

Ch. 3 Food

What are the constituents of food?

- Carbohydrates
(Sugar, Starch, fibre)
- Protein
- Minerals (iron, calcium)
- Fats • Vitamins (C, D)
- Water

Food Tests

Food nutrient	Test	Positive indicator
① Reducing Sugar	- Benedict's Solu. + Heat	- Brick Red
② Starch	- Iodine Soln.	- Blue/Black
③ Fat	- Brown Paper	- Stain
④ Protein	- Copper Sulfate + NaOH	- Violet
⑤ Energy	- Burn food	- Heat released

Ch. 4 Digestion

Digestion - the breakdown of food.

Physical Digestion - mechanical breakdown of food (eg.. chewing)

Chemical Digestion - breakdown of food with enzymes (eg.. amylase [enzyme] acts on Starch [substrate] breaking into Maltose [product]).