

Experiment: Vitamins in Food Products: Vitamin C

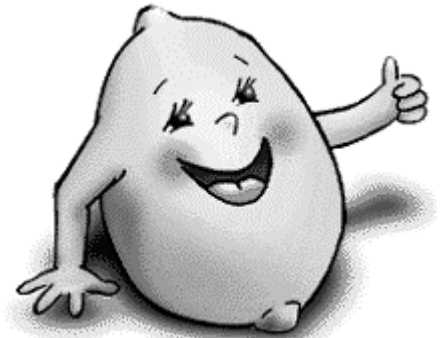
What's in a lemon!

Equipment

1 grater, 1 lemon squeezer, culture dish, 1 knife,
1 plastic Pasteur pipette

Materials

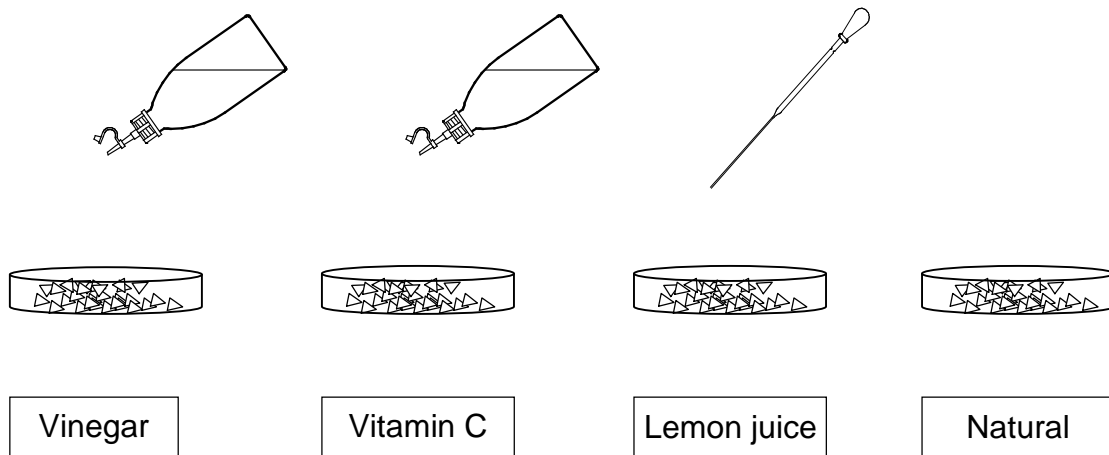
apple, lemon, vitamin C solution in dropping bottle,
vinegar in a dropping bottle



Introduction

You will know that hot water with lemon is good against colds. Citrus fruit contains lots of vitamin C, but other types of fruits and vegetables are also rich in vitamin C. What does this vitamin do to our body, why is it so important for us? In the following experiment we will try to answer this question.

Experiment



- Use the grater to grate a piece of apple coarsely. Put 1-2 spoons of grated apple into each of the 4 culture dishes.
- You have to remember which solution you have dropped into which culture dish. Write the solution down on a piece of paper and put these notes behind the culture dishes, as shown above.
- Drop some vinegar on the grated apple in the first culture dish.
- Drop some vitamin C solution on the grated apple in the second culture dish.
- Drop some lemon juice on the grated apple in the third culture dish.

- The grated apple in the fourth culture dish will not be treated and remains natural.
- Observe closely what happens! Describe precisely what you see!

Observations

	Observation
Grated apple with vinegar	
Grated apple with vitamin C solution	
Grated apple with lemon juice	
Grated apple – natural	

What ingredient in the lemon causes the apple to turn brown much more slowly?
