

3RD - 10TH GRADE

READING COMPREHENSION

Answer key

Questions

Role of protein meals in the diet

Protein meals play a special role in a balanced diet, providing essential amino acids necessary for the heart, growth, repair, and overall health. Proteins are made up of amino acids, which are the building blocks of life. Amino acids are what the body uses to build and repair tissues, making them essential for overall health and well-being.

Incorporating a variety of protein sources is important for optimal health. Animal-based proteins such as meat, fish, eggs, and dairy are complete proteins, meaning they contain all the essential amino acids. Plant-based proteins, found in beans, lentils, nuts, and grains, may also contain supplements to certain amino acids, especially for those following vegetarian or vegan diets.

The role of protein meals extends beyond basic nutrition. They help in weight management by promoting satiety and increasing energy expenditure. Protein-rich diets can also aid in the recovery of athletes, as they help repair muscle tissue and support overall performance.

Protein is also essential for metabolic processes, helping in the production of energy, and the synthesis of neurotransmitters. Adequate protein intake is particularly important during periods of growth, such as childhood, adolescence, and pregnancy, as well as during recovery from illness or injury.

The recommended dietary allowance (RDA) for protein varies by age, sex, and activity level, but a general guideline suggests that adults should consume about 0.8 grams of protein per kilogram of body weight each day. Athletes and those with higher physical activity levels may require more protein to support their needs.



ROLE OF PROTEIN MEALS IN THE DIET

Protein Breakfast Reading Comprehension Guide

Pasquale De Marco



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