

RAW VS. COOKED

Name (Unit) _____ Period _____ Assign # _____

Research the assigned vegetable (each unit does a different vegetable) and complete the following:

ASSIGNED VEGETABLE:

This vegetable is high in the following 2 nutrients.

1.

2.

When **raw** this vegetable has:

_____ mg of nutrient #1.

_____ mg of nutrient #2.

When **cooked** this vegetable has:

_____ mg of nutrient #1.

_____ mg of nutrient #2.

1. Analyze the results of your research. What do you think causes the difference in the nutrients of the vegetable.
2. Name the two cooking methods used to prepare your vegetable.
 - 1.
 - 2.
3. After a visual and taste test suggest the best cooking method for this vegetable to preserve the most nutrients.