

Student Exploration: Identifying Nutrients

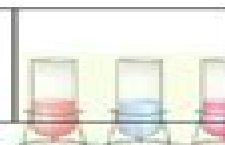
Gizmo Warm-up

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

Yijin Wang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Gizmo Warm Ups Identifying Nutrients Answers:
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Table of Contents Gizmo Warm Ups Identifying Nutrients Answers

1. Understanding the eBook Gizmo Warm Ups Identifying Nutrients Answers
 - The Rise of Digital Reading Gizmo Warm Ups Identifying Nutrients Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Gizmo Warm Ups Identifying Nutrients Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Gizmo Warm Ups Identifying Nutrients Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gizmo Warm Ups Identifying Nutrients Answers
 - Personalized Recommendations
 - Gizmo Warm Ups Identifying Nutrients Answers User Reviews and Ratings
 - Gizmo Warm Ups Identifying Nutrients Answers and Bestseller Lists

5. Accessing Gizmo Warm Ups Identifying Nutrients Answers Free and Paid eBooks
 - Gizmo Warm Ups Identifying Nutrients Answers Public Domain eBooks
 - Gizmo Warm Ups Identifying Nutrients Answers eBook Subscription Services
 - Gizmo Warm Ups Identifying Nutrients Answers Budget-Friendly Options
6. Navigating Gizmo Warm Ups Identifying Nutrients Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Gizmo Warm Ups Identifying Nutrients Answers Compatibility with Devices
 - Gizmo Warm Ups Identifying Nutrients Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gizmo Warm Ups Identifying Nutrients Answers
 - Highlighting and Note-Taking Gizmo Warm Ups Identifying Nutrients Answers
 - Interactive Elements Gizmo Warm Ups Identifying Nutrients Answers
8. Staying Engaged with Gizmo Warm Ups Identifying Nutrients Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gizmo Warm Ups Identifying Nutrients Answers
9. Balancing eBooks and Physical Books Gizmo Warm Ups Identifying Nutrients Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gizmo Warm Ups Identifying Nutrients Answers
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Gizmo Warm Ups Identifying Nutrients Answers
 - Setting Reading Goals Gizmo Warm Ups Identifying Nutrients Answers
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gizmo Warm Ups Identifying Nutrients Answers
 - Fact-Checking eBook Content of Gizmo Warm Ups Identifying Nutrients Answers
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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