

Preserving Vitamins and Minerals

Food Preservation Methods

What: **Fresh**

How:

Advantages:

Disadvantages:



What: **Frozen**

How:

Advantages:

Disadvantages:



What: **Canned**

How:

Advantages:

Disadvantages:

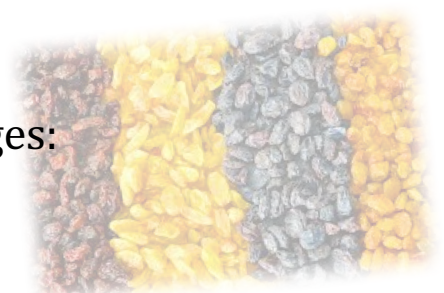


What: **Dried**

How:

Advantages:

Disadvantages:



Preserving Vitamins and Minerals

Cooking Methods

1. Depict three things that destroy vitamins and minerals:



2. Why would we cook fruits and vegetables if nutrients are destroyed in the process?

3. How do we prepare fruits and vegetables? Place an X in the column if the ingredient or element is used in cooking or food preparation.

	Water	Air	Butter/Fat	Heat	Long exposure to heat (10+ min)
Raw					
Sauté					
Bake/Roast					
Stir Fry					
Simmer/Boil					
Steam					
Microwave					

4. Hypothesize the three best preparation/cooking methods to preserve nutrients.

5. List three tips for preserving nutrients while cooking fruits and vegetables:

