

Potential local Food wisdom Korat

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ABSTRACT

Local food or local food not only tastes delicious, rich, mellow flavor. But also the identity that conveys the culture and wisdom of each district and also foods that are low in fat, high in fiber, nutritious, vitamins, minerals, enzymes, fatty acids are safe from chemicals and to provide medicinal magic. This study aimed to identify local food for good health community Korat potential to preliminary data, in developing the local World Kitchen. In the study population living in the city aged 20-80 years and those who consume local foods. Randomized multistage (Multi-stage random sampling), and then select specific (Purposive sampling) the province including the city randomly selected District 13 from District 25 District then randomly sample was totaled. 400 was used in the interview form. Presented by descriptive information and the results of this research. The majority are women, 80.50 per cent and 19.50 per cent were male with a mean age 47.35 years. Graduated in the most elementary level, 53.75 per cent 24.25 per cent majority of the trade. Earn less than 10,000 baht per month, those who oversee the food for the family, as the cost of food around 3000-5000 per month, and sources of food mainly from the market of 65.75 in the diet. Native find most appetizing local dishes regularly. (At least one meal) of 74.75 dinner is a meal that has a chance to eat most native percent 65.50 main reasons for consuming local food because it tastes delicious 70.0 percent, followed by reasoning. The consumption of food that I eat according to their ancestors. Local food with health benefits There are many components plant And food, respectively, and 89 percent of those interviewed were of the opinion that local food is a healthy food. Because herbs 97.50 percent, followed by the reason. There are many kinds of traditional food crops as a food ingredient without chemicals or pesticides. And prophylactic properties respectively. The type of food consumed most popular Top 5 including 1) Corporate curry. Curry's most popular Kaeng Oom, Kaeng khilek and Kaeng khiao wan 2) food chili sauce. The most popular include: Nam phrik pla ra, Nam phrik ta dang and Nam phrik kapi 3) Larb foods. Larb most commonly eaten include Larb mu, Larb pra, Larb kai and Larb pu 4) in the food sector grill. The most popular dishes include fish grill and pork grill and 5) Other dining options include Somtam, Rice noodles and Khanom chin. The type of food that is likely to represent the Korat food to tourists 5 are known 1) Corporate curry includes Kaeng pek wan, Kaeng khilek, Kaeng pa nuo mai Kaeng Oom and 2) food chili. Chili should be developed, including Nam phrik ta dang and Nam phrik mu 3) Larb foods. The sauce should be developed include include Larb mu, Larb pra, and Larb pu respectively 4) in the food grill. Food should be developed fish grill and pork grill 5) cooked foods. Cooked foods should be developed include tom som kai, tom som pra and tom sab mu respectively. And other types of food, the dishes include roasted Mee Korat, Som tam korat and Khanom chin pradok.

Keywords: Local Food, Wisdom

Introduction

Men live by four factors, including food, clothing, housing and medicine, the most important factor in human life and cannot live without is food. This is because humans need food for strengthening the body and energy for different activities, so food is a basic factor of surviving on the other three factors, a contributing factor to human life peacefully (Narudoom and Klanarong, 2545), the importance of developing healthy food is. Not only to help improve the health and quality of life of Thailand only. Also as a mechanism to enhance the economy of the country with which the fluorescence Sunday Independent Bank wins (2548, pages 180-186) has suggested a modification to innovate and develop prepared food, a balanced diet, Thailand - Herbal already. The food standards, especially standards of cleanliness and safety. The guidelines developed food. You must start by turning to analyze the strengths and weaknesses of Thailand today. Although Thailand is a favorite food of the world. Until the development of food Thailand World Kitchen today. In the export of raw materials and food products in various forms, including restaurants abroad. Succeed and bring revenue into the country to a certain extent already. However, in view of the scholars also agree that food and nutrition. Need to improve next meal. Driven to support developing countries in terms of economic development and improving the quality of life of the population to be truly sustainable. The diet of the local people will have any significant relationship with the local context. Both in the context of natural and social context. The food culture of the local people are the synonyms and cast aside. Because of that context. And people in the local They have inherited their subsequent food consumption. And the same "The culture of consumption" of the district. Which reflect the condition of the resources, wisdom and enlightenment of people in each local self (Pornsak Promkeaw, 2550). As mentioned above, this research is to study the importance of local food consumption habits for better health community in Korat and potential local World Kitchen. The consumption of food will cause the conservation and heritage ancestral wisdom of the local investigators

Objective

1. To study the dietary habits of local communities to better health Korat.
2. To study the potential local Korat World Kitchen.

Population and sample

1. The population studied is the population that are resident in the city of Nakhon Ratchasima.
2. The sample used in this research. As the age of 20-80 years with a total of 400 people Domiciled Nai Muang Nakhon Ratchasima Using multi-stage random sampling method by doing the following

Step 1 district, which is a sample of 50 percent of the parish in the district, the city's splendor 13 District 25 District of the simple random sampling.

Step 2 Select the district a sample of districts in Step 1 uses random sampling Purposive sampling by a specific district, which has the potential cuisine has 6 parishes.

Step 3 Select the sample villages of the district in Step 2, using random sampling. Purposive sampling by a specific village is ancient settlement.

Step 4 Select the sample aged between 20-80 years were selected using purposive sampling who have specific knowledge. Homegrown talent for cooking as well. And domiciled in the area of study of 400 people.

The period of data collection

Start record month since October 2557 to May 2558.

Data Collection

Gather information from primary sources and secondary sources.

Primary data include interviews with local elders or leaders. A knowledgeable and comprehensive basis in traditional cooking.

Secondary education, including information from texts and documents related research Thailand native wisdom cuisine Nakhon Ratchasima.

Data analysis

1. Information on the types of food Korat the percentage
2. Information on the potential local wisdom Korat the percentage and average.
3. Potential Analysis Thailand cuisine, folk wisdom. By measuring the potential Rating scale is 3 levels, defined as a score below potential.
 - High potential is equal to 3 points.
 - Moderate potential is equal to 2 points.
 - Low potential is equal to 1 points.

A level of 0.67 points each at various points (Boonreang, 2545) criteria range class interval are as follows.

2.34 to 3.00 referring to the potential.

1.67 to 2.33 represents a potential medium.

1.00 to 1.66 represents a low potential

Summary and Discussion

1. Nature of the interview

The lifestyle of the Korat change from the past, most agricultural professionals, including fruit farm animal. Change came as merchants and mercenaries, mostly. Most families are single family For the extended family is a grandmother, grandfather or grandmother is shared by the elders in the family mainly serves to raise children and serve as a way to promote food is cooking. How diet For the children in the home So eating local food culture has remained with the parents, grandparents, a model of acculturation eating local food sources of food in the community. In the past, an important food source for families and communities from raw materials derived from nature, including forests, water brook canal, as well as agricultural crops that were grown from the farm fields or backyard, but in. The current food supply to residents as a result of changes in economic society. Diets have changed from natural ingredients from the market to purchase a majority. The market is the market for the sale of the morning and in the evening. The market survey showed that traders will take the vegetables. And forest products released include vegetables, meat, insects and wildlife etc. The food sector chili species such as chili Tadang chili fish chili sauce, sold out. Concluded that in the past people have come from natural food sources of forest planted by a recipe that vary according to the season, too. But today a source of food from the market. Shops in the village Car dealer who sold the village or even a mini-mart, Shops in province, Shopping mall.

2. Native dietary habits

For most of the consumption of local food Korat found that most consumers still have a local address, with parents, grandparents, representing the dietary acculturation, which resulted in the home must be consumed with food.

Patterns of food consumption was found in the diet are mainly three times, including eating breakfast, lunch and dinner, a meal is dinner, when the family is together. All members are often featured in the preparation of meals and to wait for members to come together to share a meal. The meal in the evening will give parents or elders in the family had the opportunity to talk to the children in question. Including food too.

3. Potential local Korat World Kitchen.

The type of food consumed most popular Top 5 including 1) Corporate curry. Curry's most popular Kaeng Oom, Kaeng khilek and Kaeng khiao wan 2) food chili sauce. The most popular include : Nam phrik pla ra, Nam phrik ta dang and Nam phrik kapi 3) Larb foods. Larb most commonly eaten include Larb mu, Larb pra, Larb kai and Larb pu 4) in the food sector grill. The most popular dishes include fish grill and pork grill and 5) Other dining options include Somtam, Rice noodles and Khanom chin. The type of food that is likely to represent the Korat food to tourists 5 are known 1) Corporate curry includes Kaeng pek wan, Kaeng khilek, Kaeng pa nuo mai Kaeng Oom and 2) food chili. Chili should be developed, including Nam phrik ta dang and Nam phrik mu 3) Larb foods. The sauce should be developed include include Larb mu, Larb pra, and Larb pu respectively 4) in the food grill. Food should be developed

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