



Summary

Cooking is the art, technology and craft of preparing food for consumption with the use of heat. It is an age old practise to make foods edible. According to one school of thought, cooking originated some 2.3 million years ago, while other said it is 40,000 year back ago. The main purpose of cooking food is to make it edible, while other common purposes are to make food attractive and palatable, food digestible, variety in meals, enhance the availability of some nutrients and to destroy microorganism.

