

18th August 2011

Food and Digestion

Why do we need nutrients:

so we can grow, be healthy and live well

- Minerals
- Carbohydrates — starch
- Fibre
- Protein
- Vitamins
- Fats
- Sugar

Food +	Observations	
Egg whites	turned purple, but needed more droppes of iodine	Protein Present
Butter	when the butter was shone to the light it turned transparent	
potatoes	only the edges turned black	Starch Present
Sugar	Sugar floated on the surface (too much sugar)	

11/10/14