

Name: _____ Group: _____ Period: _____

PROTEIN

1. Proteins provide _____ calories per gram.
2. The main function of protein is to _____.
3. You should keep meat and poultry portions _____ and _____.
4. Include at least _____ of cooked _____ per week.
5. _____ are the _____ of protein.
6. There are _____ amino acids. There are _____ *essential* amino acids.
7. The body cannot make amino acids so they must be obtained from _____.
8. _____ contain all 9 of the essential amino acids in the right ratio for our body.
9. Complete proteins come from _____ sources. Such as: _____.
10. _____ products such as tofu, tempeh, soy nuts and edamame also contain a complete protein.
 - Quinoa is considered a complete protein, but is not as high in protein as animal sources or soy and is not included as a protein food in MyPlate.
11. _____ contain some, but not all of the amino acids.
12. Incomplete proteins are from _____ sources. Such as: _____.
13. Incomplete proteins can be _____ to create a complementary protein.
14. Complementary proteins are a grain combined with any nut, seed, or legume. Examples include:
 - _____
 - _____
 - _____
 - _____

FAJITAS

1/4 lb. ground beef	1/4 tomato
1 green onion	1/4 green pepper
1-2 T. fajita seasoning	1/2 c. minute rice
1/2 c. cheese	1/4 c. sour cream
1 tortilla per lab member	

Brown ground beef in a skillet on med-high heat. Wash and chop green onion, tomato and green pepper. When meat is browned add fajita seasoning, tomato, onion, green pepper ½ c. water and rice to the skillet. Bring to a boil and then reduce to a simmer. Cover and allow it to simmer for 10-15 mins. or until rice is cooked and water is absorbed. Heat tortilla in microwave for about 15 seconds and spoon an even amount of the meat mix onto your tortilla. Garnish with cheese and sour cream.