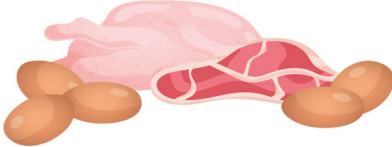



Name: _____

Date: _____

Animal & Plant Protein

Direction: Circle the correct answer between true and false about the characteristics of the protein food!

 ANIMAL PROTEIN	 PLANT PROTEIN
Complete Protein TRUE / FALSE	Incomplete Protein (Mostly) TRUE / FALSE
Higher Digestibility TRUE / FALSE	Lower Digestibility TRUE / FALSE
Rich in Vitamin B12 & Iron TRUE / FALSE	Rich in Fiber & Antioxidants TRUE / FALSE
High in Saturated Fat & Cholesterol TRUE / FALSE	Low in Saturated Fat & Cholesterol-Free TRUE / FALSE