

Proteins – chemical compounds in food

Webquest

Answer the following questions. Visit the suggested web pages in order to find the necessary information.

<https://www.eufic.org/en/whats-in-food/article/what-are-proteins-and-what-is-their-function-in-the-body>

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

1. Proteins provide essential function for the body. Try to list five of it.

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2. Human need of proteins depends on the age and condition. Which are the common causes of increased demand?

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3. Can proteins be found in animal—based food only? Explain your answer.

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4. List 5 high protein food.

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5. What is the importance of proteins in athletic performance?

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6. What is the environmental impact of the food in your plate?

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