

Name: _____ Group: _____ Class Period: _____

Preserving Nutrients

WHEN STORING:

- Wash vegetables to remove _____ and _____ that might remain on the skin.
- _____, _____ and _____ destroy nutrients in vegetables.

WHEN COOKING:

- Cook in _____ pieces
- Use _____ amounts of water
- Cook only until _____
- Cook _____
- _____ used to cook in for soups and gravies (most nutrients dissolve into the water)

COOKING METHODS:

- The two BEST methods are:
 -
 -
- You can also:
 - Bake (Roast)
 - Stir-Fry
 - Simmer
 - Sauté

COOKING METHODS:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____
