



SCOPE OF INVESTIGATION

CHAPTER 3

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The present study was carried out with the broad objective to assess the role of quality and quantity of edible oil intakes, frequency of fried food intake by Gujarati housewives and its association with their morbidity profile, assess the sensory qualities of french fries and bhajias fried in cottonseed and groundnut oil at different intervals, determine the intermittent frying stability of cottonseed and groundnut oil, and also to assess the food safety and frying practices prevailing at the Government run food outlet at Vadodara railway station.

The specific objectives of the present study included:

PHASE I

- ◆ To determine the frequency of consumption pattern of Gujarati households for deep fried foods, shallow fried foods and deep fried sweets prepared at home and purchased from market.
- ◆ To determine the morbidity profile of Gujarati housewives with respect to BMI, diabetes, hypertension and gastrointestinal problems and further determine the association between health status and fried food consumption.
- ◆ To collect information on type of oil consumption, frying practices, oil storage practices, knowledge on oil blends and *trans* fats of Gujarati house wives.

PHASE II

- ◆ To assess the sensory quality of french fries and bhajias fried in cottonseed and groundnut oil at intermittent durations.

PHASE III

- ◆ To determine the effect of intermittent frying stability of cottonseed oil and groundnut oil used for frying french fries and bhajias in terms of its breakdown products (peroxide value, p-anisidine value, acid value, iodine value, refractive index and color).
- ◆ Determination of fatty acid profile and total polar components at different frying intervals.

PHASE IV

- ◆ To determine the current knowledge of Jan aahar kitchen staff on food safety practices in terms of personal hygiene, food hygiene, environmental hygiene, nutrition and health
- ◆ To determine the oil procurement, storage and frying practices of cooks working at Jan aahar.

PHASE V

- ◆ To develop IEC material on intake of edible oil, types, and on choices of oils for healthy living.
- ◆ To develop IEC material on frying and problems during frying.