**PROTEIN HUNT**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_ Score:\_\_\_\_/15**

Find ten protein foods at home and list them in the “Foods containing protein” column. Then identify if the protein is complete or incomplete. In the final column, record the amount of protein grams per serving that are listed on the food label. Answer the questions at the bottom when the chart is completed.

|  |  |  |  |
| --- | --- | --- | --- |
| **NO** | **FOODS CONTAINING PROTEIN** | **COMPLETE OR INCOMPLETE PROTEIN** | **GRAMS**  **PER SERVINGS** |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |

**Questions:**

1. Which food listed above is one of the best sources of protein?
2. Which food listed above has the least amount of protein?
3. Name a food other than a meat/poultry which is high in protein.