

# The hunt for vitamin C; the effect of cooking processes on the vitamin C content of cabbage

- Although vegetables in our diet are a source of vitamin C it is easily lost during cooking. How does the vitamin C content of cabbage vary with the method of cooking?

The amount of dissolved vitamin C can be determined by a titration using a solution of the dye 2,6-dichlorophenolindophenol. This is a dye which is blue when dissolved in water, red in acid conditions and is reduced by ascorbic acid (vitamin C) to a colourless compound.

An outline of a method for estimating vitamin C is available.

## Health & Safety

In planning this activity, you should consider health and safety. Check your plans with your teacher before implementing them.

Eye protection is advisable when heating any liquid.

## Credits

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*Health & safety checked May 2018*

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