

Purpose: To investigate the nutritional value of a food item.

Background information: Varies by group. Look up/write down the function of a macromolecule(s) that you think is in your food item.

Hypothesis: Predict what function the food item will provide for your body based on the macromolecule(s) you think you will find in the food.

Materials: list your food item, test tubes, and whatever else you need according to the instructions

Simple Sugars: Add 15 drops of Benedict's solution to the test tube and mix gently. Place the test tube in a hot (boiling) water bath. Let the tube sit in the hot water for about 2 minutes, or until you see a color change.

Starch: Add **ONE drop** of iodine to the test tube and mix gently.

Protein: Add 10 drops of Biuret reagent to the test tube and mix gently.

Lipids: Drop a **small** drop of your food (or crush it if it's a solid) on a piece of brown paper. After the liquid has soaked dried, hold the paper up to the light.