



Name:

Date:

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?

Proteins, carbs, and fats.

2. How are these nutrients used by your body?

they are used to generate energy, insulation, and build muscle

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?

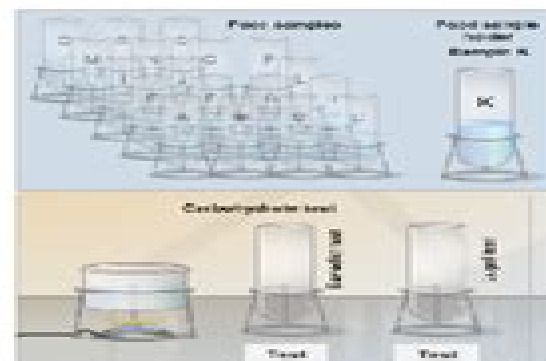
it turned orange

2. 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

Note: Sucrose (table sugar) is a disaccharide that is not detected by the Benedict test. Foods sweetened only with table sugar will show a negative Benedict's test.



Student Exploration Identifying Nutrients Answer Key Gizmo

Lei Shi

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.

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