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*Microwaving: The Right Choice?*

This project aimed to determine if microwaving harms foods. Extraction of beta-carotene from microwaved and boiled carrots was performed by using Tetrahydrofuran and a centrifuge to extract beta-carotene, and then purification by extraction of the beta-carotene into dichloromethane. Beer's law and a spectrophotometer were used to determine the concentration of beta-carotene in the extracts. The microwaved carrots contained statistically less Beta-Carotene than the sample that was boiled. This difference probably existed because Beta-Carotene is degraded by heat thus the hotter cooking environment in the microwave most likely resulted in the difference.