**AC1.4 Explain How Cooking Methods Impact on Nutritional Value**

|  |  |  |
| --- | --- | --- |
| This will form your first paragraph on your 1.4 assessment  **How is the nutritional content altered during cooking?**  **What are the main nutrients reduced during cooking?** | | |
| **Cooking Method** | **What is this cooking method?** | **How are the nutrients affected and how much is lost during the cooking process?** |
| Boiling | Boiling is a water-based cooking method. Food cooks at 100°C. | Boiling reduces vitamin C more than any other cooking method. This is because vitamin C is water-soluble and sensitive to heat, it can leach out of vegetables when they're immersed in hot water. Broccoli, spinach and lettuce may **lose up to 50%** or more of their vitamin C when boiled. |
| Poaching |  |  |
| Grilling & Broiling |  |  |
| Microwaving |  |  |
| Roasting |  |  |
| Baking |  |  |
| Stir Frying |  |  |
| Frying |  |  |
| Steaming |  |  |
| General/other Information: | | |