

NAME: OGUNNIKE IYANUOLUWA. O

MATRIC NO: 18/MHS05/011

COURSE: BCH 204

DEPARTMENT: PHYSIOLOGY

COLLEGE: MHS

### QUESTION

1. What do you understand by the term “Biological value of proteins”.
2. List and explain the various methods of assessment of protein quality.

1. Biological value of protein is a measure of the proportion of absorbed protein from food which becomes incorporated into the proteins of the organism's body. It captures how readily the digested protein can be used in protein synthesis in the cells of the organism. A ratio of nitrogen incorporated into the body over nitrogen absorbed gives a measure of the biological value of protein.

2. i. Biological value.

ii. Net protein utilization.

iii. Protein efficiency ratio.

iv. Nitrogen balance.

i. Biological value: it is the measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the organism's body

ii. Net protein utilization: it is the ratio of amino acid mass converted to proteins to the mass of amino acids supplied.

iii. Protein efficiency ratio: it is based on the weight gain of a test subject divided by its intake of a particular food protein during the test period.

iv. Nitrogen balance: it is a measure of nitrogen input minus nitrogen output. It is a term that describes the status of nitrogen metabolism in the body.

