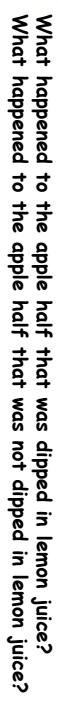




You need: 1 apple (or banana)

- Juice of 1 lemon
- 1. Take the apple and cut it in half with a plastic knife (ask an adult for help). Dip one of the apple halves in the lemon juice. Do not do anything to the other apple half.
- 3. Leave both apple halves on the kitchen count and wait a couple minutes.



- When you cut into an apple, its cells are torn and an enzyme called This enzyme speeds up the process of oxidation. Oxidation causes fruit to turn polyphenoloxidase is released. Enzymes speed up reactions
- contact with oxygen. brown because the surface of the cut fruit loses electrons when it comes into Lemon juice (and other citrus juices) stop the fruit from browning because
- electrons to chemical compounds in the fruit. Antioxidants are chemical agents that stop oxidation by giving one of its own they have antioxidants!
- This is why eating fruits and vegetables with many colors is important becaus they can save you from oxidation with their antioxidant powers, just like the lemon saved the apple!