

## A comparative study on different cooking methods used among working and non working women

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### ABSTRACT

Women are first and fastest solution to reduce poverty and hungry, a study was conducted on food habits and cooking methods used by working and non-working women. A cohort size of 50 women (n=25 working and non working women each), residing in Modinagar both (urban and rural area) were taken with following aims and objectives – to study about the different cooking methods used by working and non-working women, to study nutritional status of the respondents, to aware the respondents about advantages and disadvantages and nutrient losses by different cooking method used for cooking, to provide booklet as a source of knowledge to the respondents, questionnaire methods was used, questions regarding food habits, methods of cooking used by women, to assess the health status of the women through anthropometric measurement.

**Key words :** Cooking methods, Nutritional status

Cooking is important in food processing. Starch containing foods such as potato, corn, beans and lentil are made more digestible by cooking. The nutritive value of the protein in legumes such as soybean and lentil is also improved by cooking. Cooking of foods destroys substances that would otherwise interfere with the digestibility of the protein. Adequate cooking of the foods is particularly important when they comprise the main source of protein. Other substance is soybean, kidney bean and lentil can produce toxic effects unless cooked prior to eating.

### METHODOLOGY

#### Dry heat cooking methods:

- Grilling or boiling
- Roasting or parboiling
- Baking

#### Fat/oil cooking methods:

- Deep frying
- Shallow frying
- Sautéing

#### Wet cooking methods:

- Boiling
- Steaming - Direct/indirect
- Stewing
- Parboiling
- Pressure cooking

#### Combination of cooking methods:

- Braising
- Microwave cooking
- Solar cooking

Non-working women spent just over 70 minutes per day in preparing foods, where as women who work a part-time spend 53-55 minutes per day and full time working women spend 38-46 minutes per day in preparing food.

As no systematic study had been done and no reports

