

Name _____

Protein Power: Unleashing the Building Blocks of Life

Multiple Choice Questions

1. What are proteins?
 - a) Construction workers of the body
 - b) Large molecules made of amino acids
 - c) Building blocks of tissues and organs
 - d) All of the above

2. How many different amino acids are there?
 - a) 5
 - b) 10
 - c) 20
 - d) 50

3. What role do proteins play in the body?
 - a) Acting as enzymes
 - b) Providing structural support
 - c) Serving as antibodies
 - d) All of the above

4. Where can proteins be found?
 - a) Only in meat
 - b) Only in vegetables
 - c) Both in meat and vegetables
 - d) Nowhere

5. Why is it important to eat a variety of protein-rich foods?
 - a) To ensure we get all the different types of amino acids
 - b) To avoid eating too much protein
 - c) To only eat foods we like
 - d) None of the above

