Guide to Good Food © 2015 Chapter 2: Nutritional Needs—Food Science Activity

Effects of Cooking Methods on Nutrients

Choosing foods that will supply your body with needed nutrients is an important step in caring for your health. Some nutrients, however, can be affected by certain methods used to prepare foods. Therefore, you need take care when cooking to help food maintain maximum nutritional value.

Use the link <u>http://www.msnbc.msn.com/id/16382205/</u> to find an article in the diet and nutrition section of the MSNBC website that addresses this topic. After reading the article, answer the questions that follow.

Activity Questions:

1. What are the three factors affecting the nutritional value of cooked foods discussed in this article?

2. In addition to vitamins, what food components can be affected by the cooking method used to prepare food?

3. According to this article, what cooking method is recommended as an alternative to boiling?

4. What vitamins are described as heat-sensitive?

5. What is the key to healthful microwave cooking?

6. Why are nutrients retained in stir-fried vegetables despite the use of high temperatures?

7. List one advantage and one disadvantage of preparing vegetables by oven roasting.