

Explore Learning Gizmo: Identifying Nutrients

Prior Knowledge Questions (Do these BEFORE using the Gizmo.)

1. What are the major types of nutrients you can get from food?
2. How are these nutrients used by your body?

Gizmo Warm-up

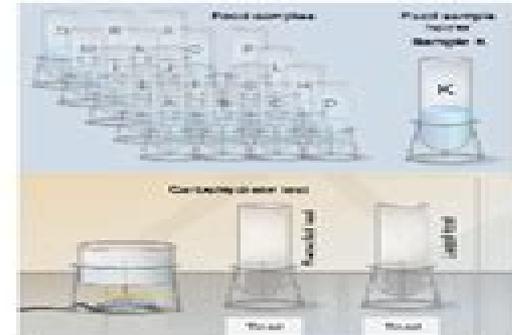
Have you ever wondered what is in your food? Scientists use a variety of tests to determine the nutritional content of food. You will learn four of those tests with the *Identifying Nutrients* Gizmo.

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?

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? _____



Activity A: Identifying nutrients

Get the Gizmo ready:

- Click **Reset**.
- Drag **Sample A** into the **Food sample holder**.

Introduction: Most food is composed of three types of molecules: **carbohydrates**, **proteins**, and **lipids**.

- Carbohydrates such as **starches** and sugars are major source of energy. Simple sugars are found in sweets and fruits. Starches are found in potatoes, cereal, pasta, flour, and other plant products.
- Proteins are used in body structures such as muscles, skin, and hair. Rich sources of proteins include meats, dairy products, and beans.
- Lipids (fats and oils) are used for energy, insulation, and as an essential building block of cells. Meats, dairy products, and oily plants such as olives are rich in lipids.

Explore Learning Identifying Nutrients Answers

K Morrison



Explore Learning Identifying Nutrients Answers:

The book delves into Explore Learning Identifying Nutrients Answers. Explore Learning Identifying Nutrients Answers is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Explore Learning Identifying Nutrients Answers, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Explore Learning Identifying Nutrients Answers
 - Chapter 2: Essential Elements of Explore Learning Identifying Nutrients Answers
 - Chapter 3: Explore Learning Identifying Nutrients Answers in Everyday Life
 - Chapter 4: Explore Learning Identifying Nutrients Answers in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Explore Learning Identifying Nutrients Answers. This chapter will explore what Explore Learning Identifying Nutrients Answers is, why Explore Learning Identifying Nutrients Answers is vital, and how to effectively learn about Explore Learning Identifying Nutrients Answers.
 3. In chapter 2, this book will delve into the foundational concepts of Explore Learning Identifying Nutrients Answers. The second chapter will elucidate the essential principles that must be understood to grasp Explore Learning Identifying Nutrients Answers in its entirety.
 4. In chapter 3, the author will examine the practical applications of Explore Learning Identifying Nutrients Answers in daily life. This chapter will showcase real-world examples of how Explore Learning Identifying Nutrients Answers can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Explore Learning Identifying Nutrients Answers in specific contexts. The fourth chapter will explore how Explore Learning Identifying Nutrients Answers is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Explore Learning Identifying Nutrients Answers. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Explore Learning Identifying Nutrients Answers.

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