Unit 4 - Protein Power: Not Powder!

Content Area: **Family and Consumer Sciences**
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Transfer

Protein is an important nutrient that is often misunderstood. Myths about how much protein you need and what protein does for the body and muscles, and good protein sources abound. Good health comes from natural sources of protein in the recommended amounts for age, gender, height and weight.

Enduring Understandings

Current and future personal wellness is dependent upon applying nutrition related concepts and skills in everyday lifestyle behaviors.

There are many short and long term health benefits and risks associated with nutritional choices.

If your diet is lacking protein sources it can negatively affect your health.

The art of cooking combined with informed nutritional food choices set the foundation for healthy living and wellness.

There are many health benefits from obtaining protein from foods rather than from powders.

Be cautious of the fat type and content when choosing protein foods.

Essential Questions

How do you find out if you consume enough protein?

Why isn’t there an RDA for protein?

How does obtaining your protein from foods rather than from protein drinks and powders, benefit you?

Why is protein important to good health?

If this unit “protein” was a story, who are the main characters and what’s the moral of the story?

How can knowledge and expertise in protein food preparation be utilized beyond high school?

Why is consuming animal protein a health concern?

Why is consuming animal protein a question of ethics?

Content

Vocabulary

Protein

Amino acids

RDA

Complete Protein

Incomplete Protein

Meat

Poultry

Seafood

Legumes

Protein Alternatives

Vegetarian

Vegan

Lacto Vegetarian

Lacto Ovo Vegetarian

USDA

Essential amino acids

Complementary Protein

Protein Powder

Legumes

Learning Objectives

Identify the functions of proteins in the human body.

Explain the difference between complete and incomplete proteins.

Define and describe essential amino acids.

Identify animal and plant sources of protein.

Calculate personal daily protein needs.

Describe health problems associated with protein deficiencies and protein excesses.

Identify and describe the types of vegetarianism and how the vegetarian meets nutritional needs.

Properly prepare protein foods; i.e.; meats, poultry, seafood, eggs and complimentary proteins.

Differentiate between high and low fat and cholesterol protein sources.

Describe healthy cooking methods for protein foods.

Resources

Standards