

Cooking Skills Assessment of Selected Residents in Bukang Liwayway, Kibawe, Bukidnon

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ABSTRACT

This study assesses the cooking skills of residents in Barangay Bukang Liwayway, Kibawe, Bukidnon, focusing on their demographic profiles and the available resources for food preparation. With a population characterized by low educational attainment and limited culinary training, this research highlights the urgent need for skills development programs. Utilizing a descriptive research design, the study investigates key factors such as knife handling, cooking methods, and food presentation skills among participants. The findings reveal significant variations in cooking skills based on demographic factors, emphasizing the importance of targeted training to enhance residents' culinary competencies. By identifying the challenges faced in food preparation and the skills required for effective cooking, this research aims to support local government initiatives in promoting community-based training programs. Ultimately, the study underscores the vital role of cooking skills in improving food security and fostering self-sufficiency among residents.

Keywords: Cooking Skills, Barangay Bukang Liwayway, Food Preparation, Skills Training, Community Development.

INTRODUCTION

Assessing cooking skills among residents of Barangay Bukang Liwayway, Kibawe, Bukidnon, stems from the need to address the challenges faced by a population characterized by low educational attainment and limited culinary training. Many residents lack the knowledge and skills necessary for effective food preparation, despite the availability of local resources. This study aims to identify the current cooking competencies and the demographic factors influencing these skills, thereby highlighting the urgent need for targeted skills development programs. By understanding the existing gaps in cooking abilities, the research seeks to support local government initiatives in implementing community-based training programs that can enhance food security, promote self-sufficiency, and ultimately improve the overall quality of life for residents. This initiative not only addresses immediate culinary needs but also fosters long-term community development through improved cooking skills and healthy eating practices.

OBJECTIVES

The general objective of the study is to identify the level of cooking skills in Barangay Bukang Liwayway, Kibawe, Bukidnon. Specifically, this study aims to:

- Determine the significant difference in the level of cooking skills of the selected residents of Bukang Liwayway, Kibawe, Bukidnon, when grouped according to demographic profiles.
 - Age,
 - Sex,
 - Educational attainment,
 - Financial Income; and
 - Occupation
- Determine the level of cooking skills of selected residents of Bukang Liwayway, Kibawe, Bukidnon in terms of:

- 2.1 Knife Handling Skills
- 2.2 Cooking Methods
- 2.3 Food Presentation Skills

3. To determine the significant difference in the level of cooking skills of selected residents in Brgy. Bukang Liwayway when grouped according to profile.

METHODS

Research Design

This study will make use of descriptive research design. It is used to identify the cooking skills, and the types of skills that are related to cooking, and determine what are the main problems in performing the cooking skills of the residents in Barangay Bukang Liwayway, Kibawe, Bukidnon.

Respondents of the Study

The respondents of this study will be the selected residents from Barangay Bukang Liwayway, Kibawe, Bukidnon, who are currently involved in Cooking Skills. There will be a total number of 102 respondents from the selected residents and the number will be used to determine the target number of the participants.

Data-Gathering Procedure

Researchers had allotted vigorous time, effort, and cooperation in developing our questionnaire to serve to intended respondents. In preparation for the distribution of the research instrument, the researcher will ask permission to conduct the research survey to the barangay Captain of Barangay Bukang Liwayway, Kibawe, Bukidnon.

After granting the respondents' request, the researcher will personally deliver the research tool or questionnaire, and after receiving a response, the researcher will instantly retrieve the questionnaire. As soon as the research questionnaire is completed, the researcher checks, totals, tabulates, presents, and analyzes the information gathered as part of the study's main content. In addition, the researcher guaranteed that the information and as well as the answers of the respondents will be handled confidentially.

Instrumentation

This research will make use of a questionnaire as a main tool in gathering the needed data and information. The survey will be conducted in Barangay Bukang Liwayway, Kibawe, Bukidnon.

The questionnaire will contain 15 questions regarding their cooking skills. The researcher provided a Bisaya translation of questions that able the respondents to understand more the questions that are asked in the questionnaire.

The Level of cooking skills in the selected residents of barangay Bukang Liwayway are measured using a Likert Scale of 5 with standing for Well Skilled, 4 for Skilled, 3 for Moderately Skilled, 2 for Needs Improvement, and 1 for Not Skilled.

Statistical Treatment

To interpret the information gathered effectively for this study, the researcher used the following treatment.

The data collected was analyzed and interpreted statistically with the use of the following measures:

Mean. This will be used to determine the level of cooking skills of selected residents of Bukang Liwayway, Kibawe, Bukidnon.

Frequency. This was used to determine the significance level of cooking skills of the selected residents.

T-Test. This was used to determine the significant difference In the level of cooking skills when analyzed by: sex, education, age, financial income, and occupation in the selected residents.

Analysis of Variance (ANOVA). This tool was used to determine the significant differences in the level of cooking skills in the selected residents according to age and educational attainment.

Data Analysis

The responses of the participants were collected, encoded, and analyzed in answering the two questions. Descriptive statistics using the mean was employed in determining the participants in Bukang Liwayway, Kibawi, Bukidnon. A table was used for the presentation. The result was analyzed based on the formulated parameter limits and their descriptive equivalents.

RESULTS AND DISCUSSION

Demographic Profile

Presented in Table 1 is the demographic profile of the respondents with an overall frequency of 102 or 100 percent. The age distribution of the respondents shows that the majority are between 20 to 29 years old (41.18%). A minimal number of respondents are below 20 years old (0.98%) or 60 years and older (0.98%). Moreover, the gender distribution indicates a higher number of females, with 73.5% identifying as female compared to 26.5% who identify as male. In terms of educational background, more than half of the respondents completed either elementary (48.04%) or junior high school (48.04%). Regarding financial income, a significant majority of the respondents, 69.61%, did not provide income information. The majority of participants (70.59%) identified themselves as housewives, while 26.47% were farmers.

Table 1. Demographic Profile

Characteristics		Frequency	Percentage
Age	Below 20	1	0.98%
	20 to 29	42	41.18%
	30 to 39	36	35.29%
	40 to 49	12	11.76%
	50 to 59	10	9.80%
	60 Up	1	0.98%
	TOTAL	102	100%
Gender	Female	75	73.5%
	Male	27	26.5%
	TOTAL	102	100%
Educational Attainment	Elementary Level	49	48.04%
	Junior High School	49	48.04%
	Senior High School	1	0.98%
	College Level	2	1.96%
	College Graduate	1	0.98%
	Total	102	100%
Financial Income	1,000	1	0.98%
	3,000	1	0.98%
	6,000	1	0.98%
	8,000	6	5.88%
	8,100	1	0.98%
	9,000	11	10.78%
	10,000	10	9.80%
	NA	71	69.61%
	TOTAL	102	100%
Occupation	Barangay Secretary	1	0.98%
	BVP	1	0.98%
	Farmer	27	26.47%
	Housekeeper	1	0.98%
	Housewife	72	70.59%
	TOTAL	102	100%

Cooking Skills of Selected Residents of Bukang Liwayway

Table 2 shows the level of cooking skills among the selected residents of Bukang Liwayway varied across different attributes. The assessment focused on knife handling skills, cooking methods, and food presentation skills. In knife handling skills, residents demonstrated a Moderate Skill Level in knife handling, with an overall mean rating of 2.59

for technique and sharpness. This indicates a neutral stance, meaning they neither strongly agreed nor disagreed with the statements related to these skills. However, in terms of size, the mean rating was 2.47, categorized as Needs Improvement, suggesting that residents disagreed with the statements and acknowledged a need to enhance their skills in this area. When evaluating cooking methods, residents were rated as Moderately Skilled in boiling, with a mean score of 2.94, indicating neutrality regarding their confidence in this method. However, their skills in grilling received a mean score of 2.48, which falls under the Needs Improvement category, reflecting a general disagreement with the statements. In the area of food presentation, residents rated themselves as Moderately Skilled in the use of garnishes, with a mean score of 2.54, indicating neutrality. However, in terms of color, their presentation skills were rated as Needs Improvement with a mean of 2.42, suggesting they disagreed with the effectiveness of their color presentation.

Table 2: Level of Cooking Skills of Selected Residents of Bukang Liwayway

<i>Attributes</i>	<i>Items</i>	<i>Mean</i>
Knife handling skills	1. Technique	2.59
	2. Size	2.47
	3. sharpness	2.59
	4. Blade	2.57
	5. Cutting	2.50
Cooking method	1. Boiling	2.94
	2. Sauting	2.84
	3. Roasting	2.58
	4. Frying	2.61
	5. Grilling	2.48
Food presentation skills	1. Color	2.42
	2. Texture	2.48
	3. Portioning	2.49
	4. Design	2.46
	5. Use of garnishes	2.54

Analysis of Cooking Skills by Gender

The analysis of cooking skills by gender indicates that there are no significant differences in overall cooking abilities between male and female respondents in the selected population. The statistical tests, as shown in Table 3, reveal that the p-values for all attributes exceed the conventional significance level of 0.05. This suggests that both genders possess similar cooking skills across various dimensions. For the boiling skills, both male and female respondents rated their boiling skills highly, with means of 3.01 for females and 2.74 for males. This indicates a solid proficiency in boiling techniques among residents, which may be attributed to its common use in everyday cooking.

In terms of knife handling attributes (technique, size, sharpness, blade, and cutting), there were no notable differences between genders. For example, both groups had similar ratings in technique (2.57 for females and 2.63 for males) and size (2.53 for females and 2.30 for males), reinforcing the idea that both genders approach these skills similarly.

When examining different cooking methods, such as sautéing, roasting, frying, and grilling, the results remained consistent. For instance, frying had a mean of 2.68 for females and 2.41 for males, while grilling showed a mean of 2.55 for females and 2.30 for males. Again, these ratings suggest comparable skill levels between genders.

In terms of food presentation, including color, texture, portioning, design, and use of garnishes, both genders rated their skills similarly. The mean ratings for color (2.47 for females and 2.30 for males) and texture (2.52 for females and 2.37 for males) indicate that both groups feel they have room for improvement in these areas.

Table 3: Analysis of Cooking Skills by Gender

<i>Attributes</i>	<i>Gender</i>	<i>N</i>	<i>Mean</i>	<i>t</i>	<i>Sig. (2-tailed)</i>
TECHNIQUE	Female	75	2.57	-0.322	0.748
	Male	27	2.63	-0.386	0.701
SIZE	Female	75	2.53	1.360	0.177
	Male	27	2.30	1.568	0.122
SHARPNESS	Female	75	2.64	1.345	0.182
	Male	27	2.44	1.553	0.125
BLADE	Female	75	2.59	0.389	0.698
	Male	27	2.52	0.368	0.715
CUTTING	Female	75	2.55	0.975	0.332
	Male	27	2.37	1.126	0.264
BOILING	Female	75	3.01	1.493	0.139
	Male	27	2.74	1.494	0.142
SAUTING	Female	75	2.88	0.868	0.387
	Male	27	2.74	0.916	0.364
ROASTING	Female	75	2.61	0.781	0.436
	Male	27	2.48	0.781	0.439
FRYING	Female	75	2.68	1.464	0.146
	Male	27	2.41	1.562	0.124
GRILLING	Female	75	2.55	1.392	0.167
	Male	27	2.30	1.276	0.209
COLOR	Female	75	2.47	1.092	0.277
	Male	27	2.30	1.185	0.241
TEXTURE	Female	75	2.52	0.994	0.323
	Male	27	2.37	0.978	0.333
PORTIONING	Female	75	2.51	0.372	0.710
	Male	27	2.44	0.329	0.744
DESIGN	Female	75	2.51	1.008	0.316
	Male	27	2.33	0.993	0.326
Use of garnish	Female	75	2.57	0.774	0.441
	Male	27	2.44	0.846	0.401

Cooking Skills by Age

Table 4 of cooking skills by age among residents of Bukang Liwayway reveals significant differences across various age groups. Unlike the findings regarding gender, which showed no substantial differences, the results suggest that age has a notable impact on cooking proficiency. The overall mean scores indicate that residents are generally rated as moderately skilled in several cooking techniques, including Technique, Sharpness, Blade Handling, Cutting,

Boiling, Sautéing, Roasting, Frying, and Garnishing. However, areas such as size, grilling, color, texture, portioning, and design were identified as needing improvement across the age spectrum.

In significant findings by age groups, residents aged 50 to 59 rated their technique as moderately skilled with a mean value of 3.18, while those aged 20 to 29 were rated as needing improvement with a mean value of 2.40. This suggests that older residents have more experience and confidence in their cooking skills.

Similar trends were observed in size, with those aged 50 to 59 rated as moderately skilled with a mean value of 3.18 and those aged 30 to 39 needing improvement with a mean value of 2.25. This highlights a potential gap in skill development for the younger age group.

In sharpness and blade handling, residents aged 30 to 39 reported needing improvement in sharpness with a mean value of 2.47, while those aged 50 to 59 were moderately skilled with a mean value of 2.91. Blade handling showed no significant differences across groups, suggesting a consistent skill level among ages. In Cutting and Boiling, the 40 to 49 age group rated themselves as moderately skilled in cutting with a mean value of 2.91, while the 20 to 29 group rated lower with a mean value of 2.34. For boiling, the 40 to 49 group also demonstrated moderate skills with a mean value of 3.20, compared to the younger group with a mean value of 2.81.

Sautéing skills were rated as moderately skilled by the 50 to 59 age group with a mean value of 3.09, while the 20 to 29 group was rated lower with a mean value of 2.80. In roasting, the 30 to 39 group needed improvement with a mean value of 2.42, while the 50 to 59 age group rated themselves higher with a mean value of 3.00.

There was a significant difference in grilling skills, with the 20 to 29 group rated as needing improvement with a mean value of 2.47 compared to the 40 to 49 group with a mean value of 3.17, indicating a clear gap in this skill area among younger residents.

The 50 to 59 age group rated their color skills as moderately skilled with a mean value of 2.82, while the 30 to 39 group needed improvement with a mean value of 2.19. Texture skills followed a similar pattern, with the 20 to 29 group rated lower with a mean value of 2.33 compared to the older group with a mean value of 3.00.

In design, the 40 to 49 and 50 to 59 groups rated themselves as moderately skilled with a mean value of 3.00, whereas the 20 to 29 group rated lower with a mean value of 2.21. Portioning showed no significant differences, but the means indicate a general trend of lower ratings among younger residents.

Table 4: Cooking Skills by Age

<i>Attributes</i>	<i>Age</i>	<i>N</i>	<i>Mean</i>	<i>F</i>	<i>Sig.</i>
TECHNIQUE	20 to 29	43	2.40	4.809	0.004
	30 to 39	36	2.50		
	40 to 49	12	3.00		
	50 to 59	11	3.18		
	TOTAL	102			
SIZE	20 to 29	43	2.30	8.805	0.000
	30 to 39	36	2.25		
	40 to 49	12	3.08		
	50 to 59	11	3.18		
	TOTAL	102			
SHARPNESS	20 to 29	43	2.53	1.997	0.119
	30 to 39	36	2.47		
	40 to 49	12	2.83		
	50 to 59	11	2.91		
	TOTAL	102			
BLADE	20 to 29	43	2.50	0.427	0.734
	30 to 39	36	2.63		
	40 to 49	12	2.50		

	50 to 59	11	2.73		
	TOTAL	102			
CUTTING	20 to 29	43	2.34	1.855	0.142
	30 to 39	36	2.60		
	40 to 49	12	2.91		
	50 to 59	11	2.40		
	TOTAL	102			
BOILING	20 to 29	43	2.81	0.785	0.505
	30 to 39	36	3.02		
	40 to 49	12	3.20		
	50 to 59	11	2.90		
	TOTAL	102			
SAUTING	20 to 29	43	2.80	0.587	0.625
	30 to 39	36	2.81		
	40 to 49	12	2.92		
	50 to 59	11	3.09		
	TOTAL	102			
ROASTING	20 to 29	43	2.51	2.781	0.045
	30 to 39	36	2.42		
	40 to 49	12	2.92		
	50 to 59	11	3.00		
	TOTAL	102			
FRYING	20 to 29	43	2.50	0.815	0.489
	30 to 39	36	2.61		
	40 to 49	12	2.83		
	50 to 59	11	2.82		
	TOTAL	102			
GRILLING	20 to 29	43	2.47	6.213	0.001
	30 to 39	36	2.17		
	40 to 49	12	3.17		
	50 to 59	11	2.82		
	TOTAL	102			
COLOR	20 to 29	43	2.47	2.898	0.039
	30 to 39	36	2.19		
	40 to 49	12	2.58		
	50 to 59	11	2.82		
	TOTAL	102			
TEXTURE	20 to 29	43	2.33	4.054	0.009
	30 to 39	36	2.42		
	40 to 49	12	2.75		
	50 to 59	11	3.00		
	TOTAL	102			
PORTIONING	20 to 29	43	2.53	1.029	0.383
	30 to 39	36	2.33		
	40 to 49	12	2.60		
	50 to 59	11	2.73		
	TOTAL	102			

DESIGN	20 to 29	43	2.21	6.208	0.001
	30 to 39	36	2.42		
	40 to 49	12	3.00		
	50 to 59	11	3.00		
	TOTAL	102			
GARNISH	20 to 29	43	2.40	2.044	0.113
	30 to 39	36	2.60		
	40 to 49	12	2.60		
	50 to 59	11	3.00		
	TOTAL	102			

Cooking Skills by Educational Attainment

The analysis of cooking skills based on educational attainment among residents of Bukang Liwayway reveals notable differences across various educational levels seen in Table 5. Overall, while residents across different educational qualifications rated their cooking skills as moderately skilled, some key trends emerged.

The overall skill levels results indicate that: elementary level respondents often rated themselves higher in skills related to technique, sharpness, cutting, and frying compared to those with higher educational attainment while senior high school respondents rated themselves moderately skilled in size, color, texture, portioning, and design, while college students and graduates generally rated as needing improvement in these areas. Also, college graduates showed stronger skills in specific areas like boiling, sautéing, grilling, and roasting, although they still faced challenges in several attributes.

Significant findings by educational level technique for Elementary level respondents rated their technique with a mean value of 2.67 higher than senior high school with a mean value of 2.00 and college graduates with a mean value of 2.00. This suggests that practical experience may outweigh formal education in this domain.

Senior high school respondents rated themselves as moderately skilled in size with a mean value of 3.00, while college-level graduates rated lower with a mean value of 2.00. This indicates a potential gap in skill application among higher education levels.

For the sharpness and cutting skills, the elementary level was rated as moderately skilled in sharpness with a mean value of 2.65 and cutting with a mean value of 2.65, whereas senior high, college level and college graduates rated their skills as needing improvement.

In boiling and sautéing, college graduates excelled in boiling with a mean value of 4.00 and rated themselves similarly in sautéing with a mean value of 3.00, indicating a higher proficiency in these cooking techniques compared to other educational levels.

Grilling and roasting, college graduates rated their grilling skills with a mean value of 3.00 higher than junior high school and senior high school respondents. However, roasting skills showed a marginal significance with p score of 0.086, suggesting variability among educational groups.

For the color, texture, portioning, and design, senior high school respondents consistently rated these skills as moderately skilled, while college level and graduates rated lower, indicating a potential lack of focus on these aspects in formal culinary training.

Lastly, for garnishing, junior high school respondents rated their garnishing skills as moderately skilled with a mean value of 2.63, while college-level respondents rated them as needing improvement with a mean value of 1.50. This points to a possible gap in skill acquisition at higher educational levels.

Table 5: Cooking Skills by Educational Attainment

<i>Attributes</i>	<i>Educational Attainment</i>	<i>N</i>	<i>Mean</i>	<i>F</i>	<i>Sig.</i>
TECHNIQUE	Elementary Level	49	2.6735	0.500	0.736
	Junior High School	49	2.5306		
	Senior High School	1	2.0000		
	College Level	2	2.5000		
	College Graduate	1	2.0000		

SIZE	Elementary Level	49	2.4490	0.420	0.794
	Junior High School	49	2.5102		
	Senior High School	1	3.0000		
	College Level	2	2.0000		
	College Graduate	1	2.0000		
SHARPNESS	Elementary Level	49	2.6531	0.946	0.441
	Junior High School	49	2.5714		
	Senior High School	1	2.0000		
	College Level	2	2.0000		
	College Graduate	1	2.0000		
BLADE	Elementary Level	49	2.5918	0.225	0.924
	Junior High School	49	2.5510		
	Senior High School	1	2.0000		
	College Level	2	2.5000		
	College Graduate	1	3.0000		
CUTTING	Elementary Level	49	2.6531	0.966	0.430
	Junior High School	49	2.3673		
	Senior High School	1	2.0000		
	College Level	2	2.5000		
	College Graduate	1	2.0000		
BOILING	Elementary Level	49	3.0612	1.675	0.162
	Junior High School	49	2.7959		
	Senior High School	1	2.0000		
	College Level	2	3.5000		
	College Graduate	1	4.0000		
SAUTING	Elementary Level	49	2.7755	0.621	0.648
	Junior High School	49	2.9184		
	Senior High School	1	2.0000		
	College Level	2	3.0000		
	College Graduate	1	3.0000		
ROASTING	Elementary Level	49	2.6122	2.107	0.086
	Junior High School	49	2.5714		
	Senior High School	1	2.0000		
	College Level	2	2.0000		
	College Graduate	1	3.0000		
FRYING	Elementary Level	49	2.8367	1.869	0.122
	Junior High School	49	2.4286		
	Senior High School	1	2.0000		
	College Level	2	2.0000		
	College Graduate	1	2.0000		
GRILLING	Elementary Level	49	2.6327	0.269	0.897
	Junior High School	49	2.3673		
	Senior High School	1	1.0000		
	College Level	2	2.0000		
	College Graduate	1	3.0000		
COLOR	Elementary Level	49	2.4286		
	Junior High School	49	2.4082		
	Senior High School	1	3.0000		
	College Level	2	2.5000		
	College Graduate	1	2.0000		
TEXTURE	Elementary Level	49	2.4490	0.598	0.665
	Junior High School	49	2.5102		
	Senior High School	1	3.0000		
	College Level	2	2.0000		
	College Graduate	1	3.0000		
PORTIONING	Elementary Level	49	2.4898	0.445	0.776
	Junior High School	49	2.5102		
	Senior High School	1	3.0000		
	College Level	2	2.0000		
	College Graduate	1	2.0000		
DESIGN	Elementary Level	49	2.5102	0.315	0.867
	Junior High School	49	2.4082		
	Senior High School	1	3.0000		
	College Level	2	2.5000		

GARNISH	College Graduate	1	2.0000	1.493	0.210
	Elementary Level	49	2.5102		
	Junior High School	49	2.6327		
	Senior High School	1	2.0000		
	College Level	2	1.5000		
	College Graduate	1	2.0000		

Cooking Skills by Income

Table 6 shows, that the analysis of cooking skills based on income among residents of Bukang Liwayway reveals significant differences across various income levels. The findings highlight how financial factors may influence cooking proficiency in specific areas. In moderately skilled areas, respondents generally rated their skills as moderately skilled in technique, sharpness, blade handling, cutting, boiling, sautéing, roasting, frying, and garnishing.

The attributes of size, grilling, color, texture, portioning, and design were consistently rated as needing improvement across different income brackets. In significant findings by income level, the highest-rated technique with a mean value of 4.00 came from respondents earning ₱1,000.00, while higher income groups ₱8,000.00 and above rated lower with a mean value of ranging from 2.27 to 2.90. This suggests that lower-income may correlate with practical cooking experience.

Size was rated significantly lower by higher income groups, particularly those earning ₱9,000.00 with a mean value of 2.27 and ₱10,000.00 with a mean value of 2.30, indicating potential limitations in skill development in this area. While sharpness and blade handling, sharpness ratings were similar across income groups, with the mean scores generally indicating a need for improvement, particularly among those in higher income brackets.

For cutting and boiling, lower-income respondents ₱1,000.00 rated their boiling skills highly with a mean value of 3.00, while higher-income groups showed lower ratings, suggesting that basic cooking skills may be better developed in lower-income households.

In sautéing, roasting, and frying, these skills were rated moderately skilled by lower income groups, with the highest mean for sautéing at ₱1,000.00 with a mean value of 4.00. Higher-income groups rated these skills lower, indicating a possible decrease in practical cooking engagement.

Grilling skills were rated lower across all income levels, with the highest rating from the lowest income group ₱1,000.00, with a mean value of 4.00, but generally indicating a need for improvement.

In the color, texture, portioning, and design, the attributes were consistently rated as needing improvement, particularly by higher income groups. This may reflect less emphasis on the aesthetic aspects of cooking in their culinary practices.

Garnishing skills showed variability, with lower income groups rating themselves higher with a mean value of 3.00, while higher income groups rated lower, indicating a potential gap in training or focus on this skill.

Table 6: Cooking Skills by Income

<i>Attributes</i>	<i>Salary</i>	<i>N</i>	<i>Mean</i>	<i>F</i>	<i>Sig.</i>
TECHNIQUE	1,000	1	4.0000	0.297	0.744
	3,000	1	3.0000		
	6,000	1	3.0000		
	8,000	6	2.5000		
	8,100	1	2.0000		
	9,000	11	2.4545		
	10,000	10	2.9000		
	NA	71	2.5493		
	1,000	1	4.0000		
	3,000	1	2.0000		
SIZE	6,000	1	3.0000	0.743	0.478
	8,000	6	2.3333		
	8,100	1	2.0000		
	9,000	11	2.2727		
	10,000	10	2.3000		

SHARPNESS	NA	71	2.5211	0.573	0.566
	1,000	1	3.0000		
	3,000	1	2.0000		
	6,000	1	4.0000		
	8,000	6	2.3333		
	8,100	1	2.0000		
	9,000	11	2.5455		
	10,000	10	2.4000		
BLADE	NA	71	2.6338	0.184	0.832
	1,000	1	3.0000		
	3,000	1	2.0000		
	6,000	1	2.0000		
	8,000	6	2.6667		
	8,100	1	3.0000		
	9,000	11	2.4545		
	10,000	10	2.5000		
CUTTING	NA	71	2.5915	0.754	0.473
	1,000	1	3.0000		
	3,000	1	2.0000		
	6,000	1	2.0000		
	8,000	6	2.3333		
	8,100	1	2.0000		
	9,000	11	2.4545		
	10,000	10	2.3000		
BOILING	NA	71	2.5634	1.816	0.168
	1,000	1	3.0000		
	3,000	1	4.0000		
	6,000	1	3.0000		
	8,000	6	3.0000		
	8,100	1	4.0000		
	9,000	11	2.7273		
	10,000	10	2.6000		
SAUTING	NA	71	2.9859	0.806	0.450
	1,000	1	4.0000		
	3,000	1	2.0000		
	6,000	1	2.0000		
	8,000	6	3.0000		
	8,100	1	3.0000		
	9,000	11	2.6364		
	10,000	10	2.7000		
ROASTING	NA	71	2.8873	0.154	0.857
	1,000	1	4.0000		
	3,000	1	2.0000		
	6,000	1	2.0000		
	8,000	6	2.3333		
	8,100	1	3.0000		
	9,000	11	2.2727		
	10,000	10	2.8000		
FRYING	NA	71	2.6056	0.806	0.450
	1,000	1	4.0000		
	3,000	1	2.0000		
	6,000	1	3.0000		
	8,000	6	2.1667		
	8,100	1	2.0000		
	9,000	11	2.4545		
	10,000	10	2.5000		
GRILLING	NA	71	2.6761	0.297	0.744
	1,000	1	4.0000		
	3,000	1	2.0000		
	6,000	1	3.0000		

	8,000	6	2.0000		
	8,100	1	3.0000		
	9,000	11	2.3636		
	10,000	10	2.4000		
	NA	71	2.5211		
COLOR	1,000	1	4.0000	0.232	0.793
	3,000	1	3.0000		
	6,000	1	2.0000		
	8,000	6	2.1667		
	8,100	1	2.0000		
	9,000	11	2.3636		
	10,000	10	2.3000		
	NA	71	2.4507		
TEXTURE	1,000	1	3.0000	0.715	0.492
	3,000	1	2.0000		
	6,000	1	3.0000		
	8,000	6	2.5000		
	8,100	1	3.0000		
	9,000	11	2.1818		
	10,000	10	2.5000		
	NA	71	2.5070		
PORTIONING	1,000	1	4.0000	0.094	0.910
	3,000	1	2.0000		
	6,000	1	2.0000		
	8,000	6	2.3333		
	8,100	1	2.0000		
	9,000	11	2.3636		
	10,000	10	2.6000		
	NA	71	2.5070		
DESIGN	1,000	1	4.0000	0.361	0.698
	3,000	1	3.0000		
	6,000	1	2.0000		
	8,000	6	2.3333		
	8,100	1	2.0000		
	9,000	11	2.1818		
	10,000	10	2.5000		
	NA	71	2.4930		
GARNISH	1,000	1	3.0000	0.339	0.713
	3,000	1	2.0000		
	6,000	1	3.0000		
	8,000	6	2.5000		
	8,100	1	2.0000		
	9,000	11	2.4545		
	10,000	10	2.4000		
	NA	71	2.5775		

Cooking Skills by Work

Table 7 of cooking skills based on the type of work among residents of Bukang Liwayway illustrates important differences in proficiency across various occupational groups. The findings highlight how work roles may influence cooking abilities, with some skills rated as needing improvement and others as moderately skilled.

The results indicate that moderately skilled areas, respondents rated their skills in technique, sharpness, blade handling, cutting, boiling, sautéing, roasting, frying, and garnishing as moderately skilled. For the areas needing improvement: attributes such as size, grilling, color, texture, portioning, and design were consistently rated as needing improvement across different occupational groups.

The highest rating for technique with a mean value of 4.00 came from respondents categorized under BVP, while farmers and housewives rated their technique lower with a mean of 2.63 and 2.56, respectively. This suggests that job roles with more hands-on experience in cooking may yield lower self-assessments of technique.

Similar trends were observed in size, with farmers with a mean value of 2.30 and housewives with a mean value of 2.51 rating themselves lower than the BVP respondents with a mean value of 4.00. This indicates a potential gap in skill development related to portioning and presentation.

For sharpness and blade handling, ratings for sharpness were relatively uniform across groups, with the highest being from housekeepers with a mean value of 4.00, and the lowest from farmers with a mean value of 2.44. This points to variability in skill application, possibly reflecting differences in the availability of tools or training.

In cutting and boiling, boiling skills showed a mean of 3.00 among housewives, indicating moderate proficiency, while farmers rated lower with a mean value of 2.74. The overall lower ratings suggest that cooking practices may need to be emphasized in training programs for certain groups.

Sautéing, roasting, and frying, skills were rated moderately skilled by housewives with a means of 2.88 for sautéing and 2.67 for frying, while farmers rated their skills lower, indicating a disparity in practical experience.

Grilling skills received a lower rating across all groups, with farmers with a mean of 2.30 and housewives mean of 2.51 indicating a need for improvement, despite the BVP respondent rating it at 4.00.

For the color, texture, portioning, and design, these attributes were consistently rated as needing improvement, particularly among farmers and housewives, suggesting a gap in training or focus on aesthetic presentation in cooking while garnishing skills were rated moderately skilled across groups, with housewives rating themselves at mean value of 2.57, indicating a reasonable level of competence in this area.

Table 7: Cooking Skills by Work

<i>Attributes</i>	<i>Work</i>	<i>N</i>	<i>Mean</i>	<i>F</i>	<i>Sig.</i>
TECHNIQUE	Barangay secretary	1	2.0000	0.521	0.596
	BVP	1	4.0000		
	Farmer	27	2.6296		
	Housekeeper	1	3.0000		
	housewife	72	2.5556		
SIZE	Barangay secretary	1	2.0000	1.491	0.230
	BVP	1	4.0000		
	Farmer	27	2.2963		
	Housekeeper	1	3.0000		
	housewife	72	2.5139		
SHARPNESS	Barangay secretary	1	2.0000	1.387	0.255
	BVP	1	3.0000		
	Farmer	27	2.4444		
	Housekeeper	1	4.0000		
	housewife	72	2.6250		
BLADE	Barangay secretary	1	3.0000	0.091	0.913
	BVP	1	3.0000		
	Farmer	27	2.5185		
	Housekeeper	1	2.0000		
	housewife	72	2.5833		
CUTTING	Barangay secretary	1	2.0000	0.581	0.562
	BVP	1	3.0000		
	Farmer	27	2.3704		
	Housekeeper	1	2.0000		
	housewife	72	2.5556		
BOILING	Barangay secretary	1	4.0000	1.349	0.264

	BVP	1	3.0000		
	Farmer	27	2.7407		
	Housekeeper	1	3.0000		
	housewife	72	3.0000		
SAUTING	Barangay secretary	1	3.0000	0.417	0.660
	BVP	1	4.0000		
	Farmer	27	2.7407		
	Housekeeper	1	2.0000		
	housewife	72	2.8750		
ROASTING	Barangay secretary	1	3.0000	0.717	0.491
	BVP	1	4.0000		
	Farmer	27	2.4815		
	Housekeeper	1	2.0000		
	housewife	72	2.5972		
FRYING	Barangay secretary	1	2.0000	1.297	0.278
	BVP	1	4.0000		
	Farmer	27	2.4074		
	Housekeeper	1	3.0000		
	housewife	72	2.6667		
GRILLING	Barangay secretary	1	3.0000	2.526	0.085
	BVP	1	4.0000		
	Farmer	27	2.2963		
	Housekeeper	1	3.0000		
	housewife	72	2.5139		
COLOR	Barangay secretary	1	2.0000	0.721	0.489
	BVP	1	4.0000		
	Farmer	27	2.2963		
	Housekeeper	1	2.0000		
	housewife	72	2.4583		
TEXTURE	Barangay secretary	1	3.0000	1.301	0.277
	BVP	1	3.0000		
	Farmer	27	2.3704		
	Housekeeper	1	3.0000		
	housewife	72	2.5000		
PORTIONING	Barangay secretary	1	2.0000	0.140	0.869
	BVP	1	4.0000		
	Farmer	27	2.4444		
	Housekeeper	1	2.0000		
	housewife	72	2.5000		
DESIGN	Barangay secretary	1	2.0000	0.571	0.567

	BVP	1	4.0000		
	Farmer	27	2.3333		
	Housekeeper	1	2.0000		
	housewife	72	2.5000		
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GARNISH	Barangay secretary	1	2.0000	0.321	0.726
	BVP	1	3.0000		
	Farmer	27	2.4444		
	Housekeeper	1	3.0000		
	housewife	72	2.5694		

CONCLUSION

1. The respondents are predominantly young adults, with a significant female representation. Most have attained education primarily at the elementary and junior high school levels, which may limit employment opportunities. The lack of financial data from many respondents highlights an area for further investigation. The occupation trends show a substantial number of housewives, reflecting traditional gender roles in the community. This profile suggests a need for targeted programs focusing on education, employment, and financial literacy to align with the community's characteristics and needs. Further research could explore the implications of these findings on local economic development and social support systems.

2. Residents of Bukang Liwayway displayed moderate skills in various aspects of cooking, with significant areas identified for improvement, particularly in knife handling, grilling methods, and food presentation regarding color. These insights suggest that targeted skills training could enhance overall cooking proficiency and presentation abilities.

3. The analysis revealed no significant differences in cooking abilities between male and female residents of Bukang Liwayway. Both groups demonstrated comparable proficiency in boiling, knife handling, cooking methods, and food presentation skills. This indicates the potential for inclusive skill development initiatives that benefit all residents, particularly in areas needing improvement like grilling and food presentation.

4. Older residents displayed greater proficiency in cooking skills compared to younger residents, who often rated their skills as needing improvement. Targeted training and intergenerational workshops could help bridge these skill gaps, fostering culinary confidence and community engagement.

5. Different occupations yielded varying levels of cooking skill proficiency, with BVP respondents rating their skills higher than farmers and housewives in several areas. While many skills, including technique, boiling, and garnishing, were rated as moderately skilled, attributes related to size, grilling, color, texture, portioning, and design were consistently identified as needing improvement. The lower ratings among farmers and housewives in certain skills suggest a need for enhanced training programs focusing on practical cooking techniques and presentation skills. These results indicate that targeted culinary training initiatives could benefit residents across different work sectors, promoting skill development and enhancing overall cooking proficiency within the community.

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