

Name _____

Protein Power: Unleashing the Building Blocks of Life

Open-Ended Response Answer Key

1. Proteins serve as antibodies, helping the immune system fight off harmful invaders like bacteria and viruses.
2. Protein-rich foods provide essential nutrients for building and repairing tissues, supporting overall health and well-being.
3. Chicken is a food that is rich in protein.
4. Without enough protein, our bodies may struggle to build and repair tissues, leading to weakness and poor health.

