

Name:

Cruz Landry

Date:

03-08-2022

Student Exploration: Identifying Nutrients

Directions: Follow the instructions to go through the simulation. Respond to the questions and prompts in the orange boxes.

Vocabulary: carbohydrate, disaccharide, lipid, monosaccharide, polysaccharide, protein, starch

Prior Knowledge Questions (Do these BEFORE using the Gizmo.)

1. What are the major types of nutrients you can get from food?

Carbohydrates (CHO), lipids (fats), proteins, vitamins, minerals, and water are the six main nutrients.

2. How are these nutrients used by your body?

Carbohydrates, proteins, and fats are the three primary nutrients that the body uses to function. These nutrients break down into smaller components during digestion. Energy is obtained from carbohydrates (glucose). After being broken down into fatty acids, fats are used as a source of energy.

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.

 Below the Food samples label, drag tube A into the Food sample holder. Below the Benedict test, click the Test button. What is done in the Benedict test?

It was heated in a water bath for f minutes after solutions were added.

 The Benedict solution is a test for monosaccharides: simple sugars like glucose or fructose (fruit sugar); and some disaccharides such as lactose and maltose. In contact with these sugars, the Benedict solution turns from blue to green to orange. For simplicity, we will consider the Benedict test a test for monosaccharides only.

Does Sample A contain these sugars?

yes.

Identifying Nutrients Gizmo Answer Key

David Baud

Identifying Nutrients Gizmo Answer Key:

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web sep 2 2014 pre practice warm up protocol motion iso stability ankles posterior chain force application xyz primals multiplane movement dynamics watch the following video and identify each component listed above this is taken from a football pre practice warm up but the protocols are applicable to any team or individual sport

football practice plan template fill online printable fillable - Jul 21 2022

web a football practice plan template should include the following information 1 date and time of the practice session 2 location of the practice session 3 type of practice i e drill and scrimmage individual instruction etc 4 objective of the practice session 5 list of drills or activities planned for the session 6