

### Challenge :Module 3 A7

Cook a variety of vegetables using as many cooking methods as you can. Find out which Method of cooking retains most nutrients. Which method retained the most colour, flavour and texture



Using the pictures put them in the right order and explain how we conducted our experiment finding out which cooking method retained the most nutrients.

Key points to talk about –

The variables we kept the same

Timings

Cooking methods

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## **Evaluation**

What went well? –

What could have gone better? –

Which cooking method contained the most nutrient?-