

# UREC ! OIC ! VITAMINC ! ver.2

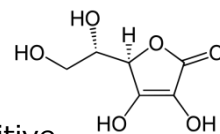
Jishukan High School

## INTRODUCTION

Our chemistry club has been studying efficient ways to prevent spillage and destruction of Vitamin C for generations. We want to develop the research further.

※Vitamin C is...

One of 13 different Vitamins  
Essential to the human body  
Water-soluble and heat-sensitive  
Difficult to ingest



## EXPERIMENTAL METHOD 1

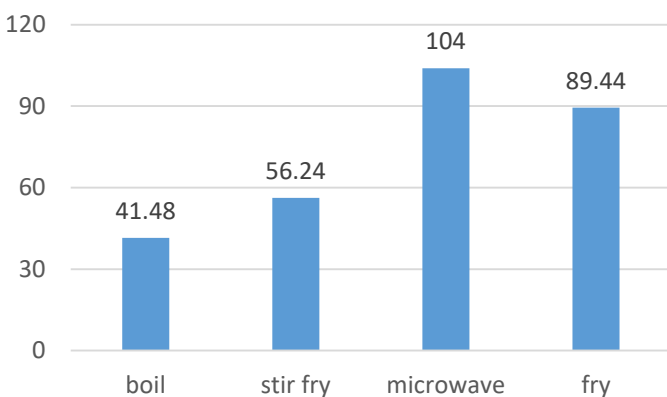
1. Cooking potatoes
  2. Measure 10 grams of potatoes
  3. Grind and filter the potatoes
  4. Titrate using the indophenol method
- boil
  - stir fry
  - microwave
  - fry

## EXPERIMENTAL METHOD 2

1. Arranging potatoes
  2. Boiling potatoes
  3. Measure 10 grams of potatoes
  4. Grind and filter the potatoes
  5. Titrate using the indophenol method
- wrap with flour
  - add salt to boiling water

## RESULT&DISCUSSION 1

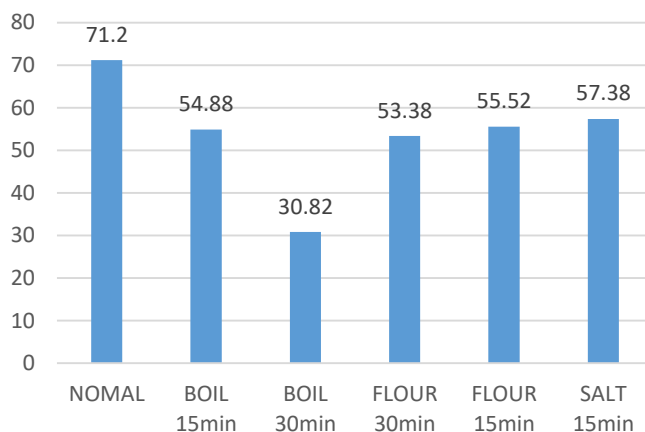
Vitamin C:(mg)



- boil & stir fry  
Water-soluble and heat-sensitive
- fry  
The surface is coated first.  
→vitamin doesn't flow out.
- heated in a microwave  
The heating method was different from others.

## RESULT&DISCUSSION 2

Vitamin C:(mg)



- flour  
The surface is coated.  
→vitamin C doesn't flow out.
- salt  
It is unrelated to decrease of vitamin C.

## CONCLUSION

- Boiled potatoes decreased the most.
- The heated in a microwave is the best.
- Better not to touch the water directly.
- Boil with salt water for 30 minutes.
- Boil at different salt concentrations.
- Think of methods other than flour and salt water.  
(Easy way)