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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?

Vitamins, Minerals, Fats, Proteins, Water, Carbohydrates

2. How are these nutrients used by your body?

Vitamins and minerals have a wide variety of uses in the body, fats are used for insulation, energy, and cell growth, proteins are used to build various body structures such as muscle, water is used to help regulate temperature, protect organs and tissues, as well as other uses, and carbohydrates provide 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. What is done in the Benedict test?

Food A sample is added to a test tube with the benedict solution, and this test tube is warmed up by placing it in a container with water with a fire underneath it.

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?

Yes

Note: **Disaccharides** such as sucrose (table sugar) and lactose (milk sugar) are more complex than monosaccharides. The Benedict test does not detect disaccharides directly.



Answer Sheet To Gizmo Identifying Nutrients

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Answer Sheet To Gizmo Identifying Nutrients:

The David Suzuki Reader David Suzuki, 2009-07-01 David Suzuki's collected writings on science nature technology economics politics and the connectedness of all things The David Suzuki Reader brings together for the first time the scientific and philosophical thought of North America's leading environmentalist Drawing from Suzuki's published and unpublished writings this collection reveals the underlying themes that have informed his work for over four decades In these incisive and provocative essays Suzuki explores the limits of knowledge and the connectedness of all things looks unflinchingly at the destructive forces of globalization political shortsightedness and greed cautions against blind faith in science technology politics and economics and provides inspiring examples of how and where to make those changes that will matter to all of us and to future generations He also offers a vision of hope based on our love of children and nature In this time of global unrest and uncertainty Suzuki provides an important reminder of how we are all connected and of what really matters Written with clarity passion and wisdom this book is essential reading for anyone who is an admirer of David Suzuki who wants to understand what science can and can't do or who wants to make a difference

Brands and Their Companies, 2007 *The Waterways Journal*, 1996-04 *F & S Index United States Annual*, 2006 **Press Summary - Illinois Information Service** Illinois Information Service, 1985 **Abstracts for the AGU Western Pacific Geophysics Meeting**, 1996 *The British National Bibliography* Arthur James Wells, 2003 The Washington Post Index, 2008

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