

Properties of fibre

Wheat bran is the shell of the grain, which is usually separated from the grain during the processing of the grain. Bran consists mainly of fibre and is therefore used for the following experiments:

Attempt 1

Put 20g of wheat bran and about 100ml of water in a beaker. Let the wheat bran soak for about 15 min. Filter the over-the-coming water and compare soaked bran with dry wheat bran.

Observation:

The soaked wheat bran is heavier and has a larger volume than the dry wheat bran.

What fibre quality can you derive from this experiment?

Fibre binds water, they are swellable. This leads to a high feeling of satiety in the stomach.

Intestinal peristalsis and digestion are also stimulated.

Attempt 2

Put about 100 ml of water in a beaker. Colour the water with a few drops of ink. Put 2-3 tbsp wheat bran in the beaker and stir well. Drain the liquid through a filter.

Observation:

By stirring the wheat bran, the ink water discolours.

What fibre quality can you derive from this experiment?

Fibre binds harmful substances in our body.