

## In this issue

### Cooking in this issue – back to basics!

This issue as usual contains a collection of mixed topics from authors from all over the world. This time, the hot topic is the importance of cooking. The paper by Chen *et al.*<sup>(1)</sup> shows that elderly in Taiwan who cook their own food are healthier and live longer. The two other papers under this hot topic have some elements related to the importance of cooking and knowing how to cook. The paper by Laska *et al.*<sup>(2)</sup> describes how food preparation behaviours in adolescents seem to track over time and how this is associated with healthier dietary intake in the mid-to-late twenties. The paper by Cowan and Devine<sup>(3)</sup> describes a process evaluation of an environmental and educational intervention in drug-treatment facilities that included cooking activities.

In the last year we have encountered the discussion regarding ultra-processed foods as a culprit of ill-health<sup>(4)</sup>. Leading on from ultra-processing – of course we need to discuss the value of cooking at home, and of knowing how to prepare your own food. This is applied research indeed, and very important. Read and enjoy!

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#### References

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