

PROTEIN

1. Why do we eat protein foods? (What is the *function*?)

2. What are the two groups of protein foods?

i) _____

ii) _____

3. List sources of protein foods

| Group | Sources |
|-------|-------------------------------------|
| | i) _____ ii) _____ iii) _____ |
| | i) _____ ii) _____ iii) _____ |

4. Make a list of any protein foods you ate yesterday.