# Are you getting enough protein?

1. **Key vocabulary (Pre-reading)**

Read the handed-out text and translate any words you do not know. Then find definitions for the following words:

protein intake
muscle mass
sarcopenia
saturated fat
dietary guidelines
sedentary
excessive intake

2. **True or false statements**

Decide whether the statements are true (T) or false (F). Correct the false statements.

Most adults in the U.S. do not meet their daily protein requirements.
Athletes usually need protein supplements to reach their protein needs.
Skipping meals during weight loss can lead to muscle loss.
Eating more protein alone leads to muscle growth.
The body can store excess protein for later use.
Protein should provide between 10% and 35% of daily energy intake.
Older adults need less protein than younger adults.

3. **Comprehension Questions**

Answer in complete sentences.

Which factors influence individual protein needs?
Why can excessive protein intake be harmful to health?
What happens to excess protein once the body's needs are met?
Why is strength training more important than protein intake for muscle growth?
Why should protein intake be spread evenly throughout the day?

4. **Fill in the Gaps**

Complete the text using the words below:
(energy – muscle mass – kilograms – supplements – sarcopenia – calories)

Protein should account for 10–35% of total daily _____.

For an average sedentary adult, the recommendation is 0.8 grams per _____

of body weight.

From the age of 40–50, _____ may occur, leading to loss of _____.

Excess protein is either used for _____ or stored as fat.

In general, whole foods are preferred over protein _____.

**5. Choose the Correct Answer (Multiple Choice)**

Which group usually exceeds protein recommendations?

a) Children
b) Adult men aged 19–59
c) Elderly women
d) Vegetarians

Which intake is considered excessive?

a) 0.8 g/kg body weight
b) 1.2 g/kg body weight
c) 1.5 g/kg body weight
d) More than 2 g/kg body weight

Which food is a healthy protein source?

a) Processed meat
b) High-fat cheese
c) Lentils
d) Sugary protein bars

What is the recommended protein intake per meal?

a) 5–10 g
b) 15–30 g
c) 40–60 g
d) Over 50 g

**6. Application Task**

Case Study:

A 45-year-old person weighs 75 kg and exercises regularly. Calculate their recommended daily protein intake. Suggest two suitable whole-food protein sources for one meal. Explain why protein supplements are not necessary in this case.
(Answer in English, using nutrition terminology.)

**7. Reflection / Discussion (Optional)**

Why do many people overestimate their protein needs?
Should protein ever be the main component of a meal? Why or why not?

Optional Extension Question (Higher-order thinking):
How can protein intake be optimized without increasing health risks?