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**MATRIC NUMBER; 18/MHS02/004**

**DEPARTMENT; HUMAN ANATOMY**

**COURSE CODE; BCH 204**

**ASSIGNMENT TITLE; NUTRITION**

1. **. what do you understand by the terms biological value of protein**

 **This is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the organisms body. It captures how readily the digested protein can be used in protein synthesis in the cells of the organisms. Protein are the major source of nitrogen in food. Biological value assumes protein is the only sources of nitrogen and measures the proportion of this nitrogen absorbed by the body which is then excreted**

**It is the ratio between the amount of nitrogen retained and nitrogen absorbed during specific interval**

**BV = retained nitrogen**

 **Absorbed nitrogen \*100**

**2. list and explain the various methods of assessment of protein quality**

**1 .biological values**

**This is the ratio between the amount of nitrogen retained and nitrogen absorbed during a specific interval**

**2.net protein utilization (NPU)**

**NPU =retained nitrogen/intake of nitrogen x100**

**NPU is a better index than BV to denote nutritional quality and availability of a protein**

**3. limiting amino acids**

**Certain proteins are deficient in one or more essential amino acids. If this particular protein is fed to a young rat as the only source of protein, it fails to grow. This amino acid is said to be limiting amino acid is that which limits the weight gain when a proteins supplied to an animal.**