

Testing for Fats in Foods

Fats provide energy. Fat is also needed in the diet to supply essential fatty acids for growth.

Question

1. Which foods contain fat?

What Do You Think Will Happen?

2. List the foods that you think contain fat.

Safety Precautions

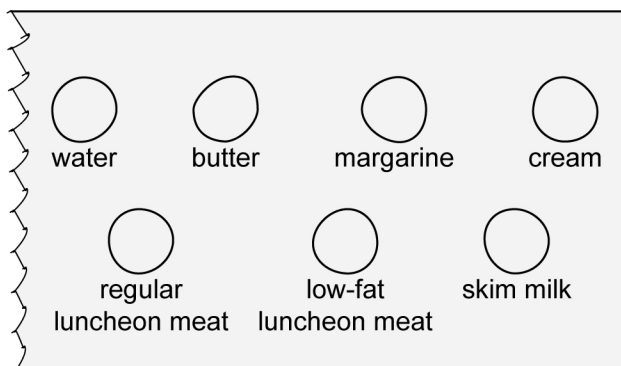
- Do not eat or drink anything in the science lab.
- Clean up the work area and wash your hands thoroughly at the end of the investigation.

What You Need

brown paper bag
medicine droppers (1 for each liquid)
plastic spoons (1 for each solid)
food samples such as butter,
margarine, cream, skim milk, low-fat
and regular luncheon meat
water

What to Do

3. Draw several circles each 3 cm in diameter on brown paper. You will need one circle for each food sample you test and one for water.
4. Label each circle with the name of a food. Label the first as water.



Name: _____

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5. Use a medicine dropper to apply one or two drops of each liquid to the circle with the matching label. Make sure you use a clean medicine dropper for each liquid.
6. Use the spoon to spread a small amount of each solid in the circle with the matching label. Make sure you use a clean spoon each time.
7. Allow the substances to dry overnight.

What Did You Observe?

8. Hold the brown paper up to the light. Which substances left a translucent stain on the paper? (Translucent means that you can see light shining through.)

9. Which substances left no stain?

What Did You Discover?

10. Foods that leave a translucent stain on brown paper contain fat or oil. Which foods contain fat or oil?

11. Foods that do not leave a translucent stain do not contain fat or oil. Which foods do not contain fat or oil?

Making Connections

12. In terms of a fair test, why did you use water in this investigation?
