# HOM – REASONS FOR COOKING FOOD

Most of the foods we eat cannot be eaten raw. Only few foods such as fruits and some vegetables can be eaten raw. We cook food because of the following reasons:

- Cooking makes food easier to eat
- It makes food more appetizing and palatable
- It makes food easier to digest
- It makes food safe to eat
- Some foods keep longer when cooked
- Cooking improves the appearance of the food
- It improves the taste of food