Sub-strand 1.3: Conserving Food Nutrients

Question Number	Question	Answer	Explanation
1	Which of the following vitamins is most easily lost during improper washing of vegetables?	B) Vitamin C	Vitamin C is a water-soluble vitamin. Soaking vegetables for a long time in water or washing them after cutting can cause Vitamin C to leach out and be lost.
2	When preparing vegetables, which action is most likely to preserve mineral salts?	D) Cooking them with minimal water	Mineral salts are also water-soluble. Cooking with minimal water, such as steaming or stir-frying, reduces the amount of water in which the minerals can dissolve, thus preserving more of them in the food.
3	Why is covering vegetables during cooking important for nutrient conservation?	B) It traps steam, preventing nutrient loss to	Covering the pot helps to trap steam and heat, which cooks the vegetables faster with less water. It also prevents the escape of volatile vitamins