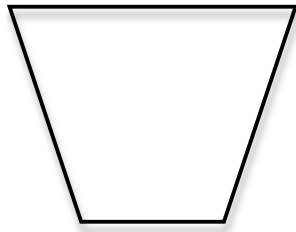
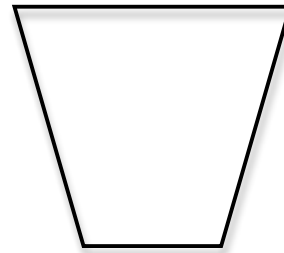


Food Energy Worksheet

Directions: Color in your observations. What color does the water + iodine turn when you add cornstarch?



Water + Iodine



Water + Iodine
+ Cornstarch

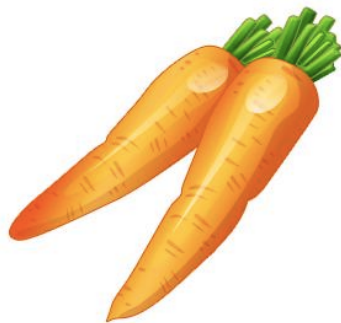
Directions: Use iodine to test how much starch is in food and color in your observations. Write any additional observations.



Rank: _____



Rank: _____



Rank: _____



Rank: _____

Which foods (potatoes, apples, carrots or cereal) had starch? _____

Rank them in order of energy.