

Name _____ Per _____ Date _____



You Are What You Eat!

Testing for Organic Compounds in Foods

Purpose: *(rewrite in your own words)*

Data Table:

Table 1

<u>Food</u>	<u>Lipids Present</u>	<u>Protein Present</u>	<u>Starch Present</u> (Carbohydrate)	<u>Sugar Present</u> (Carbohydrate)
Apple				
Butter				
Egg White				
Fish				
Potato				
Spinach				
Vegetable Oil				
Water				

Table 2

<u>Substance</u> <u>Letter</u>	<u>Lipids Present</u>	<u>Protein Present</u>	<u>Starch Present</u> (Carbohydrate)	<u>Sugar Present</u> (Carbohydrate)	<u>Mystery Solution?</u> (what is it?!)

Analysis Questions:

1. What purpose does the test tube with water serve? Why is it important to have water serve in this way?
2. Which compound is most common in foods that come from plants?
3. Which compound is most common in foods that come from animals? Why might this be true?
4. Does water contain any of the organic compounds you tested? Explain the role of water in the experiment.
5. If you wanted to reduce the amount of fat in your diet, what foods would you avoid?
6. Which foods tested would your body use for a quick burst of energy? Which could be used for energy when carbohydrates are available?
7. Which foods may be used for building body parts?

Extensions

8. Investigate the difference between saturated and unsaturated fatty acids. Find recent information concerning the relationship between these fatty acids and good health.