Cooking

Do different cooking methods affect the levels of antioxidants?

Previous Knowledge
- Antioxidants are molecules which will prevent oxidation reactions taking place.
- Ion-electron equations can be written for the oxidation of many antioxidants.

Starter Questions
- What is an antioxidant?
- What antioxidants are in fruit and vegetables?
- What is an oscillating reaction?
- What conditions might affect the levels of antioxidants in fruit and vegetables?

Resources
- Candidate guide
- Success Criteria
- Class notes
- Experiment instructions
- Textbooks
- Internet
- Evaluation sheets

What to do
- Read your candidate guide and success criteria.
- Complete the starter questions.
- Write three questions relating to your focus question that you plan to investigate.
- Complete a literature research to find at least two sources of information that can be processed at a later date.
- Plan how to adapt the experimental procedures to take into account your focus question.
- Allocate tasks to the group.
- Carry out your practical investigation.
- Record your results.
- Present your results.
- Complete your evaluation sheet.
Cooking

Does the length of cooking time affect the levels of antioxidants?

Previous Knowledge
• Antioxidants are molecules which will prevent oxidation reactions taking place.
• Ion-electron equations can be written for the oxidation of many antioxidants.

Starter Questions
• What is an antioxidant?
• What antioxidants are in fruit and vegetables?
• What is an oscillating reaction?
• What conditions might affect the levels of antioxidants in fruit and vegetables?

What to do
• Read your candidate guide and success criteria.
• Complete the starter questions.
• Write three questions relating to your focus question that you plan to investigate.
• Complete a literature research to find at least two sources of information that can be processed at a later date.
• Plan how to adapt the experimental procedures to take into account your focus question.
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Previous Knowledge

• Antioxidants are molecules which will prevent oxidation reactions taking place.
• Ion-electron equations can be written for the oxidation of many antioxidants.

Starter Questions

• What is an antioxidant?
• What antioxidants are in fruit and vegetables?
• What is an oscillating reaction?
• What conditions might affect the levels of antioxidants in fruit and vegetables?

Resources

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Cooking

Does the cooking temperature affect the levels of antioxidants?

What to do

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• Complete a literature research to find at least two sources of information that can be processed at a later date.
• Plan how to adapt the experimental procedures to take into account your focus question.
• Allocate tasks to the group.
• Carry out your practical investigation.
• Record your results.
• Present your results.
• Complete your evaluation sheet.
Cooking

Does cooking affect the levels of antioxidants in fruit and vegetables in the same way?

Previous Knowledge
- Antioxidants are molecules which will prevent oxidation reactions taking place.
- Ion-electron equations can be written for the oxidation of many antioxidants.

Starter Questions
- What is an antioxidant?
- What antioxidants are in fruit and vegetables?
- What is an oscillating reaction?
- What conditions might affect the levels of antioxidants in fruit and vegetables?

Resources
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What to do
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