Adults' perception of the act of cooking in the domestic food environment: a scoping review protocol

A percepção de adultos sobre o ato de cozinhar no ambiente alimentar doméstico: protocolo de uma revisão de escopo

Percepción de los adultos sobre el acto de cocinar en el entorno alimentario doméstico: protocolo para una revisión del alcance

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Ana Cláudia Mazzonetto
PhD in Nutrition
Institution: Universidade do Estado do Rio de Janeiro (UERJ)
Address: Rio de Janeiro – Rio de Janeiro, Brasil
E-mail: ac.mazzonetto@gmail.com
Orcid: https://orcid.org/0000-0002-2009-592X

Clarissa Magalhães do Vale Pereira
PhD in Nutrition
Institution: Universidade do Estado do Rio de Janeiro (UERJ)
Address: Rio de Janeiro – Rio de Janeiro, Brasil
E-mail: clarissamvp@gmail.com
Orcid: https://orcid.org/0000-0003-0799-512X

Rafaela Karen Fabri
PhD in Nutrition
Institution: Universidade do Estado do Rio de Janeiro (UERJ)
Address: Rio de Janeiro – Rio de Janeiro, Brasil
E-mail: rafaela.kfabri@gmail.com
Orcid: https://orcid.org/0000-0001-5282-9951

Suellen Silva de Almeida
Master in Food Science
Institution: Universidade do Estado do Rio de Janeiro (UERJ)
Address: Rio de Janeiro – Rio de Janeiro, Brasil
E-mail: suellensilvadealmeida@gmail.com
Orcid: https://orcid.org/0000-0002-9223-030X
ABSTRACT
The weakening of the generational transmission of culinary skills has led to less confidence and autonomy among individuals in preparing their meals, and to a pattern of food consumption, consisting of ultra-processed foods, which do not require time or the use of these skills. This scoping review aim to identify and to map the perception of adults regarding the act of cooking in the domestic food environment, over the last five years, a time frame that includes the experience of the period of social distancing due to the Covid-19 Pandemic. Scope review protocol based on the methodology proposed by the Joanna Briggs Institute. The search will be carried out in the following databases: Scopus, Medline, SciElo, EMBASE, WOS, JSTOR and Lilacs. Sources of unpublished studies/gray literature will be searched on Google Scholar. The search, selection and data extraction steps will be carried out by four reviewers, and if there are disagreements, a fifth reviewer will be consulted. The process steps will be presented through the PRISMA-ScR flowchart. The extracted data will be organized to enable evaluation and descriptive analysis. The results will be presented in tables, tables and descriptively.

Keywords: meal, cooking, qualitative research, review.

RESUMO
O enfraquecimento da transmissão geracional de habilidades culinárias tem suscitado a menor confiança e autonomia dos indivíduos para o preparo de suas refeições, e a um padrão de consumo alimentar, composto por alimentos ultraprocessados, que não demandam tempo e nem o uso dessas habilidades. Identificar e mapear a percepção dos indivíduos adultos sobre o ato de cozinhar no ambiente alimentar doméstico, no período dos últimos cinco anos, recorte temporal que inclui a vivência do período do distanciamento social devido a Pandemia da Covid-19. Protocolo de revisão de escopo embasado de acordo com a metodologia proposta pelo Joanna Briggs Institute. A busca será realizada nas bases de dados: Scopus, Medline, SciElo, EMBASE, WOS, JSTOR e Lilacs. Fontes de estudos não publicados/literatura cinza serão pesquisados no Google Scholar. As etapas de busca, seleção e extração de dados serão realizadas por quatro revisores, e havendo divergências, um quinto revisor será consultado. As etapas do processo serão apresentadas através do fluxograma PRISMA-ScR. Os dados extraídos serão organizados de modo a possibilitar a avaliação e análise descritiva. Os resultados serão apresentados em quadros, tabelas e de forma descritiva.

Palavras-chave: refeições, culinária, pesquisa qualitativa, revisão.

RESUMEN
El debilitamiento de la transmisión generacional de habilidades culinarias ha llevado a una menor confianza y autonomía de los individuos en la preparación de sus comidas, y a un patrón de consumo de alimentos, compuesto por alimentos ultraprocessados, que no requieren tiempo ni el uso de estas habilidades. Identificar y mapear la percepción de los adultos sobre el acto de cocinar...
en el ámbito alimentario doméstico, durante los últimos cinco años, marco temporal que incluye la experiencia del período de distanciamiento social debido a la Pandemia Covid-19. Protocolo de revisión de alcance basado en la metodología propuesta por el Instituto Joanna Briggs. La búsqueda se realizará en las siguientes bases de datos: Scopus, Medline, SciElo, EMBASE, WOS, JSTOR y Lilacs. Se buscarán fuentes de estudios no publicados/literatura gris en Google Scholar. Las etapas de búsqueda, selección y extracción de datos serán realizadas por cuatro revisores, y en caso de desacuerdos se consultará a un quinto revisor. Los pasos del proceso se presentarán a través del diagrama de flujo PRISMA-ScR. Los datos extraídos se organizarán para permitir la evaluación y el análisis descriptivo. Los resultados se presentarán en tablas, tablas y de forma descriptiva.

**Palabras clave:** comidas, culinária, investigación cualitativa, revisión.

1 INTRODUCTION

The act of cooking involves skills in selecting, pre-preparing, seasoning, cooking, combining, and presenting preparations. This set of skills is called culinary skills, which are passed down through generations with flavors, aromas, appearance, and improvements according to cultures and their traditions (Brasil, 2014).

According to the Food Guide for the Brazilian Population, both in Brazil and in other countries, the phenomenon of weakening the transmission of culinary skills has led to less confidence and autonomy among individuals when preparing meals, especially among younger individuals. Therefore, making people susceptible to another pattern of food consumption, with a greater repertoire of ultra-processed foods, which do not require the development of culinary skills, nor do they require time, and which still have strong marketing support, which in a suggestible way gives the impression that it is of foods that contain the exact ingredients and preparation steps (Brasil, 2014; Louzada et al, 2015).

The development of culinary skills and confidence in cooking are not only acquired through formal learning of culinary techniques, but are determined by social practices and experiences, since childhood, with approaching food. And having the knowledge to transform ingredients into meals, using culinary skills and recognizing your competence and autonomy in the act of cooking are ways to resist changes in consumption patterns based on ultra-processed foods associated with health risks (Louzada et al, 2015; Domene, 2019; Martins et al, 2021).
The meanings of the act of cooking are consolidated through everyone’s life story, ranging from the first experiences in the family nucleus to experiences of socialization outside this nucleus in experiences throughout life (Machado et al., 2022). Furthermore, the act of cooking is an act that promotes culture and traditions, in addition to encouraging healthier eating (Brasil, 2014).

During the social distancing required by the health emergency of the Covid-19 Pandemic, individuals' eating patterns focused on preserving or maintaining health, with food exclusively prepared within the limits of the home environment. In other words, with new contours that even enabled the search for knowledge and improvement of culinary skills, with the media as strong allies (Machado et al., 2022).

In the study by Uggioni et al. (2016), it was concluded that the social distancing imposed by the Covid-19 Pandemic led to the recovery of culinary skills, through media and social networks, but still representing challenges for a portion of the population, especially for those who have not developed culinary skills, individuals in a situation of unemployment, with lack of access to basic sanitation, as well as individuals in situations of social vulnerability.

According to Mendes et al. (2022), the domestic food environment is dynamic and highly complex given its role in food choices. In this environment, both the built infrastructure, that is, everything that is modified by man, such as objects and spaces, including the places where individuals acquire or obtain food, to the personal and interpersonal determinants of individuals' choices, such as preferences, self-efficacy, motivation, and attitudes that will directly influence eating behavior. Therefore, the development of culinary skills, one of the determining factors in food choices, as well as culture and beliefs, is so important to contribute to good nutrition.

Given this scenario, the present study aims to identify and map the perception of adult individuals about the act of cooking in the domestic food environment, over the last five years, a time frame that includes the experience of the period of social distancing due to the COVID-19 Pandemic.

2 METHODOLOGY

The scoping review will be conducted in accordance with the methodology proposed by JBI (Joanna Briggs Institute) for scoping review (Peters et al., 2024). The Preferred Reporting
Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) checklist \(^9\) will be used to report the results of the review. This protocol has been registered in the Open Science Framework (OSF) under Digital Object Identifier (DOI): https://doi.org/10.17605/OSF.IO/7MUBS.

The review question is: “What perceptions do adults have about the act of cooking in the home food environment?”.

2.1 ELEGIBLE CRITERIAS

The selection of studies will follow the criteria: Population or participants, concept, and context, according to the acronym PCC (Peters \(\text{et al.} \), 2024). For participants or population (P), studies that present adult individuals aged 18 to 60 years, of any age and of any gender, will be considered as participants. For concept (C), studies will be considered that present the perception of adult individuals about the act of cooking in the domestic food environment. And studies that present the domestic food environment as context (C) will be considered. A food environment characterized by its high complexity, and which is influenced by the built infrastructure and by personal and interpersonal determinants of individuals' choices, which are shaped by several factors, such as culinary skill (Mendes \(\text{et al.} \), 2022).

It will be excluded studies on individuals' perception of the act of cooking in a domestic environment, in which the act of cooking is intended for the purpose of selling meals, will be excluded.

2.2 TYPES OF DATA SOURCES

The scoping review will consider all types of published and indexed studies that employ a qualitative approach, such as case studies, ethnographic studies, phenomenological studies, narrative studies, action research, and mixed methods studies, which converge to the objectives of the scoping review. Studies published in the following languages will be considered: English, Portuguese, and Spanish, in the time frame between January 1, 2018, and December 31, 2023.
2.3 SEARCH STRATEGY

The search strategy will focus on locating both published and unpublished studies. An initial and limited search was carried out in PubMed, Cochrane Library and JBI Evidence Synthesis to identify studies on the topic. Terms were identified in titles and abstracts of relevant articles and the indexing terms used in the articles to develop the search strategy in MEDLINE (according to Table I). The search strategy, including all indexed terms and keywords, will be adapted to all databases and/or information sources. The reference lists of all sources of evidence will be examined to include additional studies relevant to the topic.

Studies published in Portuguese, English and Spanish will be considered, in the time frame between January 1, 2018, and December 31, 2023. The time frame was defined based on the last five years of new evidence on the topic. The definition of languages was the domain of the reviewers.

In the pilot search, no Scoping Review studies on the topic were found, however an Integrative Review was found that aimed to present the perception of individuals about the act of cooking in the domestic environment, with searches limited to two databases, SciElo and Scopus, in addition to the time frame between 2004 and 2017. Thus, justifying the present scoping review for broad mapping of evidence in the time frame after the study.

Table 1 - Search strategy example, conducted on Embase (Elsevier) on: January 22, 2024, Rio de Janeiro.

<table>
<thead>
<tr>
<th>SEARCH STRATEGY EXAMPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Adults” OR “(Young AND adults)” OR “(middle AND aged)” AND</td>
</tr>
<tr>
<td>“Cooking” OR “(Food AND handling)” OR “Meals” OR “(Cooking AND from AND the AND scratch)” AND “Qualitative Research” OR “Focus Group” OR “Anthropology” AND</td>
</tr>
<tr>
<td>([english]/lim OR [portuguese]/lim OR [spanish]/lim) AND [2018-2018]/py</td>
</tr>
</tbody>
</table>

Source: Prepared by the authors themselves.

2.4 INFORMATION SOURCES

The databases that will be used to carry out the searches will be Scopus, Medline (Medical Literature Analysis and Retrieval System Online), SciElo (Scientific Electronic Library Online), Excerpta medica database (EMBASE), WOS (Web of Science), JSTOR and Lilacs (Latin American and Caribbean Literature in Health Sciences). Sources of unpublished studies/gray literature will be searched on Google Scholar.
2.5 STUDY SELECTION

After searching the databases, all evidence will be collected and transferred to the Zootero® reference manager (Corporation for Digital Scholarship, United States of America) and all duplicates will be removed. After the pilot search, titles and abstracts will be evaluated by two or more reviewers independently to identify evidence compatible with the inclusion criteria established for the review. Sources of potentially relevant evidence contained in the list of study references will be retrieved in full, read in full and assessed as to whether they meet the inclusion criteria by two or more independent reviewers. Reasons for excluding sources of evidence due to not meeting the inclusion criteria will be reported in the scoping review. Any disagreement that may occur between reviewers at any stage of the selection process will be resolved through discussion between reviewers, or through consultation with a third reviewer.

The results of the searches and study inclusion process will be reported in full at the end of the scoping review and will also be presented in the Preferred Reporting Items for Systematic Reviews and Meta-analyses extension for scoping review (PRISMA-ScR) diagram (Tricco et al., 2018).

2.6 DATA EXTRACTION

Data from evidence sources will be extracted by two or more reviewers independently, using a data extraction tool adapted from the model presented by JBI by the reviewers (Table 2). The extracted data will include specific details of the participants, concept of the participants' perception of the act of cooking in the home environment, the context, the method used in the studies, and relevant information that answers the review question.

The information extraction table is presented in table 2 below. This has been modified from the JBI Manual for Scoping Review and tested, and will be revised if necessary, during the data extraction process from each evidence source. Necessary modifications will be detailed in the scoping review. Any disagreement that may arise between the reviewers will be resolved through discussion, or by consulting a third reviewer. If appropriate, the authors of the evidence sources will be contacted to clarify missing information, or for additional information, when relevant.
Table 2 - Data extraction tool adapted from the model presented by JBI by authors, Rio de Janeiro, 2023.

<table>
<thead>
<tr>
<th>DATA EXTRACTION</th>
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<tbody>
<tr>
<td><strong>Title:</strong></td>
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<tr>
<td><strong>Author(s):</strong></td>
</tr>
<tr>
<td><strong>Year of Publication:</strong></td>
</tr>
<tr>
<td><strong>Type of study:</strong></td>
</tr>
<tr>
<td><strong>Country Where study was conducted:</strong></td>
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<tr>
<td><strong>Objectives:</strong></td>
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<tr>
<td><strong>Population:</strong></td>
</tr>
<tr>
<td><strong>Context:</strong></td>
</tr>
<tr>
<td><strong>Number of participants:</strong></td>
</tr>
<tr>
<td><strong>Method:</strong></td>
</tr>
<tr>
<td><strong>Perception(s) of the act of cooking presented:</strong></td>
</tr>
<tr>
<td><strong>Culinary Knowledge/skills developed:</strong></td>
</tr>
<tr>
<td><strong>Barriers to the act of cooking:</strong></td>
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<tr>
<td><strong>Strategies related to the act of cooking:</strong></td>
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Source: Prepared by the authors themselves.

2.7 DATA ANALYSIS AND PRESENTATION

The data will be analyzed using descriptive analysis and will be presented in response to the objectives of the review and the guiding question. The data will be presented graphically or in diagrams, or in the form of tables. A narrative summary will be presented next to the results in tables and/or graphs and will present the results that relate to the objective and the review question.

3 RESULTS

The results of this scoping review will make it possible to visualize, worldwide, how the perception of the act of cooking by adult individuals and in the domestic food environment is being addressed in scientific research, as well as the strategies and barriers highlighted in relation to the act of cooking, the methodologies used in the studies, and whether there is a perception about the development of skills or knowledge in cooking.
4 CONCLUSIONS

This scoping review has the potential to promote comprehensive knowledge about how adults perceive the act of cooking in the home environment. Just as the evidence from this review can be used as a theoretical basis for planning and executing actions aimed at promoting the development of culinary skills and the autonomy of individuals. This review may also highlight existing gaps in this area of research, as well as guide future researchers in the area.

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REFERENCES


