

USE OF FOOD.

However, I must not soar so far away from things material that I shall forget to tell you some things about the preparation of food. First, let me tell you that food has a four-fold function in our bodies.

- (1) To cause growth.
- (2) To repair the worn out tissues.
- (3) To supply heat.
- (4) To furnish us with energy to think and work.

CLEAN FOOD IS VITAL.

Much beside cooking is included in the preparation of food — as any of us will readily see if we think of what meat has to undergo before it is ready to cook — how vegetables and fruits and cereals must be harvested and packed and sold. The matter of clean food is of course a vital one to us when we consider how disgusting unclean food is, and the great danger of spreading of disease. The washing or cleansing of food before cooking is then the first step in the preparation of most food.

This phase of the food question will be dealt with at greater length in a subsequent lecture.

WHY FOOD IS COOKED.

We cook food for a variety of reasons:

- (1) To make it more digestible.
- (2) To make it taste and look better.
- (3) To preserve the food and destroy parasites.
- (4) To furnish a greater variety of food.
- (5) To economise expense.

Each food is probably not cooked for all these reasons. Meat, eggs and fat, are more digestible raw, but they taste and look better when cooked. Different methods of cooking the same food furnish the desirable variety. Often in cooking, left-overs can be used in the production of a new and palatable dish — thus economy is practised.

METHODS OF COOKING.

Many mechanical processes are applied to foods before or during cooking, which tend to make them more digestible or more sightly. I speak of such things as the beating of eggs which makes the mixture to which they are added easier to digest, the folding of air into pastry to make it light, the beating of mashed potato, the creaming of butter for cakes, the whipping of cream, the grating of cheese, the shredding of fish, the kneading of dough, etc.

Cooking is a very old and a very universal process. Some methods of cooking are used by even the most savage of races.

It is accomplished by the application of heat to the food material. The method varies with the food and with individual taste.