

Protein Jeopardy Questions

1. **Does your body use protein for energy?**
Yes
2. **What do we call the “building blocks” of protein?**
Amino acids
3. **From what drink do kids with PKU get most of their protein?**
Formula
4. **True or False: We don’t need protein to be healthy.**
False
5. **True or False: Kids with PKU should eat lots of high protein foods like meat.**
False
6. **Is meat a “yes” or a “no” food?**
It is a “no” food
7. **Are all foods that are high in protein also high in phe?**
Yes, except for formula
8. **What parts of our bodies are made of protein as a primary component?**
Hair, nails, tissues, cells, everything
9. **Do kids with PKU need protein?**
Yes
10. **Is cheese a “yes” or a “no” food?**
It is a “no” food
11. **Why is cheese a “no” food?**
Because it is high in protein and high in phe
12. **Does protein help you grow?**
Yes
13. **What is the difference between kids with PKU and kids without PKU?**
Kids with PKU need to eat protein without phe
14. **Which food is higher in phe—an apple or a banana?**
Banana



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15. If you're at a birthday party and everyone is eating hot dogs, what do you do?

- Ask for some fruit or vegetables instead
- Go play a game until they're done eating
- Drink your formula
- Other ideas?

16. Name two foods that are high in phe.

17. How long do you need to stay on a diet low in phe?

All through life

18. Name two foods that are low in phe.

19. Name one reason your body needs protein.

20. Can kids with PKU eat foods (or pop) with Nutrasweet?

No, because they have phe in them.

21. True or False: People who do not eat meat are not in good health.

False, it is quite possible for a person to eat no meat and still be healthy. You can meet your protein requirement by drinking your formula and eating different types of foods.

22. Do athletes or very active people need more protein than people who are not active?

No, athletes need more *energy* for *fuel* (like a car). Consuming extra protein will not make people stronger or healthier. Extra protein will be used for energy or stored as fat. However, insufficient amounts of protein can cause physical fatigue and poor growth.

23. True or False: Protein deficiencies can cause problems with growth.

True. All body cells have protein. In periods of undernutrition, the number of cells is decreased. If cells do not have enough protein, problems with growth and development can occur. Not enough protein can also cause problems with thinking and with doing well in school. This is why it is very important to drink your formula—to get enough of the kind of protein that is good for you.



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