

## 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

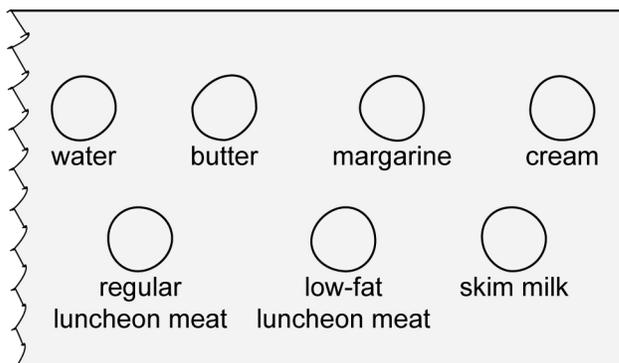
- Do not eat or drink anything in the science lab.
- Clean up the work area and wash your hands thoroughly at the end of the investigation.

### 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: \_\_\_\_\_

Date: \_\_\_\_\_

**BLM 13-3**  
(continued)

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?

\_\_\_\_\_

\_\_\_\_\_