SNS COLLEGE OF NURSING

Saravanampatti (po), Coimbatore.

DEPARTMENT OF NURSING

COURSE NAME : BSC (NURSING) I YEAR

SUBJECT : NUTRITION

UNIT: X: COOKERY RULES AND PRESERVATION OF NUTRIENTS, , METHODS OF COOKING AND PRESERVATION OF NUTRIENTS.

TOPIC : COOKERY RULES AND PRINCIPLES

INTRODUCTION

Cooking is an art. It is linked with the dietary habits and cultural pattern of people. The intension of cooking is to see that the food cooked undergoes a physical and a chemical change at the end result is edible and acceptable.

DEFINITION

Cooking is the application of heat o food for the purpose of making it more digestible, safer to eat, more palatable and to change its appearance. Its an art, technology and craft of preparing food with use of heat. In simpler terms its preparing food heat or fire.

AIMS AND OBJECTIVES

1) Cooing increases palatability.

2) Cooking helps to provide a balanced meal.

3) Cooking sterilizes the food partially.

4) Cooking retains as far as possible, the nutritive and flavoring ingredients.

5) Cooking preserves food for a longer time.

PRINCIPLES OF COOKING

1) Conduction: Transfer of heat occurs through direct physical contact

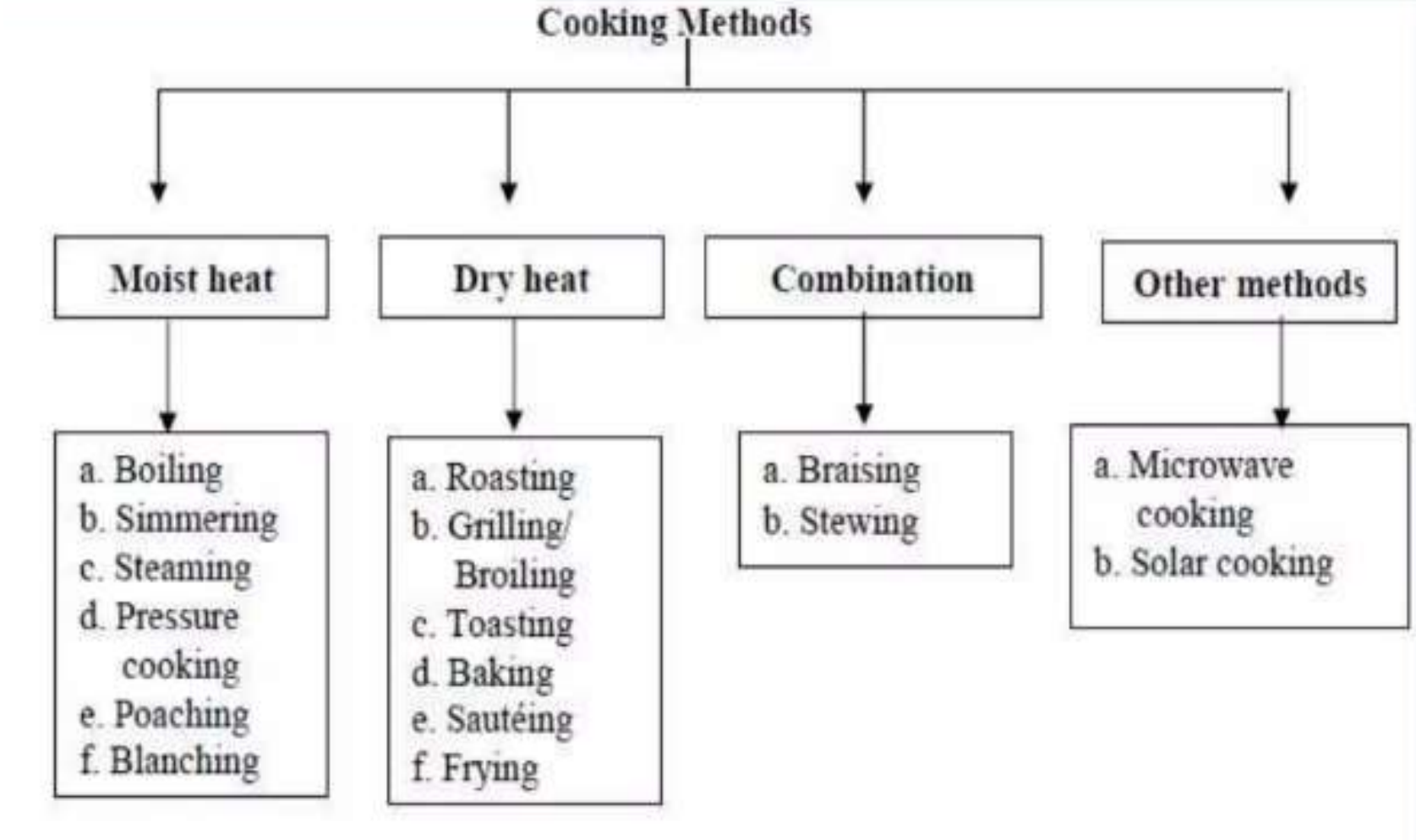
2) Convection : transfer of heat by the mass motion of molecules

3) Radiation : Transfer of heat by electromagnetic radiation.

METHODS OF COOKING

1) Dry heat cooking : Use air or fat
2) Moist heat cooking : Use water or Steam.
3) Combination cooking: Combine dry and moist heat together.

COOKING METHODS



DRY HEAT METHODS

BROILING: Uses radiant heat from an overheat source to cook food. Usually food is placed on pre heated metal grates.

SAUTEING: Uses conduction to radiate heat from flame to pan to fat to food.

DRY HEAT METHOD

PAN FRYING: Similar to both sautéing and deep frying.

DEEP FRYING: Uses both conduction and convection to transfer heat energy to food.

DRY HEAT METHOD

ROASTING AND BAKING: Food is surrounded by heat in an enclosed environment

GRILLING: Heat is beneath food to cooked. Can be electric, gas, wood or coal.

MOIST HEAT COOKING

POACHING: Uses convection to transfer heat energy. Used for delicate food such as fruit, vegetables and seafood.

SIMMERING: Uses convection to transfer heat energy.

MOIST HEAT COOKING

BOILING: Uses convection to transfer heat energy. Liquid temperature is 212 degree.

STEAMING: Uses convection to transfer heat energy.

COMBINATION COOKING

BRAISING: Combines sautéing, roasting and steaming.

STEWING: Uses to tenderizes smaller pieces of tough cuts of meat. It combines sautéing and simmering.

FACTORS CONSIDERED

While selecting cooking method there are various factors need to be considered. they are,

- The type of food
- Time available
- Type of fuel
- Equipment available

FACTORS CONSIDERED

Contd…

- Personal taste and preferences
- No. of people to serve
- Cost
- Skill of personnel
- Culture and religion
- Desired effect

FOOD CONSTITUENTS

Food is composed of following five constituents

1) Carbohydrates
2) Fats
3) Proteins
4) Minerals
5) Vitamins

SAFE FOOD HANDLING

- ✓ The smaller the pieces food is cut into, the greater the chances of losing nutrients. On the other hand, small pieces mean faster cooking.
- ✓ Do not cook green vegetables with baking soda since it destroys thiamin and vitamin C.

SAFE FOOD HANDLING

- Don’t wash rice before cooking it.
- Cooking in iron pots can destroy some vitamin C, but it can also add nutritious iron to the food, especially if the food is acidic.

ASSESSMENT

1) Define cooking.
2) Explain about Methods of cooking
3) Describe safe food handling

REFERENCE

- Darshan sohi, " A comprehensive textbook of applied Nutrition and dietetics" , 3rd edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, "Essentials of Nutrition and dietetics for nursing", 2nd edition, published by Wolters Kluwer.


Thank you!