What are we REALLY eating?

Make a Molecule

What you'll need:

- Three different types of fruit (e.g. dried apricots, figs, raisins) to make fructose and glucose
- Three different coloured sweets (e.g. gumdrops, midget gems) to make sorbitol and vitamin C
- Cocktail sticks

How you do it:

1. Assign different types of fruit or different coloured sweets to represent carbon, oxygen and hydrogen.
2. Attach the sweets or fruits together using cocktail sticks for the bonds.
3. Once you have made your molecule, check that each atom has the correct number of bonds:
   - Carbon has 4 bonds
   - Oxygen has 2 bonds
   - Hydrogen has one bond.

How does it work?

The food that we eat is made up of many components including sugars, vitamins, proteins and fats. These are all different categories of molecules. A molecule is made up of atoms that are bonded together in a particular way. The types of atoms and the way in which they are bonded determines which category the molecule belongs to. In this experiment we are using different fruits and sweets to represent atoms. We can build molecules that are found in many of the fruits and sweets that we eat.

As with all experiments, make sure you have a responsible person supervise you at all times. And remember to have fun!

Scan the QR code to watch a video