

B30 Frequency of home cooking, food skills and cooking skills among Malaysian adults during the covid-19 pandemic: A pilot study

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Home cooking is increasingly included in strategies to prevent and reduce chronic diet-related diseases and obesity. Cooking interventions encourage balanced meals too. Eating out has been practiced often in the Malaysian context. However, due to the pandemic, restrictions on movement and eating out resulted in compelling people to cook their own meals. Some studies reported elsewhere, that 85% of the population was eating from home much more often than before the pandemic and have developed confidence in cooking skills and knowledge on food. The objective of this study is to determine the frequency of home cooking, food skills and cooking skills among middle income group (M40) working adults during the recent pandemic. This study was conducted using online instruments to collect information on their sociodemographic characteristics, frequency of home cooking, food and cooking skills. The tool used for assessing the food and cooking skills was adapted from Food Skills Questionnaire Ottawa public health. There were 29 questions in total. The subjects were recruited from the middle-income group (RM4,850 - RM5,879) between the ages of 21 to 60 years, and those cooking themselves, during the pandemic. Descriptive statistics were used to describe the basic features of the data in a study. A total of 57 participants were recruited, who fit the inclusion criteria. Results showed that 40.3% of the participants had high frequency of home cooking, Similarly, 69.2% of the participants who had high frequency of home cooking demonstrated excellent food and cooking skills, whereas; 76.5% of the participants with moderate frequency of home cooking demonstrated good food and cooking skills. However, more than half of the participants (57.1%) with low frequency of home cooking showed good food and cooking skills. All the participants reported good food and cooking skills across different frequency of home cooking during the pandemic. This study showed that as frequency of home cooking increased, food and cooking skills also increased. Further studies need to be conducted to validate the findings.