

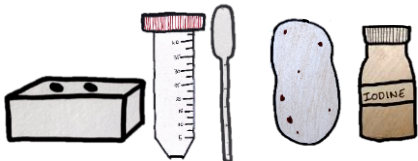
LIVING THINGS

DOES A POTATO HAVE STARCH?



You Will Need:

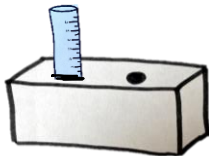
- Cardboard test-tube rack
- 50 mL Tube
- Plastic Pipette
- Potato
- Iodine Solution



1. Add a potato cube to the 50 mL tube.



2. Put the 50 mL tube in the cardboard test-tube rack.



3. Use the pipette to collect a small volume of iodine.

Look at the iodine before using it.
What colour is it?



4. Using the pipette, carefully add 1-2 drops of iodine solution to the potato.



Watch what happens!



What changes do you notice in the potato?

What happens?

The iodine turns a blue-black colour when it touches the potato.

Why does this happen?

Iodine solution is a chemical that clings to the starch **MOLECULES** in different foods. Molecules are the smallest unit of a substance that keeps its physical and chemical properties. Potatoes contain a lot of starch molecules. This is why the orange/brown iodine solution turns blue-black when it touches the potato.

What do I need this for?

Foods containing starch have an important role in a healthy, balanced diet. Starchy foods such as potatoes, and cereals are the main source of carbohydrate in the diet, so it is important to know which foods contain starch. Carbohydrates give our bodies energy. This keeps us active and alert during the day. In the body, carbohydrates are broken down into simple sugars. These sugars are absorbed into the bloodstream and supply the body with energy.

Can you name any other foods containing starch?

Did you know?



Starch is made
by plants to
store energy.