

Student Exploration: Identifying Nutrients

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

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.

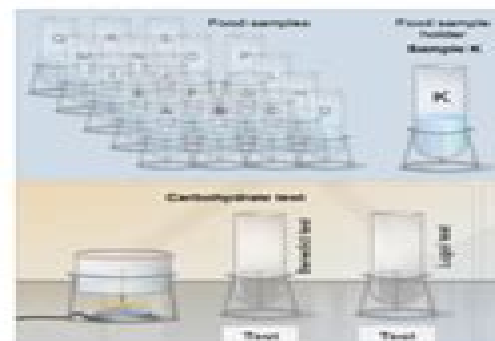
- Below the **Food samples** label, drag tube **A** into the **Food sample holder**. Below the **Benedict test**, click the **Test** button. What is done in the Benedict test?

Is used to test the presence of monosaccharides.

- 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

Note: **Disaccharides** such as sucrose (table sugar) and lactose (milk sugar) are more complex than monosaccharides. The Benedict test does not detect disaccharides directly.



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.

Exploration Identifying Nutrients

RJ Alexander



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