

PRESENCE OF VITAMIN C IN ALIMENTS AND ITS VARIATIONS WITH TIME AND TEMPERATURE

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ABSTRACT

The objective of this project has been to determine the quantity of vitamin C in different aliments, taking into account the variation of the spoken substance with time and temperature.

Time and temperature are the main variables. They share a direct relation with the change of the vitamin of the star materials (explained below). Hence, it has been studied the vitamin C in natural conditions, furthermore its properties after having changed with time and temperature conditions.

Thereby, for doing this project, different citric fruits which contain vitamin C have been manipulated, apart from the objects needed to accompany the help of their use.

Hitherto, theory has been explained, but not any form of leading it to practice. To calculate quantities of vitamine C, betadine and starch have been needed so as to compare its propperties in relation to the base compound (juices that contain vit.C), always having its measurements under control

Finally, comparations between the different measurements of vitamin C are done in order to realize the losts and gains of vitamins along the experiment

Key words: [Temperature](#), [exposition time](#), [ascorbic acid](#) (vitaminC), [starch](#), [pH](#).