRONUTRIENTS - PROTEIN

A FUNCTION

	TERM	EXPLANATION
1	PROTEIN	<ul style="list-style-type: none"> To make the body grow. To repair the body To give the body energy.

B KEY TERMS

	TERM	DEFINITION
1	AMINO ACIDS	Protein is made up of amino acids which are building blocks.
2	ESSENTIAL AMMINO ACIDS	Amino acids that the body cannot make itself therefore we have to eat them. There are 8 needed by adults and an extra 2 needed by children.
3	HIGH BIOLOGICAL VALUE	Protein foods that contain all the essential amino acids.
4	LOW BIOLOGICAL VALUE	Protein foods that are missing one or more of the essential amino acids.

C HBV / LBV

	TERM	EXPLANATION
1	HIGH BIOLOGICAL VALUE PROTEIN	RED MEAT, EGGS, DAIRY FOODS, FISH, SOYA BEANS.
2	LOW BIOLOGICAL VALUE PROTEIN	NUTS, BEANS, LENTILS, SEEDS, CEREALS (WHEAT, RICE).
3	EXAMPLES OF PROTEIN COMPLIMENTATION	BEANS ON TOAST, LENTIL SOUP, RICE AND BEAN SALAD.

D TOO MUCH / TOO LITTLE

	TERM	EXPLANATION
1	TOO MUCH	<ul style="list-style-type: none"> Puts pressure on the liver on kidneys and therefore they have to work harder. Protein contains nitrogen which is dangerous therefore it has to be removed from the body through urine.
2	TOO LITTLE	<ul style="list-style-type: none"> Growth is slow – especially in children. Poor condition of hair, nails and skin. Struggle to digest food.

E PROTEIN ALTERNATIVES

	TERM	EXPLANATION
1	DEFINITION	<ul style="list-style-type: none"> Manufactured products that are used as an alternative to meat. High protein but low fat content. Little flavour but absorb flavour from other foods. Consumed by vegetarians.
2	EXAMPLES	TOFU, TEMPAH, TVP (Textured Vegetable Protein), QUORN.