

Ch-2 Activity-4

Topic :- Test of fat.

Experiment

Take a small quantity of food item. Wrap it in a piece of paper and crush it. Take care the paper does not tear. Now, straighten the paper and observe it carefully.

Observation

You will see an oily patch on it. Hold the paper against light, you are able to see the light faintly, through this patch. The portion of the paper becomes translucent.

Result.

An oily patch on that paper shows that the food item contains fat.

Try With → nuts, boiled eggs etc.

Q. Why do doctors discourage excessive intake of fats?

⇒ Doctors discourage excessive intake of fats because fats keep the body warm. Excess intake of it are stored in the body and cause obesity.

Q. What is called obesity?

⇒ Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health. A doctor will usually suggest that a person has obesity if they have a high body mass index.

* Fat Soluble vitamins → A, D, E, K.

* Water " " → B (complex), C, P