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Impact of cooking methods to save nutritional values of food

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Abstract

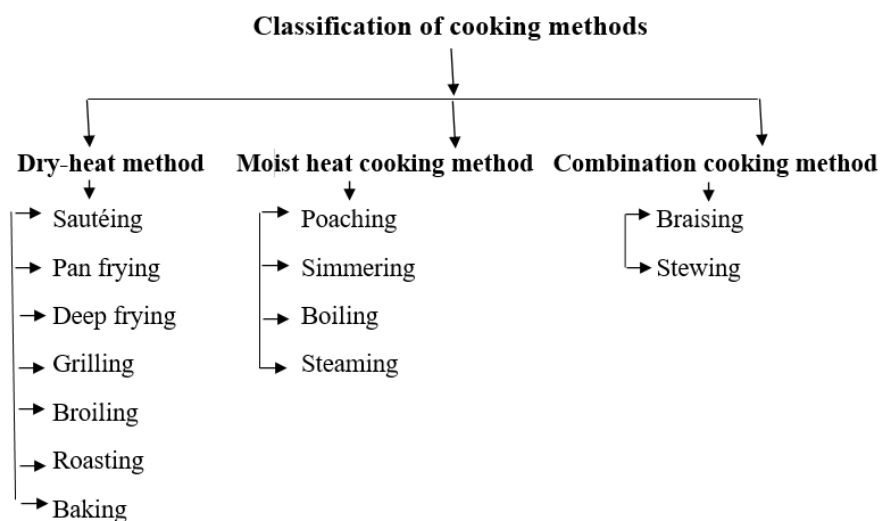
Women play a pivotal role in household. They work not less than fourteen hours per day to expedite domestic chores. Their role in food production cannot be ignored. On global scale, they produce more than half of all the food, which is grown. This role in food security must be emphasized in order to create an environment required for eradication of hunger and poverty.

Keywords: Cooking methods, save nutritional values, food

Introduction

Food preparation is an important step in meeting the nutritional needs of the family and methods of cooking is a part of food security. By understanding the cooking methods enables one to choose the correct method for specific foods, the various methods of cooking have a direct impact on the outcome of the finished dish. Choosing the correct method not only affects the flavour of foods, but also texture and appearance. Different cooking methods have different impact on the nutritive value of food.

Cooking methods are divided into three categories: dry-heat, moist-heat and combination heat. Dry heat methods cook the foods with hot air or fat (sautéing, pan-frying, deep frying, grilling, broiling, roasting, baking); moist heat cooking methods cook the food with a liquid, usually water, stock or steam (poaching, simmering, boiling, steaming). And combination cooking methods use, as the name suggests, a combination of dry heat and moist heat methods (braising, stewing).



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Objectives

1. To study the socio-economic profile of selected women.
2. To study the impact of cooking methods on nutritional values of food.

Methodology

The study was conducted in Gorakhpur district, (U.P.) was purposively selected for the present study. Two blocks were randomly selected in this study. Total 150 families were

selected for the present study. The statistical tools such as percentage, chi square and correlation coefficient were used.

Results

Table 1: Method of cooking used by women according to education

Method of cooking	Education					
	Illiterate	Can read only	Primary	Secondary	High school	Intermediate & above
Roasting	9 (6.0)	4 (2.7)	12 (8.0)	11 (7.3)	11 (7.3)	12 (8.0)
Frying	12 (8.0)	6 (4.0)	12 (8.0)	10 (6.7)	13 (8.7)	10 (6.7)
Steaming	8 (5.3)	3 (2.0)	11 (7.3)	10 (6.7)	12 (8.0)	13 (8.7)
Boiling	10 (6.7)	4 (2.7)	12 (8.0)	12 (8.0)	12 (8.0)	12 (8.0)
Baking	1 (0.7)	1 (0.7)	2 (1.3)	2 (1.3)	6 (4.0)	15 (10.0)
Poaching	-	-	-	-	3 (2.0)	12 (8.0)
Stewing	-	-	1 (0.7)	2 (1.3)	6 (4.0)	14 (9.3)
Grilling	-	-	-	1 (0.7)	5 (3.3)	15 (10.0)

(Figures in parentheses denote per cent value)

Table 1 shows that in the method of cooking used by women respondents according to education, high school and above educated women used all the various methods of cooking whereas primary and secondary educated women did not use

poaching and grilling method of cooking. Illiterate and can read only women respondents used boiling, frying and roasting method of cooking.

Table 2: Method of cooking of farm women according to land holding

Method of cooking	Landless	Marginal	Small	Large
Roasting	10 (6.7)	14 (10.7)	22 (14.7)	13 (8.7)
Frying	13 (8.7)	15 (10.0)	24 (16.0)	11 (7.3)
Steaming	2 (1.3)	19 (12.7)	22 (14.7)	14 (9.3)
Boiling	14 (9.3)	18 (12.0)	18 (12.0)	12 (8.0)
Baking	2 (1.3)	3 (2.0)	8 (5.3)	14 (9.3)
Poaching	-	2 (1.3)	5 (4.0)	13 (8.7)
Stewing	3 (2.0)	3 (2.0)	5 (3.3)	12 (8.0)
Grilling	1 (0.7)	3 (2.0)	6 (4.0)	11 (7.3)

(Figures in parentheses denote per cent value)

All types of respondents such as landless, marginal, small and large landholder respondents were using roasting most, they roast potato and use tandoor for chapati. Poaching, baking,

stewing, grilling were less used by landless, marginal and small because the equipments are costly and they were unaware.

Table 3: Method of cooking according to monthly income of farm women

Method of cooking	Monthly income			
	Up to Rs. 3000	Rs. 3001 – Rs.6000	Rs.6001 – Rs.9000	Rs. 9001 and above
Roasting	12 (8.0)	15 (10.0)	20 (13.3)	12 (8.0)
Frying	10 (6.7)	13 (8.7)	20 (13.3)	20 (13.3)
Steaming	3 (2.0)	20 (13.3)	19 (12.7)	15 (10.0)
Boiling	18 (12.0)	18 (12.0)	16 (10.7)	10 (6.7)
Baking	-	3 (2.0)	8 (5.3)	16 (10.7)
Poaching	-	-	5 (3.3)	15 (10.0)
Stewing	2 (1.3)	1 (0.7)	4 (2.7)	16 (10.7)
Grilling	-	1 (0.7)	4 (2.7)	16 (10.7)

(Figures in parentheses denote per cent value)

Table 3 shows that in the method of cooking according to monthly income of women respondents, methods of cooking, roasting, frying, steaming and boiling were used in all four income category whereas baking, poaching, stewing and

grilling were used by women respondents who earned Rs. 9000 and above because these methods were expensive not able to be used by lower category of women.

Table 4: Rank wise contribution of cooking methods

Methods of cooking	Scores	Rank
Roasting	1.98	II
Frying	1.98	II
Steaming	1.11	V
Boiling	2.02	I
Baking	1.90	III
Poaching	0.82	VII
Stewing	1.21	IV
Grilling	1.00	VI

First rank was given to boiling because TV and programmes of state government stress hard the villagers to boil vegetables, cereals, pulses so that harmful substances like

insecticides, pesticides are killed and did not produce ill-effect on human health.

Table 5: Education wise use of utensils in cooking by women

Utensil to save nutritive value	Education					
	Illiterate	Can read only	Primary	Secondary	High school	Intermediate & above
Tandoor	-	-	1 (0.7)	1 (0.7)	6 (4.0)	12 (8.0)
Pressure cooker	9 (6.0)	5 (3.3)	18 (12.0)	20 (13.3)	19 (12.7)	25 (16.7)
Solar cooker	-	-	-	-	3 (2.0)	6 (4.0)
Bhagona	23 (15.3)	8 (5.3)	19 (12.7)	21 (14.0)	22 (14.7)	26 (17.3)

So education played important role for using utensils to save nutritive value of vegetables and dal. Intermediate qualified women used tandoor most because the ladies of eastern U.P. prepare tandoori roti, Brinjal chokha, boiling rice, potato in tandoor. Educated women know the fact that if roasting is done from tandoor the nutritive value will not burn.

Conclusion

The cooking methods enables one to choose the correct method for specific foods, the various methods of cooking have a direct impact on the outcome of the finished dish. Choosing the correct method not only affects the flavour of foods, but also texture and appearance. Rural women face problems of poverty, food insecurity and environmental degradation. These problems have a disproportionate negative impact on rural women on account of inferior socio-economic, legal and political status as well as their critical roles as producers and household managers. This study would ascertain the role of rural women in food security for their families through study of nutritional value of preserved food, storage techniques and impact of cooking methods on nutritional values of cooked food.

Recommendations

1. Governments and foundations should finance community based food programmes (such as community gardens and kitchen, cooking groups and classes).
2. Governments should mandate home economics and cooking education for the entire student population through provincial educational guidelines.

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