

Washing Vegetables

เลือกคำในกรอบต่อไปนี้ เติมลงในช่องว่างให้เหมาะสม

minutes	vinegar	soak	peel off
warm	toxins	%	tablespoon



1. _____ the outer part of the vegetables. This takes away some _____.



2. Run water through the vegetables for 2 _____ . This reduces toxins by 56-63 _____ .



3. Soak the vegetables for 15 minutes in a bowl of water with 1 _____ salt or 1 tablespoon _____ . This reduces toxins by 60-84%.



4. _____ the vegetables for 15 minutes in a bowl of _____ water with 1 tablespoon baking powder. This reduces toxins by 90-95%.