

## Student Exploration: Identifying Nutrients

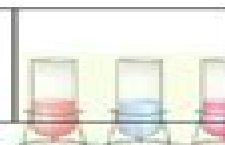
### Gizmo Warm-up

Have you ever wondered what is in your food? Scientists use a variety of tests to determine the nutritional content of food. You will learn four of those tests with the *Identifying Nutrients* Gizmo.

#### Activity A: Identifying nutrients

##### Get the Gizmo ready:

- Click **Reset**.
- Drag **Sample A** into the **Food sample holder**.



**Introduction:** Most food is composed of three types of molecules: **carbohydrates**, **proteins**, and **lipids**.

- Carbohydrates such as **starches** and sugars are major source of energy. Simple sugars are found in sweets and fruits. Starches are found in potatoes, cereal, pasta, flour, and other plant products.
- Proteins are used in body structures such as muscles, skin, and hair. Rich sources of proteins include meats, dairy products, and beans.
- Lipids (fats and oils) are used for energy, insulation, and as an essential building block of cells. Meats, dairy products, and oily plants such as olives are rich in lipids.

**Question:** How do you test for carbohydrates, proteins, and lipids?

1. Below the **Food samples** label, drag **tube A** into the **Food sample holder**. Below the **Benedict test**, click the **Test button**. The Benedict test is a test for monosaccharides; simple sugars like glucose or fructose (fruit sugar). In contact with monosaccharides, the Benedict solution turns from blue to green to orange.

Does sample A contain monosaccharides?

Yes, sample A has monosaccharides, we know this because when it is tested with Benedict's test it changes from blue to orange coloration, which means that in sample A monosaccharides are present.

2. The Lugol test uses iodine to test for starch, a **polysaccharide** (complex sugar). Iodine turns dark purple in the presence of starch.

Under **Lugol test**, click **Test**. Does sample A contain starch?

No, sample A does not contain starch, because with the Lugol test it would have changed its color from blue to purple, however, it changed from blue to red, which means that sample A does not contain starch.

# Gizmo Warm Ups Identifying Nutrients Answers

**BM King**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'BM King' text.

## **Gizmo Warm Ups Identifying Nutrients Answers:**

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