

**Explore enzymes and the science of lactose intolerance
using lactase tablets**

Worksheet 3

Why lactase tablets should not be taken on an empty stomach

- 1) Perform the experiment 'Why lactase tablets should not be taken on an empty stomach'.
- 2) Record your observations by completing Table 1, column 2.
- 3) Complete Table 1, column 3. (Tip: remember what colours the Fehling test gives with monosaccharides and disaccharides.)
- 4) Summarize your results in a short text. What effect does stomach acid have on the enzyme lactase?

Table 1: results

Sugar/milk	Colour detected by using Fehling's reagent and lactase	Are monosaccharides or 1,4-linked-disaccharides contained in the sample?
Lactose		
Maltose		
Whole milk		
Oat milk		