

Name: \_\_\_\_\_

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

### Food Lab: Identifying Lipids

#### Purpose

To identify which foods contain lipids.

#### Materials

- Brown paper sheets (paper bag cut open)
- Vegetable oil
- Nutella
- Water
- Milk
- Butter
- Egg white
- Egg yolk
- Heavy cream
- Plain yogurt
- Peanut butter
- Little plastic cups

#### Procedure

1. Place the class into groups of 4 (or as you see fit for the particular class)
2. Each group should receive each of the above materials
3. Each of the food ingredients should be separated into little plastic cups, to make distribution to the class easier.
4. Each group should separate their brown paper into 10 sections with a coloured marker, and label each section with the appropriate food items. Please refer to Figure 1.
5. The water should be placed in the first square as it is control group for this experiment
6. Complete Chart 1 with your predictions on which foods you think contain lipids.
7. Place a sample of each food item in their corresponding section on the brown paper
8. Allow 15 mins for the food samples to dry
9. Observe the brown paper after 15 mins and determine if there is a dark grease stain present.
10. Record your observations in Chart 2.
11. Food items that left behind a dark grease stain contain lipids.

Water	Nutella	Egg white	Peanut butter	Egg yolk
Butter	Plain yogurt	Heavy cream	Vegetable oil	Milk

Figure 1: Arrangement of food items on brown paper.

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### Predictions

Chart 1: Predictions for which food items contain lipids.

Food item	Prediction
Nutella	
Egg white	
Peanut butter	
Egg yolk	
Butter	
Plain yogurt	
Heavy cream	
Vegetable oil	
Milk	

### Observations

Chart 2: Observations of which foods left a dark grease stain.

Food item	Observation
Nutella	
Egg white	
Peanut butter	
Egg yolk	
Butter	
Plain yogurt	
Heavy cream	
Vegetable oil	
Milk	

### Questions

1. Compare your predictions with the results you obtained. Were you correct? Where did you go wrong?
2. Why would foods containing lipids leave a dark grease stain behind on brown paper?
3. What are some real life examples you have seen where grease stains appeared on paper bags?