**Organic Compounds Lab Answer Sheet**

**Name:**

**Date:**

**Prediction Table**

**Use the table below to make your predictions. 0 = absent, W = weak, S = strong**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **FOOD** | **LIPIDS** | **PROTEINS** | **STARCH** | **SUGAR** |
| APPLE | . | . | . | . |
| BUTTER | . | . | . | . |
| EGG WHITE | . | . | . | . |
| FISH | . | . | . | . |
| POTATO | . | . | . | . |
| SPINACH | . | . | . | . |
| VEGETABLE OIL | . | . | . | . |
| WATER | . | . | . | . |

**Construct a data table below to record your lab results.**

**ANALYSIS QUESTIONS/CONCLUSION**

Answer the following questions on a separate sheet of paper:

1. Which compound is most common in foods that come from plants? Which compound is most common in foods that come from animals?
2. Does water contain any of the organic compounds you tested? Explain why water was used as the control.
3. If you wanted to reduce the amount of fat in your diet, what foods would you avoid?
4. Which foods tested would your body use for a quick burst of energy? For energy when no carbohydrates are available? For building body parts?
5. Compare your predictions and the actual results.