

Explore Learning Gizmo: Identifying Nutrients

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

1. What are the major types of nutrients you can get from food?
2. How are these nutrients used by your body?

Gizmo Warm-up

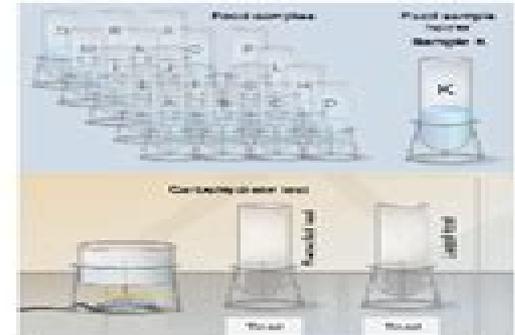
Have you ever wondered what is in your food? Scientists use a variety of tests to determine the nutritional content of food. You will learn four of those tests with the *Identifying Nutrients* Gizmo.

1. 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?

2. 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? _____



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.

Explore Learning Identifying Nutrients Answers

J Rink



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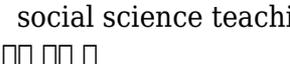
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