

**HOW TO PRESERVE  
FOODS WITHOUT  
REFRIGERATION**

we can use the method of  
canning for preserving foods

**AMAZING COOKING  
SKILLS WITH CHEF  
SHANSY HEBE**

she is going to tell us her secret  
on how she cooks

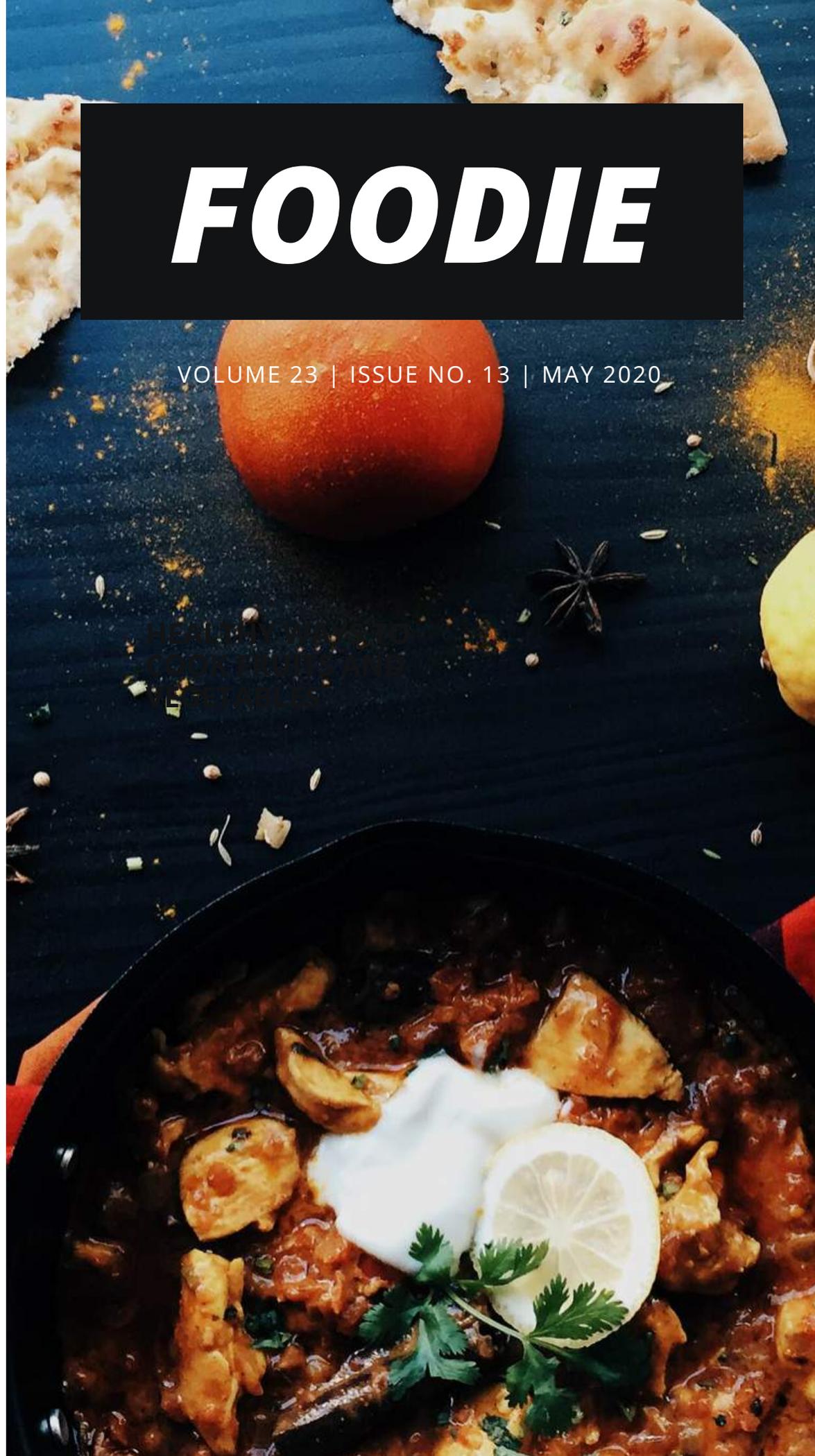
**HEALTHY WAYS TO  
COOK FRUITS AND  
VEGETABLES**

important tips to be able to  
cook it correctly

**F**

# FOODIE

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### EDITOR IN CHIEF INTRODUCTION

The editor-in-chief heads all the departments of the organization and is held accountable for delegating tasks to staff members and managing them.

## 08

### METHODS EVERYONE SHOULD KNOW

The editor-in-chief heads all the departments of the organization and is held accountable for delegating tasks to staff members and managing them.

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### EASY WAYS TO COOK WITH VEGETABLE

In everyday usage, a vegetable is any part of a plant that is consumed by humans as food as part of a savory meal.

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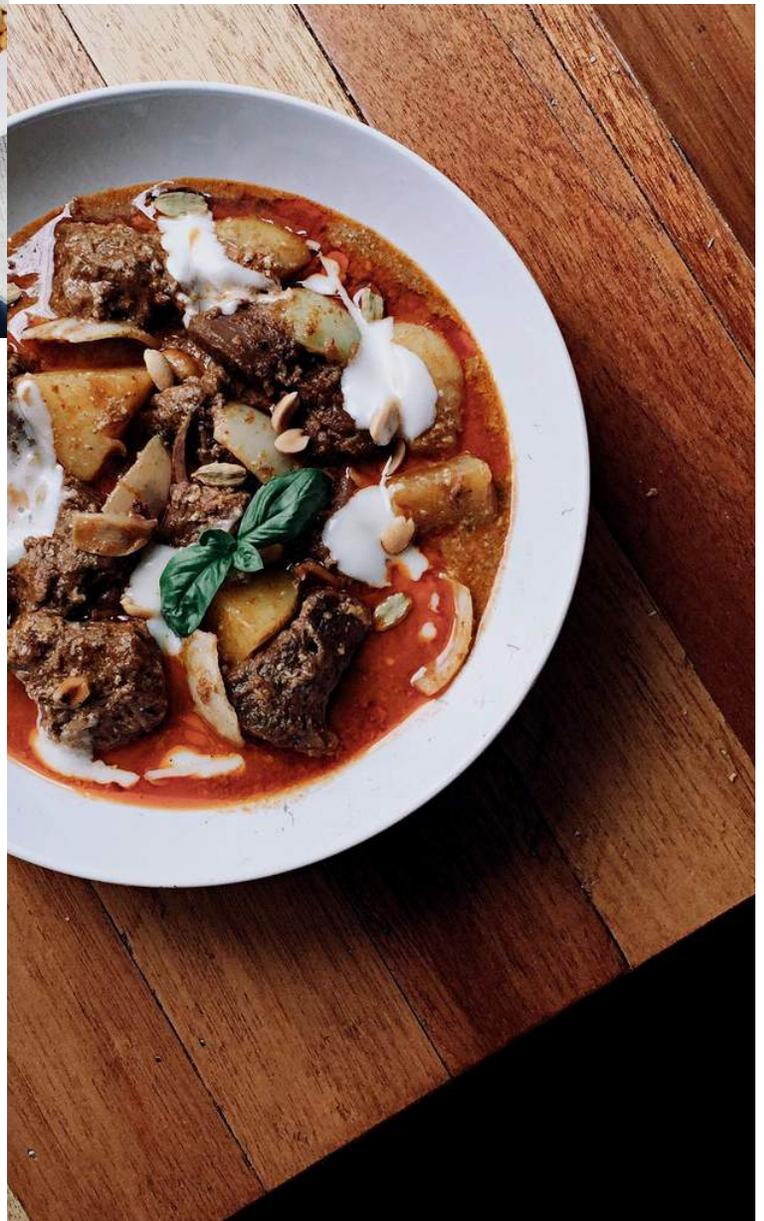
### HOW TO BOOST YOUR NUTRITION

Is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance & growth.



# A GUIDE TO YOUR COOKING

Cooking or cookery is the art, technology and craft of preparing food for consumption with the use of heat. Cooking techniques and ingredients vary widely across the world, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting unique environmental, economic, and cultural traditions and trends



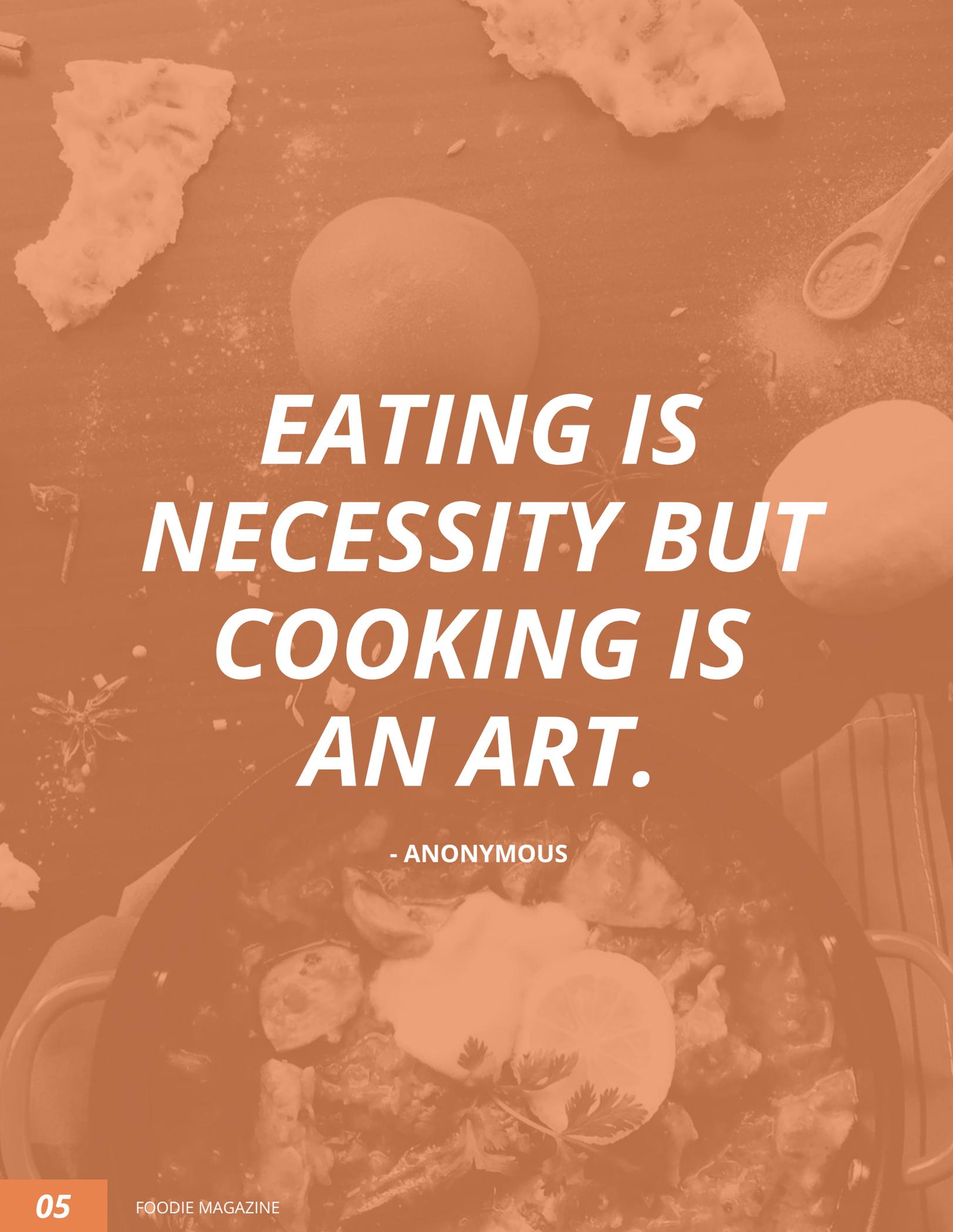
The ways or types of cooking also depend on the skill and type of training an individual cook has. Cooking is done both by people in their own dwellings and by professional cooks and chefs in restaurants and other food establishments. Cooking can also occur through chemical reactions without the presence of heat, most notably with ceviche, a traditional South American dish where fish is cooked with the acids in lemon or lime juice.

Preparing food with heat or fire is an activity unique to humans. Some anthropologists think that cooking fires first developed around 250,000 years ago, although there is evidence for the controlled use of fire by *Homo erectus* beginning 400,000 years ago



# INTERVIEW WITH CHEF SHANSY HEBE

An interview is a conversation where questions are asked and answers are given. In common parlance, the word "interview" refers to a one-on-one conversation with one person acting in the role of the interviewer and the other in the role of the interviewee. The interviewer asks questions, the interviewee responds, with participants taking turns talking. Interviews usually involve a transfer of information from interviewee to interviewer, which is usually the primary purpose of the interview, although information transfers can happen in both directions simultaneously. One can contrast an interview which involves bi-directional communication with a one-way flow of information, such as a speech or oration.



***EATING IS  
NECESSITY BUT  
COOKING IS  
AN ART.***

**- ANONYMOUS**