

Sample Extended Essay Introductions: Chemistry (p. 1), History (p. 4), and English (p. 5)

INTRODUCTION

Vitamin C, or L-ascorbic acid ($C_6H_8O_6$), is mainly found in vegetables and fruits, though it can also be obtained from animals such as lambs, goats, and cows. It is an essential vitamin that is an oxidized form of the 6-carbon sugar glucose and the L-enantiomer of ascorbate.¹ Due to its water-soluble nature,² excesses of vitamin C cannot be stored in the body and will be urinated, causing a need for ascorbic acid to be constantly ingested. Ascorbic acid is denatured by baking soda, copper, and iron, and is unstable at warm temperatures and when exposed to oxygen.

In developing countries, the seasons usually determine the amount of available ascorbic acid. These seasons give indication as to what fruits or vegetables are available to be harvested, along with how much time and labor is available to harvest those sources of vitamin C. Although vitamin C is relatively easily obtained, studies have shown that people in Latin America, India, China, Gambia, and other developing countries intake less than the recommended amount for their age group. For example, in Gambia, the average intake each month can range anywhere from 0 mg/day to 115 mg/day, depending on the time of year.³ The peaks of intake coincide, as expected, with harvests of main sources of vitamin C such as mangoes, oranges, and grapefruit.

In this essay, the different cooking methods and their effect on concentrations of ascorbic acid will be investigated. Because ascorbic acid can be conserved, and therefore deficiencies can be reduced by changing the cooking methods, I thought that it would be appropriate to investigate which cooking style would preserve the most amount of ascorbic acid. By examining how cooking processes affect vitamin C, developing countries can reduce deficiencies in vitamin C. This way to prevent deficiencies in vitamin C thus led to the Research Question:

How do different dry cooking styles affect the concentration of vitamin C in *Capsicum annum* (red bell peppers)?

I chose to use red bell peppers because, based on literature values, they have a large concentration of ascorbic acid, making it easier to test with accurate results. While other sources had higher concentrations of vitamin C, red bell peppers were more accessible.

Two hydrogens in ascorbic acid are part of $-OH$ groups. While one of these hydrogens causes the acidity of ascorbic acid and forming semi-dehydroascorbate as shown by Equation 1,



¹ World Health Organization. *Vitamin C*. 10 June 2005. PDF.

² Higdon, Jane. "Vitamin C." *Linus Pauling Institute at Oregon State University*. Linus Pauling Institute, Jan. 2006. Web. 15 Oct. 2010. <<http://lpi.oregonstate.edu/info/center/vitamins/vitaminC/>>.

³ World Health Organization. *Vitamin C*

Sample History Extended Essay Ib

M Mark



Sample History Extended Essay Ib:

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