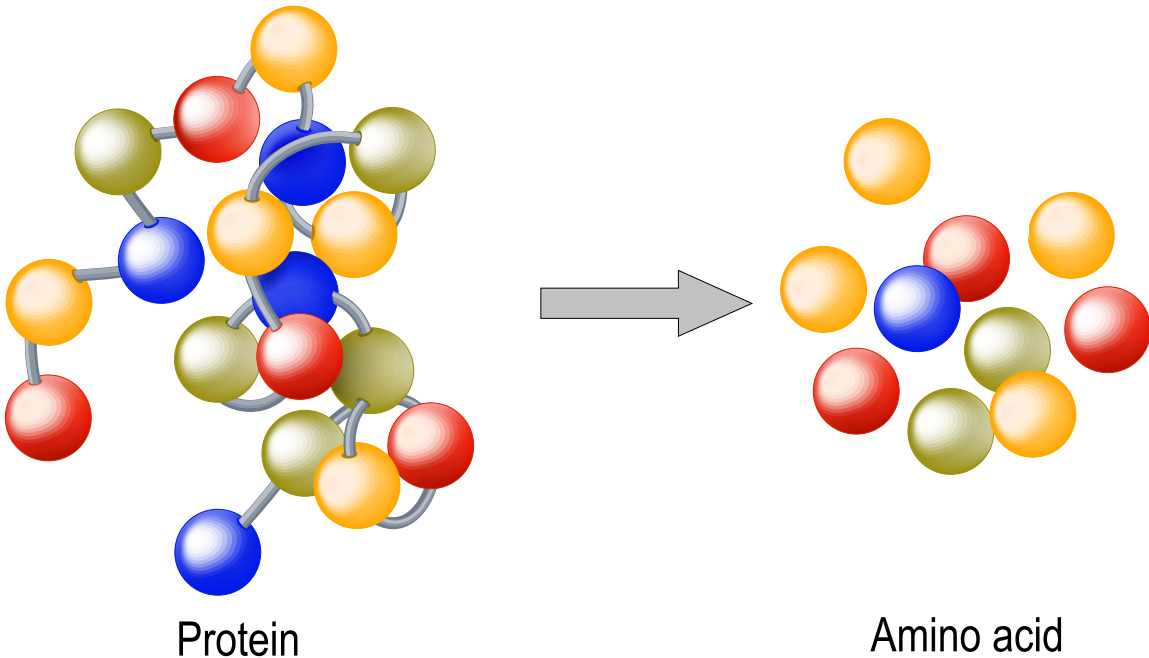


WHAT IS PROTEIN?

Digestion of protein



PROTEINS are made up of building blocks called **AMINO ACIDS**.

Each type of protein has its own unique chain of different amino acids.

The proteins you eat are broken down in your digestive tract into their individual amino acids which are then used by your body to produce the different proteins you need for your body to function.

MUSCLES are made up of protein. You need to eat protein every day to allow your body to grow. Your body also needs to maintain the muscle you already have. There are also muscles in your **INTESTINES** and **HEART**!

HAIR and finger/toe **NAILS** are mostly made of protein. You need to eat protein every day to allow your hair and nails to stay healthy and grow.

ENZYMES are proteins. Enzymes are important for assisting your body cells to function. This includes building bones, cartilage, and skin.

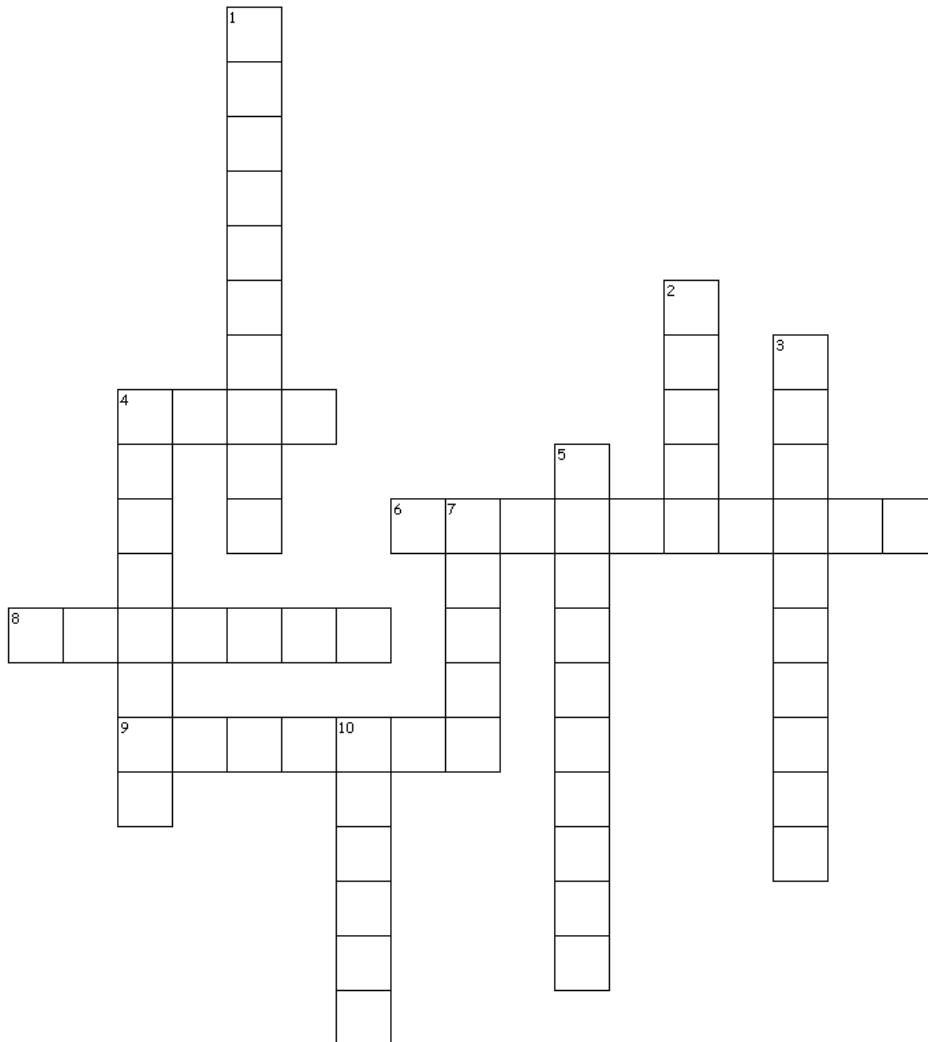
HORMONES are proteins. Hormones regulate many different functions in your body, including growth and reproduction.

HEMOGLOBIN in your blood carries oxygen to the different cells in your body. Hemoglobin is a protein.

ANTIBODIES are proteins and are important for a strong immune system.

NAME: _____

WHAT IS PROTEIN?



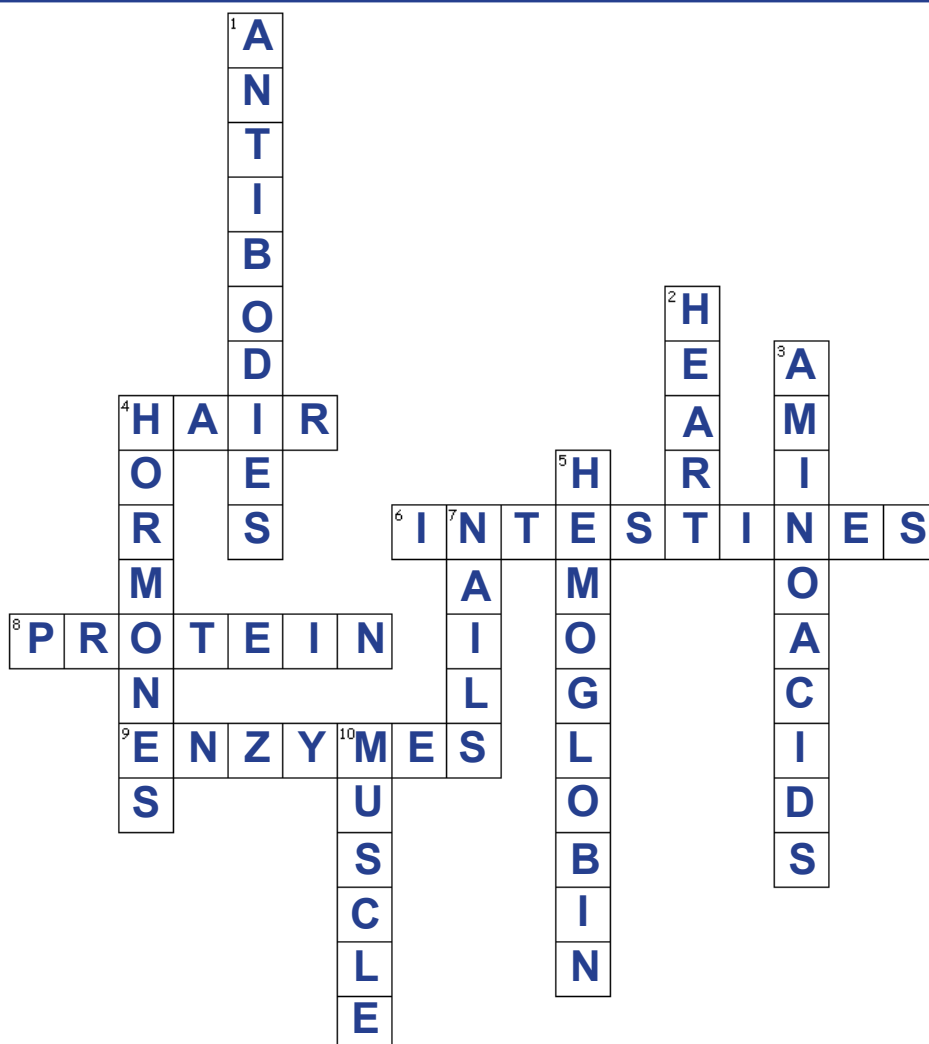
Across

4. Type of protein on your head
6. Made up of muscle and important for digestion
8. Important nutrient in everyone's diet
9. Important for assisting your body cells to function

Down

1. Proteins important in the function of your immune system
2. Made up of muscle and pushes blood through your body
3. Building blocks of proteins
4. Important for regulating many different functions in your body
5. Carries oxygen in your blood
7. Found on your fingers and toes
10. Allow you to move around

WHAT IS PROTEIN?



Across

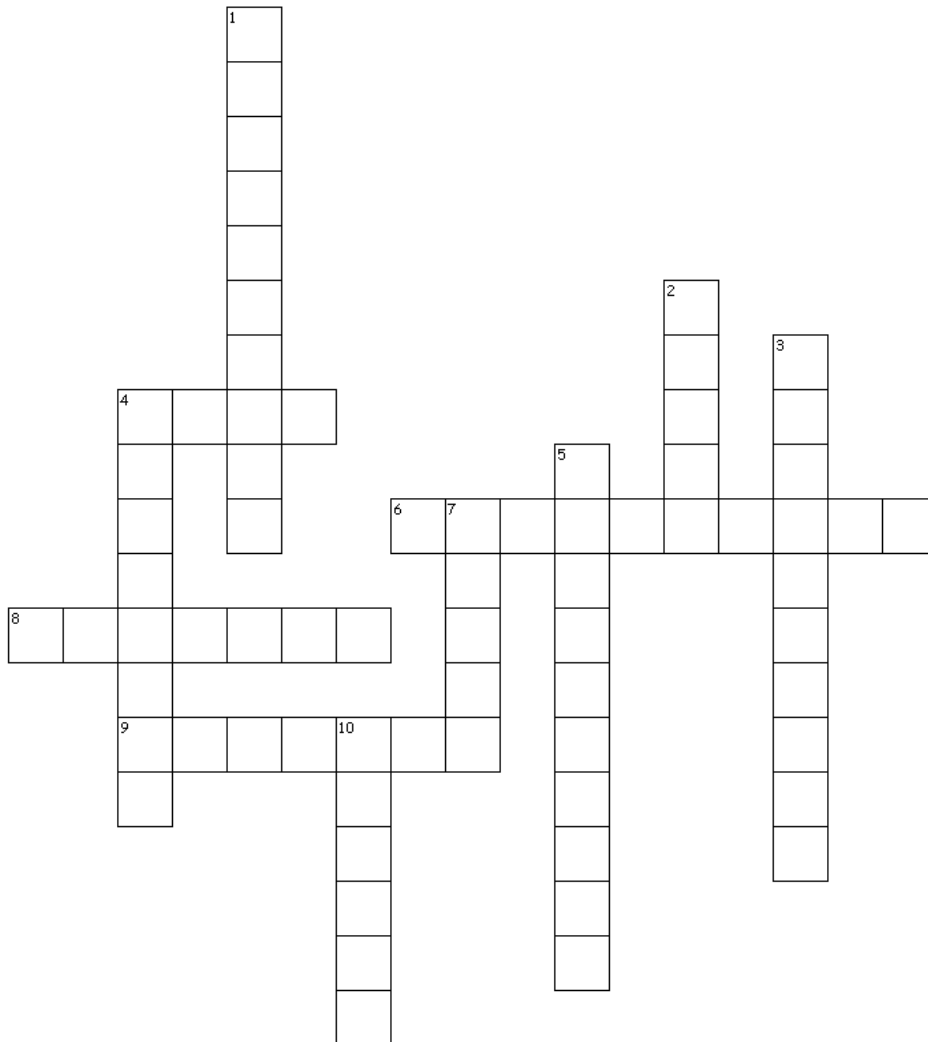
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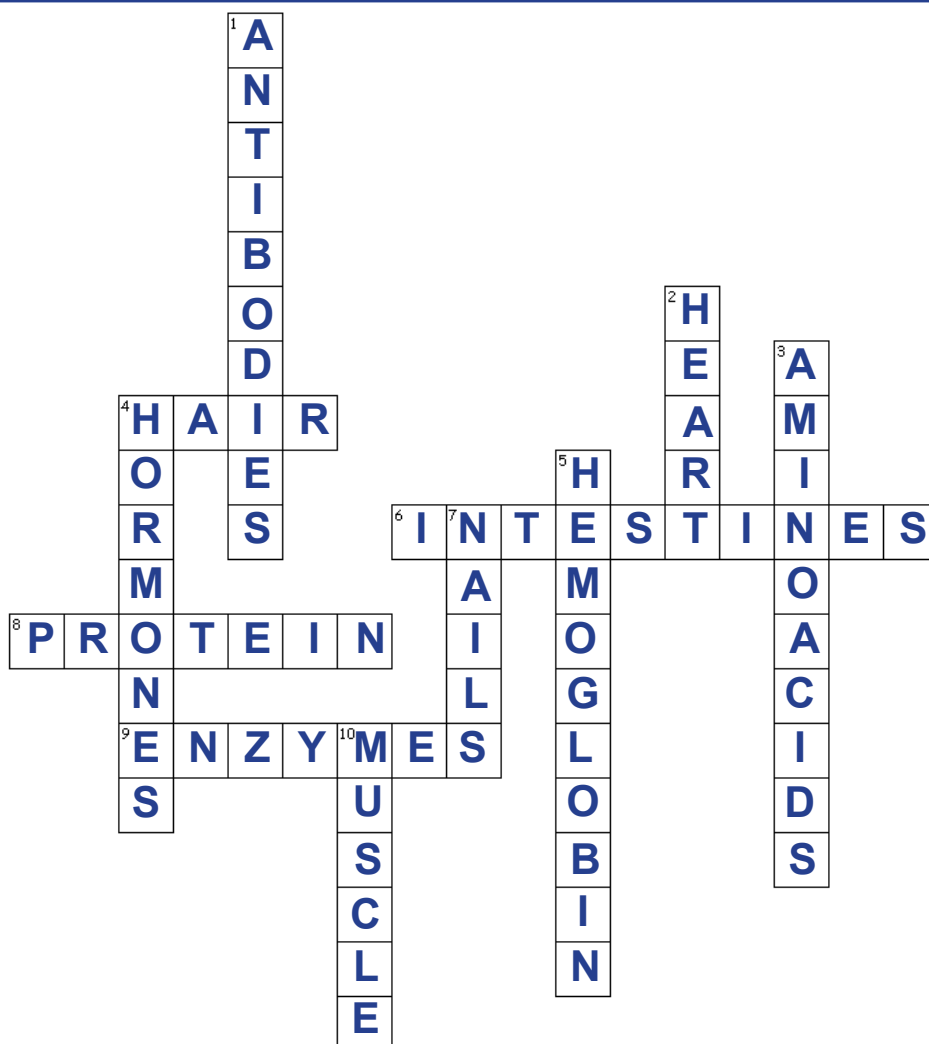
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WORD BANK

Amino acids
Antibodies
Enzymes
Hair
Heart
Hemoglobin
Hormones
Intestines
Muscle
Nails
Protein

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