

Experiments for clever foodies

Healthy potatoes

Do you like potatoes? Then you may know that potatoes come in a lot of different varieties that look different and may taste different, too. Not many people know that some potato varieties contain quite a lot of vitamin C. Check it out!



You need:

- 1 small potato
- 1 small apple
- 1 lemon
- 1 kitchen knife
- 1 cutting board
- 1 grater
- 4 small glass bowls
- 1 spoon

IMPORTANT: Ask an adult for help using the grater.

Here's how it's done:

- 1 Cut the potato into very small pieces. Put them in a glass bowl. Pour over enough water to barely cover the pieces of potato. Allow to stand for about 10 minutes, stirring occasionally.
- 2 Cut the lemon in half.

- 3 Grate the apple and put the grated apple in three glass bowls. Starting from now, you have to work fast!
- 4 Squeeze lemon juice over the grated apple in one bowl.
- 5 Add about the same amount of "potato water" to the grated apple in the second bowl.
- 6 Leave the grated apple in the third bowl as it is.

What do you notice after about 5 minutes?

Happy experimenting!

Other things you could investigate:

- If you discovered potatoes that contain vitamin C in the above experiment, test whether the vitamin stays in the potato when you cook it. Ask an adult for help using the stove.
- Or vary the amount of water that you add to the pieces of potato in the above experiment.
- Ask somebody who likes cooking to tell you which kinds of fruits and vegetables turn brown when exposed to air. Test whether you can stop them from turning brown by adding lemon juice.

Did you know?

Vitamin C in lemon juice stops cut or grated apple from turning brown. If your potato contained vitamin C, the "potato water" had the same effect. The amount of vitamin C in potatoes depends on many factors, including how long they were stored before ending up on your plate: immediately after harvesting, potatoes contain about four times more vitamin C than potatoes stored over the winter.



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To mark the 20th anniversary of the company's hands-on labs for children, BASF developed the "Clever Foodies" workshop themed around healthy nutrition with fruits and vegetables. The workshop is hosted for elementary school children around the globe. Find more experiments to do at home at:

www.basf.com/clever-foodies