ABSTRACT
Foods are composed of “nutrients”, which when consumed in adequate amounts, fulfill all the functions of the body. Vitamins are the “accessory nutrients” involved in small quantities in the regulation of body processes. Vitamins are found in plant and animal tissues. Vegetables and fruits are good sources of vitamins. Cooking of food is the use of heat to bring about desirable changes in foods being consumed. Most foods are cooked before they are accepted. Cooking by different methods affects the nutritional quality as well as microbial population of food. A study on effect of conventional, microwave and solar cooking on three recipes namely sweet corn (Zea mays), potato (Solanum tuberosum) sabji and Spinach (Spinacia oleracea) sabji on vitamin C and bacterial load study showed that while conventional and microwave cooking retained more vitamin C compared to solar cooked foods, bacterial survival rate was higher in the former two methods.

Key words: Conventional, Microwave, Solar, Vitamin C, Heat labile, Micro-organisms