

## Student Instructions for Testing Foods for Proteins



1. Hold the protein test papers with forceps to avoid contamination. Number ten test papers from one to ten by writing the number on the white end. (Use a pencil to write the numbers.)
2. Put a spoonful of rice in section 1 of your ten-section test tray. Let the rice soak in several drops of water while you prepare the remaining foods.

3. As with the starch and glucose tests, some foods need preparation before testing.

Touching the test food with your fingers may contaminate the foods. Use your forceps to place a piece of beef stick and small portions of dried apple and doughnut into their matching numbered sections of the test tray. Then, also with forceps, do the following:

- Tear the apple into small pieces.
- Pull apart the piece of beef stick.
- Flatten the piece of doughnut.

4. Put a small spoonful of each of the other foods into your test tray. Make sure the number of each spoon matches the number of the food and the test tray section you put it in.
5. Put two or three drops of water on each food in the tray. Using different toothpicks, stir each food for about a minute until it is wet.



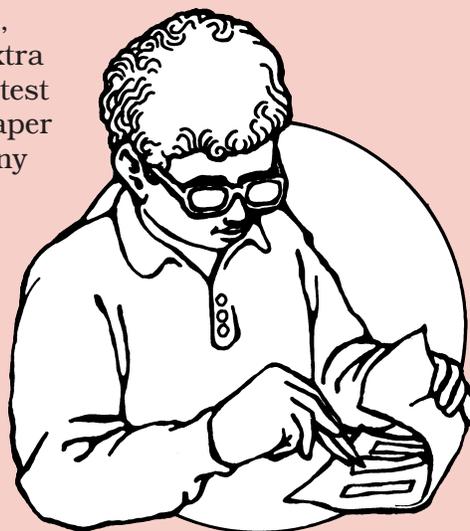
6. Using forceps, place the unnumbered protein test paper on a paper towel. This is your control.



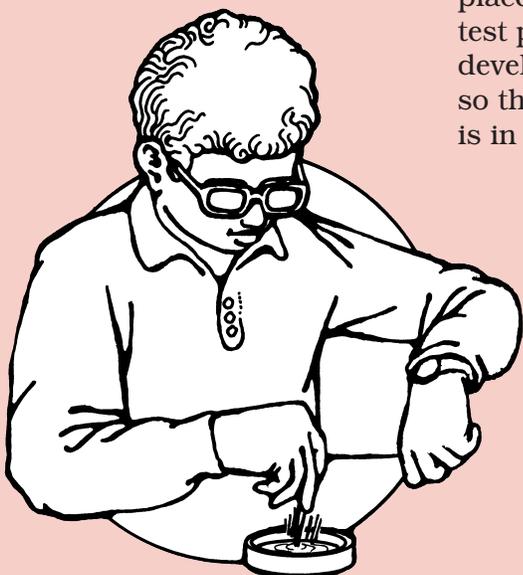
7. Using forceps, dip the blue end of the appropriately numbered test paper in the wet part of the egg white.

For the other foods, use a toothpick to mash a bit of the dampened food onto the blue part of the appropriately numbered test paper.

8. With toothpicks, brush off any extra food from each test paper. With a paper towel, blot off any extra liquid.



9. Using forceps, place all the protein test papers in the developing solution so that the blue tip is in the solution.



10. Leave the test papers in the developing solution for five minutes. Use a toothpick to keep stirring the papers around in the liquid.
11. After five minutes, remove the protein test papers from the developing solution and place them on a paper towel in order from most blue to no blue. After they dry, your teacher will collect them.

12. Compare results with your control. Also look at your results from the liquids test for proteins.

13. Discuss observations with your teammates and record them on your foods table.

14. Now follow your cleanup instructions.