

## Study on the Relationship between Cooking Process and Nutrition

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**Abstract:** With the rapid social and economic development, the country's overall scientific and technological level has also improved, and state leaders have also proposed that society should develop in a scientific direction. Under the advocacy of this concept of development, the catering industry also needs to make certain optimizations and improvements to achieve a harmonious relationship between cooking technology and nutrition, so that the “scientific” development can be achieved to the greatest extent, so that between cooking technology and nutrition It can develop in a more balanced direction and improve the quality of food for the public. This article will combine the actual situation, analyze the internal relationship between cooking process and nutrition in detail, and propose improvement measures between cooking process and nutrition, in order to provide a valuable reference for future related work.

### 1. Introduction

China's cooking process has a very glorious history of development. In order to meet the body's needs for food, people specialize in processing food with tools and equipment based on years of experience, knowledge, skills, diet theory and design capabilities. We call this processing process for cooking. China is a well-known ancient country with a long history of food culture. The ancient ancestors have a long history of culinary scientific diet nutrition. The ancestors believed that: take the whole grains as the basic health, and use various fruits as dietary aids , With various animal meat as a good product, with a variety of vegetables as a supplement, the food should pay attention to the smell and fragrance to supplement the body's essence, the diet should pay attention to the homology of medicine and food, and the balance of meat and vegetables. However, there are some problems of losing nutrition and despising nutrition during the long process of cooking development. With the return of the scientific concept of modern nutrition balanced diet, the theory and skills of China's culinary technology are improving day by day. The optimization of culinary technology promotes the strengthening of the nutrition of the diet structure, thereby promoting the improvement of the health of all the people in our country.

### 2. Cooking Techniques and Principles Followed by Nutritious Meals

In China, the cooking process and nutritious meals must conform to the dietary habits and local characteristics of the Chinese people. It is necessary for the cooking technician to master the cooking process, understand the Chinese physique, study the nutrition theory, and achieve a deep integration of theory and practice in order to truly enhance our country. Cooking process and technology. Specifically, to truly balance the dual characteristics of cooking process and nutritious diet, the following principles should be followed.

China is an ancient country with a history of cooking for thousands of years. It is rooted among the vast number of working people. It is also the convergence of history and the condensation of wisdom. China's food culture is broad and profound, but it is also closely related to China's cultural traditions, especially the theory of TCM health preservation, with the emphasis on the medicine and food homology theory and the “food therapy, food supplement, food treatment” TCM nutrition theory. Therefore, in the process of learning the cooking process, it is necessary to carefully study the dietary theory and food cooking skills emphasized by traditional Chinese medicine, so as to adjust the physiological functions of the human body through the cooking process and bring the

nutritional functions of the ingredients into full play. The people's eating habits summarized by the first people are carefully summarized into the cooking process.

The implementation and operation of the cooking process must rely on the perfect and scientific basic nutrition theory. It requires the cooking technician to master the basics of nutrition and other basic theoretical knowledge, carefully grasp the combination of nutritious diet and the design of cooking recipes, to achieve the color of the ingredients, The perfect combination of aroma, taste and nutrition can only mobilize the multiple senses of the diners during the enjoyment process, and also achieve a scientific and nutritious meal. Specific to the practical operation of cooking, it requires the cooking technician to unify the specific cooking skills and the regulation of the nutrition of the ingredients, to form an organic whole with the combination of ingredients, the choice of cooking process, and the control of nutrient elements, so as to achieve the nutrition theory in the practice of cooking practice make full use of the above to improve the operation level of combining theory with practice.

The cooking process is a new process that is constantly being introduced. It involves the improvement and improvement of various links such as ingredient selection, recipe matching, recipe selection and nutritious meals, in order to meet the increasing taste buds and dietary needs of the public. With the continuous improvement of science and nutrition theory, the development of nutrition is also changing with each passing day. This requires that the cooking process absorbs the frontier knowledge of nutrition theory in a timely manner, pays close attention to the new research results of the nutrition discipline, and carefully summarizes the nutrition science that occurs in the cooking process. In order to summarize the problems, work closely with nutritionists to achieve the environmental protection of the cooking process, and also meet the nutritional needs of diners to achieve the purpose of prevention and detection of dietary diseases.

### **3. The Relationship between Cooking Technology and Nutrition**

The relationship between reasonable collocation cooking technology and nutrition is reflected in the aspect of reasonable collocation to a certain extent. Under normal circumstances, a variety of food ingredients contain a variety of nutrients, and these nutrients are different, vegetables are rich in multiple vitamins, meat products are rich in more protein, and nuts are Many trace elements, these ingredients appear on the table in many ways and in different combinations. It is precisely for better nutritional matching, and then processed through mature cooking techniques, so that the food can be guaranteed to the greatest extent. Nutritional value and balance. However, if a reasonable and appropriate cooking process is not selected, the nutrition in the food will be destroyed, which means that the cooking process and the nutritional value in the food are complementary. If there is no cooking process, the positive effect of nutrition will not be Give full play to the method. Therefore, on the basis of ensuring a reasonable combination of ingredients, it is also necessary to ensure the correctness of the cooking process, both of which are indispensable.

Reasonable cooking. Reasonable cooking is a necessary prerequisite to achieve reasonable nutrition. In the process of long-term survival and development, people obtain nutrition from various types of food. In addition to ensuring a reasonable combination of ingredients, cooking is also the key to influence. At present, there are about 20 kinds of cooking techniques commonly used in China. Some cooking methods can better preserve nutrients, while some cooking methods reduce the nutrients in food. You need to choose according to the actual situation and retain good cooking Ways to remove poorly protected nutrients and achieve reasonable cooking. This also requires that the cooking technician must choose the cooking process based on the characteristics of the ingredients to ensure that the nutrients are retained.

Cooking therapy. Our country has a long history of development, and people have been eating for thousands of years ago, which has been included in the issues considered by successive monarchs. Therefore, in terms of food culture, China has developed well, and a long time ago, ancient ancestors established the theory of "homologous food", mainly to make up for the deficiency by using food, and use food to treat diseases. At present, the use of food to replace medicine has become an important content that people are pursuing. At the same time, "Therapeutic

fever” has been in full swing in the United States and Japan, and the role of diet in shaping the body has been fully reflected. This is not difficult to see, the close relationship between cooking technology and nutrition. Excellent cooking technicians can adjust the human body through diet therapy, food maintenance, food treatment, food supplement, etc., so as to improve the physiological function of the human body, fundamentally improve the physical fitness of the person, improve the physical quality of the person, as much as possible Reducing the many side effects of drug treatment on the human body has laid a favorable foundation for the construction of a harmonious society in China and the improvement of its comprehensive strength.

#### **4. The Status Quo of Nutrition and Nutrition Loss in Cooking**

The criteria for dietary assessment in different regions Different dietary cultures have a long history in China. Different provinces have their own unique cuisines, such as Sichuan cuisine, Cantonese cuisine, and Shandong cuisine, which together promote the development of China's culinary arts. In China, the standards for the examination of the skills of cooks and the evaluation criteria for dishes are vague and arbitrary and uncertain, such as the evaluation criteria of taste, appearance, texture and nutritional positioning, which are commonly known as color, fragrance, taste and shape. Among them, the seasoning and tenderness of the finished product are the key points of the evaluation, and the examination of the nutritional effect of the food is ignored. Both taste and texture are variable standards that cannot be unified. The taste and observation of each reviewer cannot be unified, so the taste and color are qualified the dishes are not necessarily nutritionally qualified food. The neglect of the maintenance of nutrition and hygiene during the processing of food from raw materials through various processing processes, resulting in the lack of scientific evaluation criteria for cooking is a serious problem in the current cooking process. Most cooking technicians pay attention to the cooking techniques and cooking methods of food processing. They do not pay enough attention to nutrients such as fat, protein, vitamins, carbohydrates and water in food nutrition, and they lack in-depth mining and research. Even if some cooking technicians have a little knowledge of nutrition and can understand the level of nutritional value in cooking ingredients, and Chinese residents balance dietary nutrition needs, in actual cooking operations, it is not possible to maintain color and flavor without losing nutrition. Therefore, there is a problem that the cooking process and dietary nutrition hygiene are not unified.

The concept of healthy, nutritious, and healthy diet is weak, and the form of material living standards of the Chinese people has been increasing in recent years. People 's demand for a healthy and reasonable diet structure in the diet is increasing. However, the concept of scientific nutrition and sanitation in real life is not yet popular enough. In some catering establishments, although various forms are used to promote the concept of nutritious and healthy meals and healthy diets, in the actual food processing and edible processes, there are many kinds of food materials that are not thoroughly cleaned, processing kitchen utensils are unhygienic, and edible oil is reused. The situation that endangers human health, the majority of the people pay attention to the taste and taste when eating, ignore the balance of intake of calories, vitamins, fats, etc. in food, lack the correct understanding of balanced nutrition and hygienic diet, and blindly consume too many high calories and high Fatty foods cause serious harm to health.

#### **5. Measures to Improve the Relationship between Cooking Process and Nutrition**

Based on the above analysis, there is an inseparable connection between the nutrition of the cooking process, and in order to achieve scientific development, in the future, relevant experts must pay attention to improving the relationship between the cooking process and nutrition, to provide the community with more delicious and rich Nutritious food improves people's quality and level of life.

Using cooking techniques to achieve scientific collocation of ingredients. In the new era, nutritious meals have become the eternal theme people are pursuing. This requires the reasonable matching of ingredients during the cooking process, so that various nutrients can be balanced with

each other, thereby achieving the body's balance of nutrients and improving the body Quality and health. On the one hand, we must pay attention to the matching of meat and vegetables. The raw materials of meat dishes contain a lot of protein and are rich in amino acids necessary for the human body. The protein in vegetables is incomplete protein, which can meet the body's needs for fatty acids and vitamins. Therefore, by rationally matching meat and vegetables, it can be balanced Replenish the various nutrients needed by the human body to avoid a single excess of nutrients, which affects human development. The onion beef fillet dish fully considers the balance of nutrition. Because beef is rich in protein and fat, it gives a more greasy feeling. By matching with onions, it can reduce the greasy feeling that beef brings to people. At the same time, it can also promote the body's absorption of vitamins, help sterilization, diuresis, and help to human health. On the other hand, it should pay attention to acid-base mix. Alkaline foods mainly refer to foods rich in potassium, calcium, sodium, magnesium and other elements, and are collectively referred to as alkaline foods, such as fruits, vegetables, tofu, etc. If you eat too many acidic foods in your daily life, it is easy to cause calcium deficiency, while eating too much alkaline foods is prone to neurasthenia, hypotension, and alkali poisoning. Therefore, in the process of food matching, attention should be paid to acid-base collocation to maintain acid-base balance in the body. In addition, cooking technicians also need to pay attention to protein matching. Protein is a foundation of all life phenomena and plays an important role in regulating physiological functions and maintaining acid-base balance. Judging from the current research results, in the video containing protein, there are 20 kinds of amino acids, of which 8 kinds are the amino acids that the human body must have in the community every day. This also requires that the cooking technician must properly match the protein to ensure that the body consumes enough amino acids to fully exert the protein's "complementary role." For example, when rice and soybeans are used together, methionine and lysine can be mutually deficient, making the diet more nutritious.

Use modern information technology to optimize the cooking process. The cooking process is a relatively tedious and complicated process, not only involving thousands of raw materials, but also considering multiple aspects, formulating recipes and ingredients matching schemes, and also incorporating the relevant concepts of nutritious meals. Only in this way can the balance between the cooking process and the nutrition be ensured to the greatest extent, and the color and aroma of the food can be guaranteed. According to different dietary requirements, the ingredients can be combined into many recipes, and the various data are relatively large. If we only rely on the memory of the cooking technician to complete the storage of all processes and recipes, it is difficult to fully guarantee the accuracy of the memory. Therefore, in the future, cooking technicians can make full use of modern information technology to make each cooking link into a video, and use some computers to inspire some ingredient matching schemes and recipe design, so that the cooking technician can operate according to each link in the video. Ensure a nutritious meal. On this basis, a special information platform can be established, which can exchange content related to nutritious meals and cooking processes with peers, realize the improvement of cooking processes, and meet the innovative needs of cooking processes, and the construction of an information platform It can also establish a connection between the cooking technician and the diners, so that the diners can effectively constitute with the cooking technician, and lay a good foundation for the cooking technician to further improve the cooking process and adjust the nutritional relationship between foods.

Make reasonable adjustments to the cooking process. The cooking process has a relatively direct impact on diet nutrition. If the cooking process cannot be rationalized, the nutritional value of the food will be destroyed. In order to better improve the cooking process, so that the nutritional value of food can be fully utilized, the cooking technician also needs to cook according to the type of ingredients to ensure that the nutrients can be retained to the greatest extent. For example, in the process of cooking raw materials, you should choose to "fry" as much as possible, and you need to stir fry with high heat instead of cooking, stewing, frying and other processes to ensure that the vitamins and mineral elements in vegetables can be Have reservations. If processing animal raw materials, the method of stewing and steaming can be used, so that the rich protein substances in

animal raw materials are obtained to the greatest extent. If there is a need to use “fried” methods to complete the production, you need to remove the oil. The temperature is controlled at 60 ~ 80 °C, and the pulp must be hung before entering the frying state to avoid protein damage.

Actively promote and popularize cooking. With the rapid development of the current era, people are paying more and more attention to green diets and pursuing pollution-free vegetables, grains, and meat in daily life. Culinary technicians also need to combine the development needs of the current era to promote and popularize new cooking techniques, choose green and healthy ingredients as much as possible in the process of selecting ingredients, and avoid using some external ingredients as much as possible in the process of cooking. Food additives to ensure that the ingredients can be authentic after cooking. In the cooking process, stewing and cooking methods should be selected as far as possible to replace the original cooking methods of frying and frying. While reducing the cooking steps, it can also serve the purpose of retaining the nutrients of the ingredients and meet the needs of modern diets. .

## **6. Conclusion**

At present, the world is emphasizing scientific diet and nutrient absorption. Strengthening the extraction and intake of nutrients in the cooking process has become the public's voice. It is necessary to fully understand the relationship between the cooking process and nutrition, and truly achieve nutrition and taste. Double experience.

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