

NOTES

Unknowns:

Look at ingredients statements when finding unknowns to test. Clear juice samples are easy and usually contain fructose or high fructose corn syrup along with vitamin C (ascorbic acid). Corn syrup solids and maltodextrin will not give a positive result in the Benedict's test. Don't buy drinks with red or purple colors. Some drinks have too much acid in them to react correctly with the Benedict's or Biuret...pretest!

For pudding or gelatin samples, dilute the samples in water and make a thin liquid. Melt the gelatin by diluting in water and heating in microwave. Check labels for type of sugars present (**the Food Lion gelatin contained fructose, the Kraft Jello contained sucrose, Food Lion was used in the experiment). Sports drinks may contain some protein (whey) as well as sugars and vitamin C.

Try blending or extracting samples with water... Place a portion of the sample in a blender and add water. Use cheesecloth or a paper towel in a strainer to strain mixture and obtain a clear sample. This works well for tuna, Treet® canned meat (which contains sugars), frozen waffles and other solid samples.

A good source for interesting and inexpensive samples is a discount grocer or store such as Big Lots or Dollar Stores. You can also find samples in a store that sells organic and health foods, such as Whole Foods. Look at the ingredients and also at the Nutrition facts to see the amount of sugars, lipids, proteins and vitamin C present.

WASTE

Collect all Benedict's and Biuret waste in a glass or plastic sealable container. These contain copper sulfate which will contaminate the environment if thrown away in regular trash. Label the waste as containing 0.1% copper sulfate and take to the county waste facility that handles paints and household chemicals.