



# Unlocking Protein: How Much Can Our Body Really Absorb?

## Description

### How Much Protein Can Our Body Absorb?

Protein is very important for our bodies. It helps build and repair tissues. It also helps with many other processes like making DNA and fighting infections. If we do not get enough protein, our bodies cannot work well.

Most people trying to lose weight need about 83 grams of protein each day. This is around 24% of their daily calories.

Different people need different amounts of protein, based on factors like age, weight, and activity level. The National Institutes of Health says we should eat about 0.8 grams of protein for every kilogram of body weight.

Eating too much protein is not good either. The body cannot store protein like it stores carbs. If we eat too much, the extra protein gets broken down and used for energy or turned into fat.

It is best to spread protein consumption throughout the day. Aim for 25-35 grams of protein in each meal. This helps muscles grow and repair well.

High-quality protein sources include chicken, eggs, fish, nuts, and beans.

## Vocabulary List:

1. **Protein** /'prəʊti:n/ (noun): A vital nutrient that helps build and repair tissues in the body.
2. **Calories** /'kæləriz/ (noun): Units of energy provided by food and used by the body for various functions.
3. **Consumption** /kən'sʌmpʃən/ (noun): The act of eating or drinking something.
4. **Absorb** /əb'zɔ:rb/ (verb): To take in or soak up a substance or information.
5. **Repair** /rɪ'per/ (verb): To fix or restore something that is broken or damaged.
6. **Excess** /ɪk'ses/ (noun): An amount that is more than necessary permitted or desirable.

## Comprehension Questions



### Multiple Choice

1. What is the recommended daily protein intake for most people trying to lose weight?
  - Option: 40 grams
  - Option: 83 grams
  - Option: 100 grams
  - Option: 120 grams
  
2. According to the National Institutes of Health, how much protein should we eat for every kilogram of body weight?
  - Option: 0.2 grams
  - Option: 0.6 grams
  - Option: 0.8 grams
  - Option: 1.5 grams
  
3. What percentage of their daily calories should most people trying to lose weight get from protein?
  - Option: 10%
  - Option: 24%
  - Option: 30%
  - Option: 40%
  
4. What is the recommended amount of protein in each meal to help muscles grow and repair well?
  - Option: 10-15 grams
  - Option: 20-25 grams
  - Option: 25-35 grams
  - Option: 40-50 grams
  
5. Which of the following is a high-quality source of protein?
  - Option: Ice cream
  - Option: Potato chips
  - Option: Chicken
  - Option: Soda
  
6. What happens if we eat too much protein?
  - Option: It turns into muscle
  - Option: It gets stored like carbs
  - Option: It gets broken down for energy or turned into fat
  - Option: It gets excreted from the body



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### True-False

- 7. Protein is important for building and repairing tissues.
- 8. The body can store protein like it stores carbs.
- 9. It is best to consume all daily protein intake in one large meal.
- 10. Eggs are a good source of high-quality protein.
- 11. Protein helps in making DNA and fighting infections.
- 12. Consuming protein throughout the day helps with muscle growth and repair.

### Gap-Fill

- 13. Most people trying to lose weight need about \_\_\_\_\_ grams of protein each day.
- 14. The body should aim for 25-35 grams of protein in \_\_\_\_\_ meal.
- 15. High-quality protein sources include chicken, eggs, fish, nuts, and \_\_\_\_\_.
- 16. The National Institutes of Health recommend about 0.8 grams of protein for every kilogram of \_\_\_\_\_ weight.
- 17. Eating too much protein can lead to the extra protein being broken down for energy or turned into \_\_\_\_\_.
- 18. If we do not get enough protein, our bodies may not work \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. 83 grams 2. 0.8 grams 3. 24% 4. 25-35 grams 5. Chicken 6. It gets broken down for energy or turned into fat

**True-False:** 7. True 8. False 9. False 10. True 11. True 12. True

**Gap-Fill:** 13. 83 14. each 15. beans 16. body 17. fat 18. well



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which of the following is a waxy fat-like substance found in the cells of the body?  
Option: Potassium  
Option: Cholesterol  
Option: Calories  
Option: Protein
2. Which condition is characterized by excessive body weight and fat accumulation?  
Option: Repair  
Option: Obesity  
Option: Risk  
Option: Binge drinking
3. A stroke occurs when the blood supply to the brain is interrupted leading to what?  
Option: Excess  
Option: Digestion  
Option: Stroke  
Option: Menopause
4. Which substances provide nourishment essential for growth and the maintenance of life?  
Option: Study  
Option: Binge drinking  
Option: Nutrients  
Option: Medication
5. Which substance when consumed in excess can lead to various health issues such as liver damage?  
Option: Trend  
Option: Alcohol  
Option: Plaque  
Option: Variety
6. Which macronutrient is essential for building and repairing tissues in the body?  
Option: Drive  
Option: Cholesterol  
Option: Calories  
Option: Protein
7. The act of using or having something is known as?



- Option: Servings
- Option: Balance
- Option: Consumption
- Option: Risk

8. Maintaining a state of equilibrium or stability is referred to as?

- Option: Prevent
- Option: Balance
- Option: Trend
- Option: Menopause

9. The potential of gaining or losing something of value is commonly referred to as?

- Option: Potassium
- Option: Risk
- Option: Excess
- Option: Suffering

10. Having a diverse range or assortment of something is described by what term?

- Option: Servings
- Option: Variety
- Option: Cholesterol
- Option: Research

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ in the arteries can restrict blood flow and lead to cardiovascular issues.
12. Women may experience hormonal changes during \_\_\_\_\_.
13. Nutrients are primarily \_\_\_\_\_ in the small intestine.
14. Motivation is a key factor that can influence an individual's ambition and \_\_\_\_\_.
15. Conducting a scientific investigation to acquire new knowledge is referred to as a  
\_\_\_\_\_.
16. Regular exercise and a balanced diet can help \_\_\_\_\_ certain health conditions.
17. Consuming calories in \_\_\_\_\_ of what the body needs can lead to weight gain.



18. Severe pain or distress can result in significant \_\_\_\_\_.
19. Systematic investigation of a subject to establish facts and reach new conclusions is called \_\_\_\_\_.
20. Maintaining a \_\_\_\_\_ lifestyle involves regular exercise and a balanced diet.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The process by which the body breaks down food into smaller nutrients for absorption.
22. The likelihood of harm or loss occurring in a given situation.
23. Consuming an excessive amount of alcohol in a short period of time.
24. Substances used to treat cure or prevent diseases or medical conditions.
25. An investigation conducted to gain knowledge or understanding of a subject.
26. A general direction in which something is developing or changing.
27. Maintaining stability and harmony in various aspects of life.
28. The process of fixing or restoring something that is damaged or broken.
29. Taking action to stop something from happening before it occurs.
30. The portions or quantities of food served or consumed at a meal.

## Answer

**Multiple Choice:** 1. Cholesterol 2. Obesity 3. Stroke 4. Nutrients 5. Alcohol 6. Protein 7. Consumption 8. Balance 9. Risk 10. Variety

**Gap-Fill:** 11. Plaque 12. Menopause 13. Absorb 14. Drive 15. Study 16. Prevent 17. Excess 18. Suffering 19. Research 20. Healthy

**Matching sentence:** 1. Digestion 2. Risk 3. Binge drinking 4. Medication 5. Study 6. Trend 7. Balance 8. Repair 9. Prevent 10. Servings

## CATEGORY

1. Health - LEVEL1



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**Date Created**

2024/11/02

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