I had to place one piece of each food onto a piece of a paper towel. Then using a scalpel, which is used for cutting specimens, I had to chop up each food into small pieces. Then, I had to place each food into their test tubes which were marked C, B, P, and A (carrot, bread, potato, and apple). After that, I had to place 100 drops of water into each test tube with the chopped food. I had to mix it and then add Biurets Reagent one drops at a time to each test tube sample to test for proteins. I would have to wait till there was a color change. Last, I would have to record any observations on Table 1.

Test IV- Testing for Simple Sugars:

I had to place one piece of each food onto one piece of a paper towel. Then using a scalpel again, I had to chop up each food into small pieces. I would have to place each food into the test tubes that they belonged, which was marked C, B, P, A. After that, I had to place 50 drops of water into each test tube with the chopped food. Then, I had to place 50 drops of Benedict's reagent into each test tube. After that, I had to swirl the mixture and bring the 4 test tubes to be heated to see if simple sugars are present. Last, I had to record my observations onto Table 1.

Data: Based on All Tests

Nutrients Tested for	Carrot	Bread	Potato	Apple	Reagent Used	Visual Observations
Starch	Very little (-)	A Lot (+)	A Lot (+)	A little (-)	Lugols	Bread and potato black. Carrots and apples little black dots.
Simple Sugars	Blue, Light orange (+)	Green, yellow (+)	Blue, Purple, Brown (+)	Blue, Light brick red (+)	Benedicts solution	
Proteins	No Color Change (-)	No Color Change (-)	No Color Change (-)	No Color Change (-)	Biurets	Potato changed color
Fats	No (-)	No (-)	Yes (+)	Yes (+)	None	Bread didn't leave any mark, carrot left an orange spot.