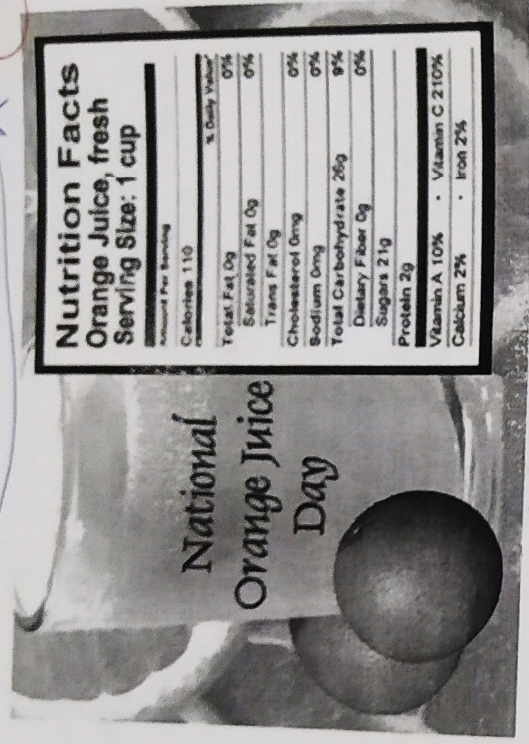


Which of these two foods (A or B) is a better source of vitamins?

A. (ORANGE JUICE)



Nutrition Facts
Orange Juice, fresh
Serving Size: 1 cup

Amount Per Serving		% Daily Value*
Calories	110	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	26g	9%
Dietary Fiber	0g	0%
Sugars	21g	
Protein	2g	
Vitamin A	10%	Vitamin C 210%
Calcium	2%	Iron 2%

B. (COFFEE-MATE)

Nutrition Facts
Serving Size 1 scoop (85g)
Servings Per Container 84

Amount Per Serving		Calories from Fat	% Daily Value*
Calories	80	0	
Total Fat	0g	0	0%
Saturated Fat	0g	0	0%
Cholesterol	0mg	0	0%
Sodium	10mg	0	0%
Total Carbohydrate	20g	7	7%
Dietary Fiber	1g	4	4%
Sugars	16g		
Protein	0g		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	Iron	0%

Not a Significant Source of trans fat

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Explain why you choose A over B, or B over A.

The orange juice is better because

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Vita mix C 210% very high in And nutrie

its better than 5% and less 20%
Vitamin A 10%
low - high

Name and ID

Correct the following sentence:

The objective of this experiment is to distinguish between saturated and unsaturated fats, to identify the presence or absence of proteins in solutions, and to determine the reducing power of vitamins.

The objective of this experiment is to distinguish between lipid and non-lipids to identify the presence or absence of proteins in solutions and to determine the reducing power of vitamins.

Lipids

(1) What are saturated fatty acids?

- a) Molecules with no double bonds between carbon atoms in the hydrocarbon tail
- b) Molecules with double bonds between carbon atoms in the hydrocarbon tail
- c) Amphipatic molecules
- d) Answers B. and C. are correct

What is the emulsion test? ~~this test used~~

~~Explain why the test results in the formation of white foam because it is an emulsion.~~

Proteins

Which of the following is correct concerning the Biuret test?

- (a) During the test, the acidity of the Biuret solution breaks the peptide bond and the color changes from blue to violet
- b) The peptide bond forms a complex with copper (II) ions and the color change from blue to violet
- c) The secondary and tertiary structure of the protein is destroyed and the color changes from blue to violet
- d) All of the answers are correct

Fill the following table according to the results you obtained with the precipitation reaction by chemicals

Substance	Result
water	- ✓
ethanol	+ ✓
CuSO ₄	- ✗
KCl	- ✗
TCA	+ ✓

Tri-Calc acid

Vitamins

(1) True or False? Every test used in this laboratory detected the presence of vitamin C by testing the solution reducing power.

(2) Taking into consideration that,

if a 200-Calorie serving provides.... the food is considered to be...

Less than 2% of the Daily Value

very low in that nutrient

Less than 5% of the Daily Value

low in that nutrient

More than 20% of the Daily Value

high in that nutrient

More than 40% of the Daily Value

very high in that nutrient