

Testing for Sugar Using Benedict's Solution

To find out if a liquid contains a simple sugar, you will need to do a Benedict's sugar test.

Use a Pyrex™ or Chemex™ test tube. Fill the test tube one-third full of the solution to be tested. Add 3–5 drops of Benedict's solution. Properly shake the test tube by gently tapping the bottom of the tube against the heel of your hand.

Place the tube into a hot water bath for up to 10 minutes.

If the solution contains sugar, the solution will turn yellow, orange, or red.