

T F Proteins yield 5 Calories per gram.

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T F Lipids yield 9 Calories per gram.

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T F Proteins are polymers of fatty acids that are connected by peptide bonds.

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T F Denaturation is the process by which fats untangle themselves and lengthen causing a color and texture change.

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T F Because monogastric animals cannot synthesize their own amino acids, they must ingest protein that contains essential amino acids such as lysine and tryptophan.

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T F Lipids are group of nutrients that contains fats, oils, and amino acids.

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T F Lipids are essential components of cell walls.

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T F Proteins make up most of what makes our bodies look like they do including hair, skin, nails, and pigments.

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T F Proteins are unique in that they are the only nutrient to contain a Phosphorus atom.

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T F A monounsaturated fat is one that is a solid at room temperature.

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T F An example of a polyunsaturated fat would be olive oil.

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T F The most unhealthy fats for most mammals is a saturated fat.

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T F When speaking of whether a fat is saturated or unsaturated we are referring to how many oxygen atoms surround the carbon chain.

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T F Words ending in the suffix "ine" are typically amino acids.

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T F Words ending in the suffix "ase" are typically considered fatty acids and help break down organic molecules.

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T F The reason a saturated fat is in a different state than an unsaturated fat is because when the fatty acid is missing carbons it creates a double bond and becomes bent, not allowing the molecule to pack tightly together.

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