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**Department: Anatomy**

**College: Medicine And Health Sciences**

**Course Code: BCH 204**

**Questions:**

- **What do you understand by the term “biological value of proteins”**

Biological value is a measure of the proportion of absorbed protein from a 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.

- **List and explain the various methods of assessment of protein quality.**

- Biological value (BV): As defined by Thomas and Mitchell has long been considered the method of choice for estimating the nutritive value of proteins. It has been defined as the “percentage of absorbed nitrogen retained in the body” and a complete evaluation of the dietary protein includes measurements of the biological value and the digestibility.
- Net Protein Utilization (NPU): NPU estimates nitrogen but in this case by determining the difference between the body nitrogen content of animals fed on protein and those fed a test protein. This value divided by the amount of protein consumed is the NPU which is defined as the “percentage of the dietary protein retained.”
- 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.
- 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.