

B44 Frequency of home cooking, food and cooking skills among working adults during the pandemic: A cross-sectional study among the urban low income group

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COVID-19 pandemic had led to a massive rise in home cooking as more time was spent at home. However there is still much unknown about frequency of home cooking, food and cooking skills of Malaysians during the pandemic as most of the related studies were done in the west. This study was conducted to determine the association of frequency of home cooking with food and cooking skills among the urban poor (B40) Malaysian adults during pandemic whose annual income is less than RM4850. This was an online cross-sectional study. A total of 114 Malaysian adults aged between 21-61 years old were recruited; participants were required to fill an online questionnaire. Ottawa Public Health Food Skills Questionnaire was used to assess food and cooking skills. Descriptive statistics were conducted to study all variables of interest while inferential statistics were for specific study objectives such as association between frequency of home cooking with food and cooking skills. It was found that majority of participants had low frequency of home cooking. Most (81.8%) of participants with low frequency of home cooking had average food and cooking skills. On the contrary, participants (61.8%) with low frequency of home cooking had good food skills. The results suggested that food and cooking skills were affected by frequency of home cooking as only spending more time trying new cooking technique will help build food and cooking skills. Hence, it is significant to acquire food and cooking skills to survive in a pandemic where movement and mobility are restricted.