**Study Guide for Proteins (Chapter 5)**

5.1 Normal growth and maintenance of health

5.2 protein body pool (figure 5.1)

5.3 amino acids: essential, non –essential, and conditionally essential and sources (additional info from lecturer)

5.8 Growth

5.11 Injury and Trauma

5.20 Dietary protein (additional info from lecturer): eating enough, exercise, injury, the case of famine, quality of protein what does it mean?