

Brooke Mitchell

*Hot Potato*

"Hot Potato" is an experiment that is meant to prove what cooking method preserves the highest amount of Vitamin C in potatoes. I hypothesized that baking the potatoes would preserve the most Vitamin C. To start this experiment, I collected 9 Norkota potatoes and 9 Jelly potatoes. I collected all the rest of my materials that I needed after that. Then, I tested the amount of Vitamin C in the potatoes after I did the following to each: baked, micro-baked, and boiled. The potatoes that were boiled actually did the best. I believe this happened because it preserved the nutrients since boiling them is basically heating them. The baking, on the other hand, did the worst overall, with only 15.87 Mg/L of Vitamin C for the Jelly potato and 11.9 Mg/L of Vitamin C for the Norkota. So, in conclusion, I think that people should try to boil their potatoes more often rather than baking or micro-baking. This experiment is meant to help anyone who wants to have more Vitamin C in their diet while eating potatoes.