

Topic:	Science
Country:	Poland
Name:	Nutrients in food
Age:	12 and more
Duration:	1 hour
Objectives:	-detecting fats, starch and vitamin C in food -putting knowledge into practice
Equipment:	detecting fats: sheets of white paper, some oil, a hammer, sunflower seeds, pumpkin seeds, boiled egg, etc. detecting starch: a glass, some water, potato flour, wheat flour, pasta, potato, apple, iodine, teaspoon, dropper, 5 plates. vitamin C : cutting board, a knife, some apple, a grater, orange, lemon, water, iodine, starch, 4 glasses.
Description:	<p>1. Detecting fats. Research problem: What products contain fats? We put oil on a piece of paper - control test. Then crush each product on a different sheet. Leave the paper to dry. Next, compare the results with the control sample.</p> <p>Detecting starch Research problem: Do pasta, flour, potato and apple contain starch? Pour water into a glass and put some potato flour on a plate. Pour a few drops of iodine into the flour and water. The colour of water does not change, while the potato flour, under the influence of starch, iodine changes its colour from brown to purple-black. Put the other products on the separate plates and sprinkled them with iodine.</p> <p>3. Detecting vitamin C. Research problem: Is there vitamin C in fruit? Mix water and potato flour to make some starch gruel (pouring). Pour the same amount of water into each glass. Drip 10 drops of the starch gruel and 1 drop of iodine into each glass of water. Leave one glass as a control sample. Then squeeze the orange juice into the second glass and lemon juice to the third. Grate the apple and squeeze it into the fourth glass. Observe the colour.</p>
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