

**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.<sup>1</sup> Due to its water-soluble nature,<sup>2</sup> 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.<sup>3</sup> 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 annuum* (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,



<sup>1</sup> World Health Organization. *Vitamin C*. 10 June 2005. PDF.

<sup>2</sup> 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/>>.

<sup>3</sup> World Health Organization. *Vitamin C*

# Sample History Extended Essay Ib

**Marilyn Martin**



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**Access to History for the IB Diploma: Causes and effects of 20th century wars Study and Revision Guide** Nicholas Verrill, Kate Harker, 2019-02-18 Exam board International Baccalaureate Level IB Diploma Subject History First teaching September 2015 First exams Summer 2017 Reinforce knowledge and develop exam skills with revision of key historical content, exam focussed activities and guidance from experts as part of the Access to History Series. Take control of revision with helpful revision tools and techniques and content broken into easy to revise chunks. Revise key historical content and practise exam technique in context with related exam focussed activities. Build exam skills with Exam Focus at the end of each chapter containing exam questions with sample answers and examiner commentary to show you what is required in the exam. International Encyclopedia of Education, 2009-04-17 The field of education has experienced extraordinary technological, societal and institutional change in recent years making it one of the most fascinating yet complex fields of study in social science. Unequalled in its combination of authoritative scholarship and comprehensive coverage, *International Encyclopedia of Education* Third Edition succeeds two highly successful previous editions (1985, 1994) in aiming to encapsulate research in this vibrant field for the twenty-first century reader. Under development for five years, this work encompasses over 1 000 articles across 24 individual areas of coverage and is expected to become the dominant resource in the field. Education is a multidisciplinary and international field drawing on a wide range of social sciences and humanities disciplines and this new edition comprehensively matches this diversity. The diverse background and

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**English Language and Literature for the IB Diploma** Brad Philpot, 2011-07-14 For students studying the new Language A Language and Literature syllabus for the IB Diploma Written by an experienced practising IB English teacher this new title is an in depth and accessible guide for Standard and Higher Level students of the new Language A Language and Literature syllabus for the IB Diploma This lively well structured coursebook is available in both print and e book formats and includes key concepts in studying language and literature text extracts from World literature in English and in translation international media and language sources a wide variety of activities to build skills materials for exam preparation guidance on assessment Theory of Knowledge links and Extended essay opportunities *The SAGE Handbook of Research in International Education* Mary Hayden, Jack Levy, Jeff Thompson, 2015-10-13 The landscape of international education has changed significantly in the last ten years and our understanding of concepts such as international global and multicultural are being re evaluated Fully updated and revised and now including new contributions from research in South East Asia the Middle East China Japan Australasia and North America the new edition of this handbook analyses the origins interpretations and contributions of international education and explores key contemporary developments including internationalism in the context of teaching and learning leadership standards and quality in institutions and systems of education the promotion of internationalism in national systems This important collection of research is an essential resource for anyone involved in the practice and academic study of international education including researchers and teachers in universities governmental and private curriculum development agencies examination authorities administrators and teachers in schools Helping Children with Nonverbal Learning Disabilities to Flourish Marilyn Martin, 2007 Martin presents a comprehensive developmental profile of children with NLD She helps parents and professionals to identify learners with NLD and insure they receive early intervention Offering practical advice on NLD at home and at school she describes step by step interventions for improving a range of skills from penmanship to social acumen *Helping Children with Nonverbal Learning Disabilities to Flourish* Marilyn Martin Zion, 2007-04-15 Martin presents a comprehensive developmental profile of children with NLD She helps parents and professionals to identify learners with NLD and insure they receive early

intervention Offering practical advice on NLD at home and at school she describes step by step interventions for improving a range of skills from penmanship to social acumen *The Baccalaureate* Graham Phillips, Tim Pound, 2003-12-16 Every year the UK A Level results bring with them the inevitable tide of questions about the quality and standard of the exams Are they getting easier Is studying for three or four subjects in great detail right in the modern world Can standards and pass rates be sustained One option already available to schools and students is the baccalaureate system With reform of the gold standard A level likely and with qualification reform in Wales and Scotland already a reality this unique book will be essential reading for anyone who needs to know about the post 16 qualifications debate Covering national and international approaches the IBO curriculum reform and political and educational imperatives the book including expert contributions by the leading figures in the bac debate from the HE state and independent schools sectors as well as from political and research fields

**Perceptions of Iran** Ali M. Ansari, 2013-11-30 I B Tauris in association with the Iran Heritage Foundation From the Sasanian to the Safavid Empire and from Qajar Iran to the current Islamic Republic the history of Iran is one which has been coloured by a rich tradition of myths and narratives and shaped by its wealth of philosophers cultural theorists and political thinkers *Perceptions of Iran* dissects the construction of Iranian identity to reveal how nationalism has been continually re formulated and how Iran s self perception has been moulded by its literary past Here Ali M Ansari gathers together a varied and wide ranging account of the long history of Iranian encounters with the Western world whether via the observations of Herodotus or the knowledge via the Old Testament of Cyrus liberating the Jews from Babylon or into the modern era when nineteenth and twentieth century interactions reflect the unequal power relationship between Iran and the West *Perceptions of Iran* also explores the salient elements in the country s narrative which helped to form Iran s identity such as Ferdowsi s creation of the *Shahnameh* the national epic the exquisite architecture of Safavid Isfahan or the unfulfilled promise of the Constitutional Movement in the early twentieth century It offers analysis of the Qajar Shahs use of a mythical and dynastic past as they drew on the narratives of Jamshid s glory and Khusraw s splendour in order to legitimise their rule At the same time it examines the ways in which foreign travellers and diplomats understood and conceived of the royal courts of Safavid Persia As it covers 2 500 years of political and intellectual history *Perceptions of Iran* ties together the diverse threads of Iranian experience that have underpinned the country s social and cultural movements spanning Mirza Agha Khan Kermani s writing on Persian history and liberal nationalism through to the strident anti Western discourses of Seyyed Jamal al Afghani Jalal Al e Ahmad and Ayatollah Khomeini The book is therefore vital for researchers of Iranian history and those interested in the use of myth in the construction of national identity more widely **In Search of Deeper Learning** Jal Mehta, Sarah Fine, 2019-04-09 An award winning professor and an accomplished educator Jal Mehta and Sarah Fine take us beyond the hype of reform and inside some of America s most innovative classrooms to show what is working and what isn t In a world where test scores have been king this boldly humanistic book offers a rich account of what education can be at its best

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Grace, 2018-09-03 Reinforce knowledge and develop exam skills with revision of key historical content exam focussed activities and guidance from experts as part of the Access to History Series Take control of revision with helpful revision tools and techniques and content broken into easy to revise chunks Revise key historical content and practise exam technique in context with related exam focussed activities Build exam skills with Exam Focus at the end of each chapter containing exam questions with sample answers and examiner commentary to show you what is required in the exam

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culturally relevant pedagogy and funds of knowledge universal design for learning the learning sciences and other literatures this emerging concept affirms that students learning and performance is inextricably tied to the social cultural and linguistic contexts in which they live and develop knowledge Across four sections this book provides an argument and initial evidence for impact on students users and assessment quality offers guidance for implementation and examines the potential limitations pitfalls barriers and measurement issues that such programs will inevitably raise Scholars teaching faculty test developers and policymakers will come away with integral foundations new assessment approaches and a greater sense of the potential for positive impact that these assessments may afford

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