



Undergraduate

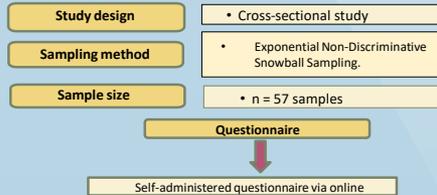
INTRODUCTION

- Frequency of home cooking is defined as the number of times an individual cooks at home and consume homely prepared foods. [1]
- 85% of the Malaysians altered their eating habits due to the pandemic and more people are cooking at home now. [2]
- Food skills and cooking skills are defined as a set of skills that are required to make and consume healthy and safe food. These include skills such as buying food, growing food, reading nutrition and food labels. [3]
- Researches have shown that food skills and cooking skills alters according to the frequency of home cooking, but limited evidence is seen in Malaysia.
- This study focused on the Malaysian population who belonged to the Middle 40% (M40) group with an income range between RM4850 to RM10959, which made up the second largest group in Malaysia. [4]

OBJECTIVE

To determine the association between frequency of home cooking, food skills and cooking skills among M40 Malaysian working adults.

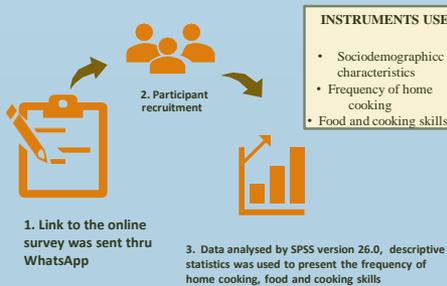
METHODOLOGY



INCLUSION CRITERIA:

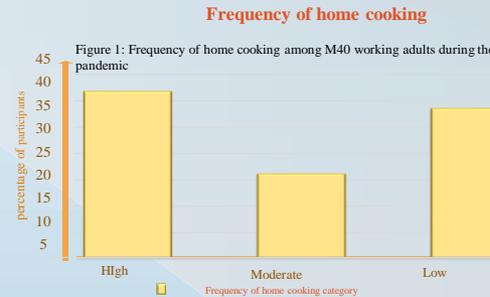
- ✓ Malaysian citizens
- ✓ Age : 21-30 years
- ✓ M40 working adults
- ✓ Healthy individuals

Data collection flow



RESULTS

1. Frequency of home cooking among M40 working adults



2. Frequency of home cooking, food skills and cooking skills

Table 1 shows the frequency of home cooking with individual food skills and cooking skills

VARIABLES	FREQUENCY OF HOME COOKING ^d		
	High (n = 23) n (%)	Moderate (n= 13) n (%)	Low (n = 21) n (%)
Food and cooking skill^a			
Excellent:	16 (69.6)	2 (8.7)	5 (21.7)
Good:	6 (20.7)	10 (34.5)	12 (44.8)
Average:	1 (20.0)	1 (20.0)	3 (60.0)
Food skills^b			
Excellent:	15 (60.0)	4 (16.0)	6 (24.0)
Good:	7 (28.0)	8 (32.0)	10 (40.0)
Average:	1 (14.3)	1 (14.3)	5 (71.4)
Cooking skills^c			
Excellent:	15 (52.2)	3 (23.1)	9 (42.9)
Good:	7 (29.2)	9 (37.5)	8 (33.8)
Average:	1 (16.7)	1 (16.7)	4 (66.7)

^aExcellent is from 44-58, good is 29 to 43 and below 29 is average; ^bExcellent is from 22 to 30, good is 15 to 22 and below 22 is average; ^cExcellent is from 21 to 28, good is 14 to 21 and below 21 is average; ^dHigh is cooking at home 6 or more times per week, moderate is 4-5 times per week and low is 0-3 times per week

DISCUSSION

Frequency of home cooking:

- **High frequency of home cooking among M40 adults** during the pandemic is consistent with studies in Italy.
- Murphy *et al* research reports that individuals have started to cook more often at home due to pandemic fear and supports the current findings that **majority of the M40 adults had high frequency of home cooking.** [5]

Frequency of home cooking with food and cooking skills:

- In this study participants **who cooked more than 6 times a day demonstrated excellent food and cooking skills.**
- Food skills were positively correlated with frequent meal preparation at home and negatively correlated with buying pre-prepared meals.
- Participants who had low frequency of home cooking showed good food and cooking skills this could be due to the M40 socio-economic group and nutritional knowledge.
- Andrea *et al* reported that **individuals preparing meals from basic ingredients 4-7 times weekly reported greater cooking skills** than those preparing meals 1-3 times weekly and this correlates with the present findings.

CONCLUSION

- Overall, this study found good food and cooking skills across different frequency of home cooking.
- The covid-19 pandemic has changed the eating behavior of Malaysians. More Malaysians are now cooking at home.
- Majority of the participants have high frequency of home cooking.
- **As the frequency of home cooking increase food and cooking skills also increases.**

ACKNOWLEDGEMENT

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