Kitchen Chemistry Homework #3

Homework Questions:

- 1. What is tofu?
- 2. How is tofu made?
- 3. What happens when you steam food?
- 4. Is steaming a better way to cook vegetables or should you boil them?5. What is an Isoflavones and why should I be concerned about them?
- 6. Do you know where you can buy freshly prepared tofu in East Cambridge?