

## Lab Report #8

**Title:** Testing for Nutrients with Real Food Products

**Hypothesis:** I think that there are proteins in the pieces of carrot, bread, potato, and apple because those food products are highly nutritious. Since it is so healthy for you, I think that there would be proteins.

### **Methods/Materials:**

- 8 test tubes
- Test tube rack
- Lugol's Reagent
- Biurets Reagent
- Benedicts Reagent
- Paper Towels
- Droppers
- 4 pieces of carrot
- 4 pieces of bread
- 4 pieces of potato
- 4 pieces of apple

### **Procedure:**

#### Test I- Testing for Fats:

I had to take one piece of a paper towel and tear it into four pieces. Then I had to take one piece of each food and place it onto one piece of a paper towel, which was already torn into four pieces. Then I had to gently press and rub the food on their piece for one minute. I had to allow the paper towel to dry and see if fats are present. Then, I had to take note of the results and record it onto Table 1.

#### Test II- Testing for Carbohydrates:

I had to place one piece of each food on a piece of paper towel. I had to separate them to make space. Then I had to place 1-2 drops of Lugols Reagent on top of each food. Then, I had to check if starch was present and record my results onto Table 1.

#### Test III- Testing for Proteins: