

## Student Instructions for Testing Foods for Fats

1. Remove the ten pieces of brown paper from your notebook and number them from one to ten.



2. For this simple test, you do not need your test tray. Instead, put one small spoon of each food on a numbered piece of brown paper. Make sure the food numbers, spoon numbers, and paper numbers all match.



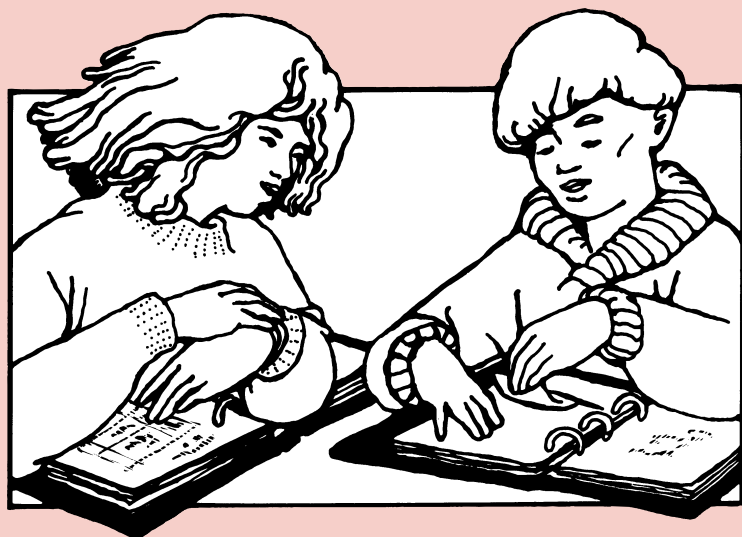
3. Wipe your fingers with a paper towel. Then, with your fingers, take food No. 1 (rice) and rub it hard against paper No. 1.



4. Repeat this process for the other foods. **Be sure to wipe your fingers** after you test each food and before you test the next one.

5. After you have tested all the foods, put the papers in a safe place and let them dry for about ten minutes.

6. While the papers are drying, clean up. **Do not throw out the test papers!**



7. Take out the paper that showed a positive test during the liquids testing. After ten minutes, observe the reaction for each food and compare the papers to this positive test paper. Also look at the results on your liquids table for the fats test.
8. Record observations on your foods table for the fats test. Be as descriptive as you can.
9. Follow your cleanup instructions.