

A Case Study on Factors Affecting Cooking Skills

Amrita Prabhudesai and Tushar Kadam

Bunts Sangha's Ramanath Payyade College of Hospitality Management Studies, Mumbai, India

Abstract: *This case study investigates the factors that influence cooking skills among individuals. Cooking skills are vital for preparing nutritious meals and promoting healthy eating habits. Understanding the factors that contribute to the development and enhancement of cooking skills can inform educational programs and interventions aimed at promoting culinary competence and healthy food choices. The case study involves the selection of participants with varying levels of cooking skills and employs data collection methods such as interviews, observations, and surveys. The findings highlight socio-demographic factors, cultural and familial influences, education and training, confidence and self-efficacy, cooking frequency and practice, as well as the availability of resources as key factors that affect cooking skills. Recognizing these factors can guide the design of interventions and policies to promote cooking skills and healthy lifestyles. Further research is needed to explore these factors in different populations and contexts to ensure comprehensive understanding and effective interventions.*

Keywords: Cooking Skills, Kitchen staff performances, Trainings, development and enhancement, effective interventions