

## 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

## Cooking

Do different cooking methods affect the levels of antioxidants?



## 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.

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



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Does the cooking temperature affect the levels of antioxidants?



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



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