

## INFORMATION SHEET

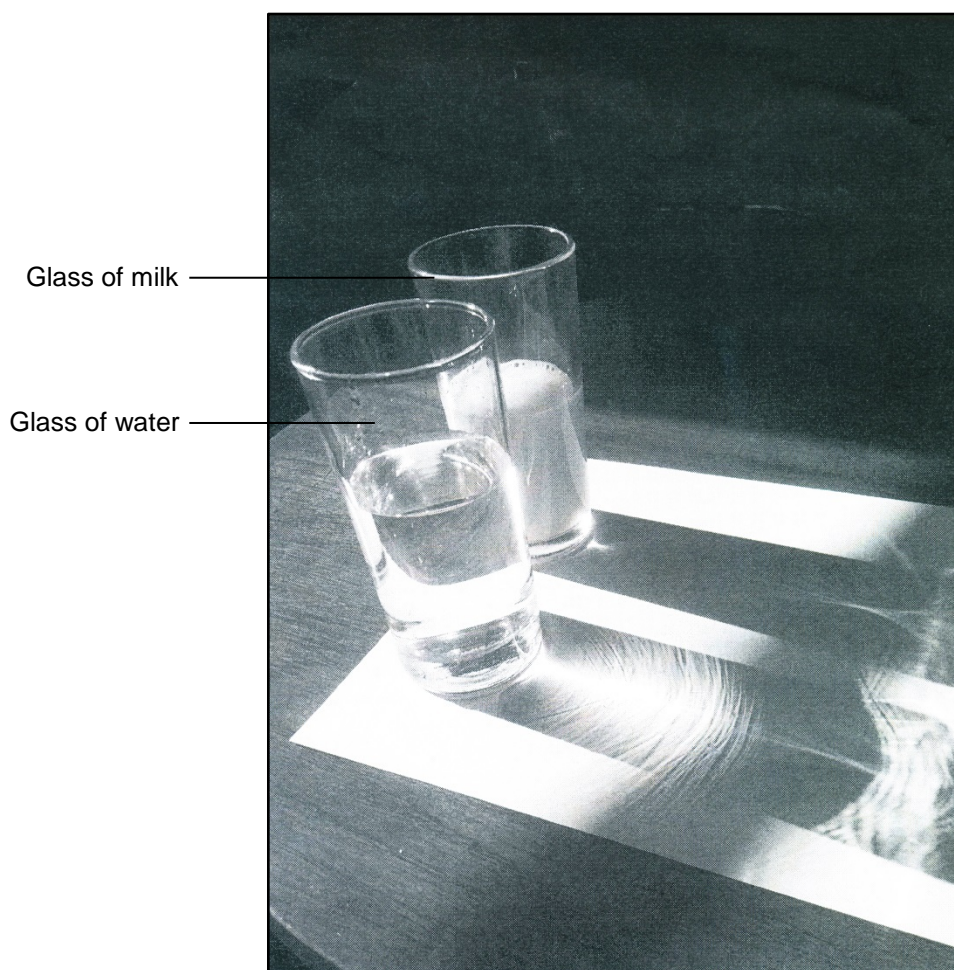
Protein is found in many of the foods we eat and is essential for the proper growth and development of individuals. In newborn babies and developing children maximising the protein content of milk is essential for growth.

### TESTING FOR PROTEIN USING BIURET SOLUTION

This indicator makes use of two solutions in conjunction with one another; Biuret solution A (light blue in colour) and Biuret solution B (clear). In the presence of protein, a lilac/purple colour can be detected as the combination of the two Biuret solutions reacts with the protein.

#### MILK IS AN OPAQUE LIQUID

Milk is a white, opaque liquid. There are different particles suspended in the milk. Light does not pass clearly or easily through pure milk as the particles in milk 'block' the flow of light and it is difficult to detect colour changes. When there are no particles, as in water, or fewer of these particles present, colour changes are easier to detect. In water there are no particles present that block the flow of light and so light passes through the substance easily.



[Examiner's photograph]

Refer to this information for Question 18.

<b>FOOD</b>	<b>AMOUNT</b>	<b>PROTEIN g/100 cal</b>
Tempeh	1 cup	9,3
Seitan	85 grams	22,1
Soybeans, cooked	1 cup	9,6
Lentils, cooked	1 cup	7,8
Black beans, cooked	1 cup	6,7
Kidney beans, cooked	1 cup	6,4
Veggie burger	1 cup	13,0
Chickpeas, cooked	1 cup	4,2
Veggie baked beans	1 cup	5,0
Pinto beans, cooked	1 cup	5,7
Black-eyed peas, cooked	1 cup	6,2
Tofu, firm	113 grams	11,7
Lima beans, cooked	1 cup	5,7
Quinoa, cooked	1 cup	3,5

[Adapted from: <<http://www.bellinghamdistanceproject.com/training/runners-protein>> Accessed 22 Jan. 2016]