

Student Exploration: Identifying Nutrients

Directions: In this online lab, you will be practicing identifying nutrients found in food.

1. Go to explorellearning.com
2. Login using the username/password your online teacher gave you at the beginning of the semester. If you forgot it, check your messages in blackboard. Most likely your username and password are your FirstnameLastname (no spaces).
3. Find the "Identifying Nutrients" gizmo.
4. Click on launch. Let's get started.

Below are some vocabulary terms you will see in the gizmo.

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

As you go through this gizmo, think about the major nutrients we get from our food and how these nutrients are used by your body. For example, you learned in your lesson that carbohydrates (simple sugars and starch) come from foods like pasta, bread, grains, and are used by our bodies for short-term energy. When we eat carbohydrates, our bodies break them down to make energy.

Gizmo Warm-up

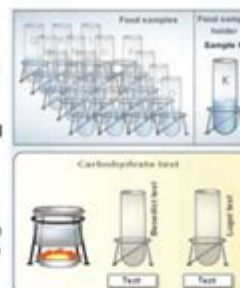
Have you ever wondered what is in your food? Scientists use a variety of tests to determine the nutritional content of food. You will learn four of those tests with the *Identifying Nutrients Gizmo™*.

1. Below the **Food samples** label, drag tube **A** into the **Food sample holder**. Below the **Benedict test**, click the **Test** button.

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 pink.

Does **Sample A** contain monosaccharides? _____

Note: **Disaccharides** such as sucrose (table sugar) and lactose (milk sugar) are more complex than monosaccharides. The Benedict test does detect disaccharides directly.



Now that you've done the gizmo warm-up, complete the activities below.

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