

CONSOLFOOD 2018

ANALYSIS OF SOLAR COOKING IN RELATION TO FOOD SOVEREIGNTY

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Introduction

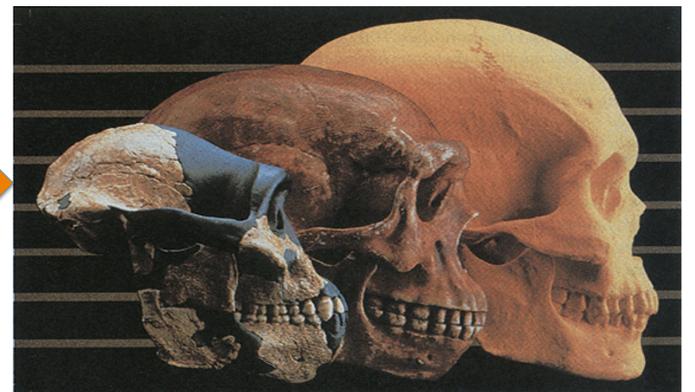
The use of fire by Homo Erectus was a transformative step in the history of man's relationship with food; cooking food not only meant **easier digestion** but the incorporation of previously indigestible foods into the diet; and as well as improving **the appearance, taste and storage life of food**, the **parasites** it contained were **eliminated**



Human first as gatherer



Introduction of fire as a cooking method



Evolution of encephalization

Background

In principle, **food sovereignty** encompasses all means of **access to food**, both **physical** and **economical**, however **it doesn't take into account the source of energy for cooking** and it is the latter that governs the person's dietary intake and level of nutrition and determines whether or not the person is vulnerable to food insecurity. Food security is intimately related to the accessibility of energy sources: at present this constitutes a conditioning factor in good nutritional practices as energy sources modify food and ultimately they influence the development of human beings. It is only through anthropological analysis that the importance of the general population's **access to food** and the influence of **solar cooking** becomes apparent.

Thanks mainly to the discovery of cooking, human beings today are capable of metabolizing a great variety of nutrients in a vast array of foods. A great number of rural and urban communities in developing countries have limited access to fuel. When access is available it mainly consists of firewood gathered by members of a family; in itself a time consuming activity. Bottled gas is an alternative energy source although its high cost makes it impractical and inaccessible to the majority.



Bottled gas



Firewood

Conclusions

Given the original transcendence of fire and subsequent sources of cooking fuel, the concept of caloric energy could be considered the next step in the evolution of food preparation for human beings. Solar cooking plays a vital role in access to an adequate nutrition and food sovereignty.



Pulses, meat and grains



Food Sovereignty