

Test for Carbohydrate, Fats, Proteins

Carbohydrates

Take a small quantity of a food item or a raw ingredient. Put 2-3 drops of dilute iodine solution on it. Observe if there is any change in the colour of the food item. Did it turn blue-black.

blue-black colour indicates that it contains starch. Repeat this test with other food items to find out which of these contain starch.



Test for Protein

Take a small quantity of a food item for testing. If the food you want to test is a solid, you first need to make a paste of it or powder it. Grind or mash a small quantity of the food item. Put some of this in a clean test tube, add 10 drops of water to it and shake the test tube.

Now, using a dropper, add two drops of solution of copper sulphate and ten drops of solution of caustic soda to the test tube. Shake well and let the test tube stand for a few minutes. What do you see? Did the contents of the test tube turn violet? A violet colour indicates presence of proteins in the food item.



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Test for Fats

Take a small quantity of a food item. Wrap it in a piece of paper and crush it. Take care that the paper does not tear. Now, straighten the paper and observe it carefully. Does it have an oily patch? Hold the paper against light. Are you able to see the light faintly, through this patch?

An oily patch on paper shows that the food item contains fat. The food items may sometimes contain a little water. Therefore, after you have rubbed an item on paper, let the paper dry for a while. If there were any water that may have come from food, it would dry up after some time. If no oily patch shows up after this, the food item does not contain any fat.

