

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.