



INTRODUCTION

- The effect of Covid 19 was devastating, affecting almost entire population around the world. In Malaysia, the movement control order (MCO) imposed resulted in travel and mobility restriction which changed the way people accessed their food, where they ate, and how their food was prepared. [1]
- Cooking skill and food skill shall be promoted as food produced at home tend to be healthier and allow more stringent adherence to dietary restrictions which lower the risk of ailments including heart disease, cancer, high blood pressure, and diabetes. [2]
- There was a scarcity of data on the cooking skills and food skills of Malaysians across different socioeconomic strata. To the best of my knowledge, no such research had been conducted in Malaysia.
- This study targeted B40 population whose annual income is less than RM4850 to examine their food preparation method in order to determine their cooking skill and to assess their food skill.

Methodology

- Setting: Malaysia
- Study design: Cross sectional study
- Sampling method: Exponential Non-Discriminative Snowball Sampling method
- Sample size: 114 participants who were belong to B40 Malaysian working adults
- Data collection: Online survey form (Google form)

Leader from B40 group is contacted to help share survey

Online questionnaire which is created using google forms in Malay and English are filled

Each new referral provided data for new referral and so on till adequate number of subjects for sample was achieved

Whatsapp is sent

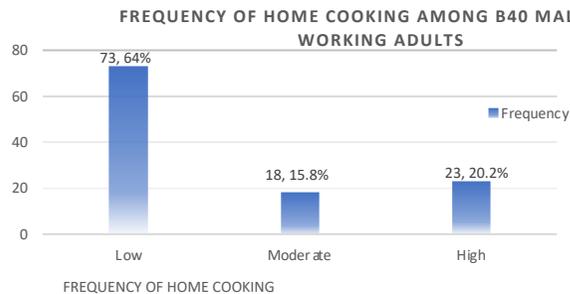
- Inclusion criteria
- Healthy adults who aged 21 to 61 years old
- Completed the consent form
- Belonged to the B40 population

- Study Instruments
- Sociodemographic characteristics
- Self-reported anthropometry data
- Frequency of home cooking
- Food skill and cooking skill assessment

- Statistical Analysis
- SPSS version 28
- Descriptive Test
- Inferential statistics Test

Results

Table 1 : Frequency of home cooking among B40 Malaysian working adults



Majority of B40 Malaysian working adults had low frequency of home cooking

Table 2 : Frequency of home cooking with food skill and cooking skill among Malaysian adults in the B40 population group.

Food skill and cooking skill	Frequency of home cooking		
	Low (n=73)	Moderate (n=18)	High (n=23)
n(%)	n(%)	n(%)	n(%)
Average	36 (81.8)	4 (9.1)	4 (9.1)
Good	27 (54.0)	12 (24.0)	11 (22.0)
Excellent	10 (50.0)	2 (10.0)	8 (40.0)

Majority (81.8%) of participants which had low frequency of home cooking had average food skill and cooking skill.

Table 3: Frequency of home cooking with food skill among Malaysian adults in the B40 population group

Food skill	Frequency of home cooking		
	Low (n=73)	Moderate (n=18)	High (n=23)
n(%)	n(%)	n(%)	n(%)
Average	27 (79.4)	4 (11.8)	3 (8.8)
Good	34 (61.8)	9 (16.4)	12 (21.8)
Excellent	12 (48.0)	5 (20.0)	8 (32.0)

Majority (61.8%) of participant which had low frequency of home cooking had good food skill.

Table 4 : Frequency of home cooking with cooking skill among Malaysian adults in the B40 population group

Cooking skill	Frequency of home cooking		
	Low (n=73)	Moderate (n=18)	High (n=23)
n(%)	n(%)	n(%)	n(%)
Average	40 (87.0)	3 (6.5)	3 (6.5)
Good	23 (52.3)	10 (22.7)	11 (25.0)
Excellent	10 (41.7)	5 (20.8)	9 (37.5)

Majority (87.0%) of participants which had low frequency of home cooking had average cooking skill.

DISCUSSION

- Low-income families may had additional barriers to accessing healthy food. [3]
- Only spending more time cooking and attempting new cooking techniques may help people build knowledge and confidence, which are important aspects of food and cooking skills. [4]
- There was no consensus on how to define "low" or "high" food skills. These skills had to be viewed as contextual and varying depending on sociodemographic factor. [5]
- Lack of cooking skills might be a barrier to preparing healthy homemade meals. [6]

CONCLUSION

- In this study, majority of B40 Malaysian working adults had low frequency of home cooking.
- Food skills and cooking skills were found to be influenced by the frequency of home cooking.
- More frequent home cooking shall be promoted as low cooking skills are regularly connected to increased consumption of ready meals.
- Larger sample sizes are advised for future study in order to generate more valid and representative results.

ACKNOWLEDGEMENT

This study was funded by International Medical University (IMU) Bukit Jalil. We would like to thank all the respondents and supervisors who had assisted in this study [BNT I-2021 (02)]

REFERENCES

- Ben Hassen, T., El Bilali, H. and Allahyari, M., 2020. Impact of COVID-19 on Food Behavior and Consumption in Qatar. Sustainability, 12(17), p.6973
- Can cooking skills be the key to health? [Internet]. Eufic.org. 2011 [cited 12 September 2021]. Available from: <https://www.eufic.org/en/healthy-living/article/can-cooking-skills-be-the-key-to-health>
- Wolfson JA, Ishikawa Y, Hosokawa C, Janisch K, Massa J, Eisenberg DM. Gender differences in global estimates of cooking frequency prior to COVID-19. Appetite. 2021 Jun 1;161:105117.
- Bender KE, Badiger A, Roe BE, Shu Y, Qi D. Consumer behavior during the COVID-19 pandemic: An analysis of food purchasing and management behaviors in US households through the lens of food system resilience. Socio-Economic Planning Sciences. 2021 Jun 26;101107.
- Terragni L, Arnold CD, Henjum S. Food Skills and Their Relationship with Food Security and Dietary Diversity Among Asylum Seekers Living in Norway. Journal of Nutrition Education and Behavior. 2020 Nov 1;52(11):1026-34.
- Van der Horst K, Brunner TA, Siegrist M. Ready-meal consumption: associations with weight status and cooking skills. Public health nutrition. 2011 Feb;14(2):239-45.