

READING COMPREHENSION

3RD - 10TH GRADE

Answer key

Questions

Role of protein meals in the diet

Protein meals play a crucial role in a balanced diet, providing essential nutrients necessary for cell growth, muscle repair, and overall health. Proteins are made up of amino acids, which are the building blocks of life's basic unit and are vital for maintaining overall health, supporting the immune system, and promoting overall well-being.

Increasing the intake of protein meals is essential for optimal health, particularly for athletes and those who engage in regular physical activity. Protein meals, such as those found in meat, fish, eggs, and dairy, are complete proteins, meaning they contain all the essential amino acids. These amino acids are vital for building and repairing muscles, supporting the immune system, and promoting overall health.

The role of protein meals extends beyond muscle repair and growth. Proteins are also essential for the production of enzymes and hormones, which are vital for regulating various bodily functions. Additionally, protein meals can help with weight management and support overall health.

Protein meals are also essential for the production of antibodies, which are vital for the immune system. They also play a role in the production of red blood cells, which are essential for carrying oxygen throughout the body. Protein meals are also essential for the production of collagen, which is vital for the health of the skin and joints.

The recommended dietary allowance (RDA) for protein varies by age, sex, and activity level, but a general guideline is to consume 0.8 grams of protein per kilogram of body weight per day. For athletes and those who engage in regular physical activity, the RDA may be higher, ranging from 1.2 to 2.0 grams per kilogram of body weight per day.



ROLE OF PROTEIN MEALS IN THE DIET

Reading Comprehension Protein Breakfast Usa

Catherine F. Andersen



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Improving Reading Comprehension Skills John Langan, Harley F. Anton, Carol H. Bader, 1992

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Contact U.S.A. Paul Abraham, Daphne Mackey, 1989

Committee Prints United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1972

Collier's, 1926

Master Student Reader Catherine F. Andersen, 2006-07-07 The newest addition to the Master Student program provides a collection of contemporary readings for self reflection and critical thinking Structured in a way that exposes students to a variety of reading and writing styles the Master Student Reader excerpts work from a variety of sources including student writing textbooks magazines newspapers websites essays and speeches An emphasis on journal writing provides students with a means to self assess while additional writing requirements such as persuasive essays fact or opinion papers and research papers help students take a more traditional approach to developing critical thinking skills

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Psychology of Adjustment Don E. Jacobs, 2002-07 Medical Times, 1907 **Abstracts of Theses Presented by Candidates for the Master's Degree**, 1956 **Grade Teacher**, 1946 **British Medical Journal**, 1914 **Comfort**, 1916 **Abstracts of Theses Presented by Candidates for the Master's Degree ...** Ohio State University, 1953 New Zealand Dairy Produce Exporter, 1927

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