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THE PRACTICES ON COOKING AND SAFEKEEPING of THE MILK AND MILK PRODUCTS' OF HOUSEWIVES LIVING IN TOKAT CITY CENTRE

TOKAT İL MERKEZİNDE YAŞAYAN EV KADINLARININ SÜT VE SÜT ÜRÜNLERİNİ PİŞİRME VE SAKLAMA UYGULAMALARI (1)

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Öz: Toplumumuzda besinlerin hazırlanması, pişirilmesi ve saklanmasından büyük ölçüde kadınlar sorumludur. Süt ve süt ürünlerinin hazırlanması, pişirilmesi ve saklanmasındaki temel ilkelerin bilinmediği durumlarda besin öğelerindeki kayıplar çok fazla olmaktadır. Tokat il merkezinde yapılan bu çalışmada iki kuşak ev kadınlarının süt ve süt ürünlerini hazırlama, pişirme ve saklama yöntemleri konusundaki uygulamalarının belirlenmesi amaçlanmıştır. Araştırma, Tokat il merkezinde yaşayan farklı kuşaktan (jenerasyondan) olan 40 anne ya da kayınvalide, 40 kız ya da gelin olmak üzere toplam 80 ev kadını üzerinde yapılmıştır. Araştırma verileri anket formu ile karşılıklı görüşme tekniği kullanılarak toplanmıştır. Anket formu, kadınlara ilişkin genel bilgiler (yaş, öğrenim durumu) ile süt ve süt ürünlerini hazırlama, pişirme ve saklamaya yönelik uygulamaları tespit etmek amacıyla çeşitli soruları içermektedir. Verilerin değerlendirilmesinde, SPSS 16.0 paket programı kullanılmıştır. Her soru ile ilgili sayı ve % değerleri gösteren tablolar hazırlanmış ve gerekli aritmetik ortalamalar alınmıştır. Veriler, kuşak (günümüz ve geçmiş) değişkeni dikkate alınarak değerlendirilmiştir. Geçmişte pastörize süt kullanılmadığı görülmüştür. Kullanılan süt türleri, sütü sakladıkları kaplar, kullandıkları yoğurt türleri, yoğurt yaparken kullandıkları kaplar hususunda iki kuşak ev kadını arasındaki ilişki istatistiksel olarak önemli bulunmuştur ($p<0.05$). Çalışma sonuçlarına göre, kadınların eğitim düzeyi yükseldikçe besinleri pişirme ve saklamaya yönelik uygulamaları da daha sağlıklı olmaktadır.

Anahtar Kelimeler: Ev Kadınları, Süt, Süt Ürünleri, Saklama, Pişirme, Hazırlama

Abstract: In our society, it is mostly the women who are in charge with the preparation, cooking and safekeeping of the food. If the fundamental principles of preparation, cooking and safekeeping of milk and dairy products are not known, a great loss of nutritional elements can occur. The aim of this study, carried out in the city center of Tokat Province, is to define the practices of housewives of two generations concerning the preparation, cooking and safekeeping of milk and dairy products. The research was carried out on 80 housewives of different generations living in the provincial center of Tokat: 40 mothers or mothers-in-law and 40 daughters or daughters-in-law. The data for the research was collected using the technique of face-to-face interview with a questionnaire. The questionnaire form included general information about the women (age, education, etc.) and various questions about the practices related to the preparation, cooking and safekeeping of milk and dairy products. The evaluation of data was carried out using the package program of SPSS 16.0. Tables were prepared for each question showing the figure and per cent values and the related arithmetic averages were calculated. The data was evaluated by taking the generation (today and past) variable into account. The results of the study showed that pasteurized milk was not used in the past and the milk was not waited in the fridge without boiling. The correlation between two generations with regard to milk types used, milk keeping pots, yoghurt types used, and the pots used when making yoghurt was judged significant in terms of statistics ($p<0.05$). As the educational levels of women increased, practices of food cooking and storing are more healthy.

Key Words: Housewife, milk, products of milk, safekeeping, cooking, preparation

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Introduction

One of the most important issues of today is nutrition; which means that in order to grow up, thrive and live long in health ; getting each of the nourishments in a reasonable amount and economical way without losing their nourishment values, without making them unhealthy and using them inside the body. The aim of the nourishment is an individual should take each of the needed energy elements and nourishments according to his or her age, sex, working and private situation in an adequate way (Baysal, 2002). Developments in the nutrition technology cause producing and marketing new products and it also causes alterations for the housewife's food choice and purchase type, who is in charge of family members' adequate and balanced nutrition (Ersoy, 1999). Social, economic, cultural and technologic alterations reflects on nutrition habits and in the course of time, individuals nutrition habits can change (Sürücüoğlu, 1986). Cultural features which are unique for societies occur as a result of the things in the long period of time. Since individuals are always together with these cultural elements, transition is long period as it is in the development. Nutritional habits that develops with the society's culture can include both beneficiary and harmful practices. These harmful practices can result from the food's pattern, preparation, cooking and safekeeping processes (Yücecan, 1989). It is known that most of the individuals in Turkey do not have nutritional knowledge. The nutritional mistakes in the family are parallel with the woman's education level, who is in charge of the nutrition in the family. It is also perceived that as the education level increases, wrong and erroneous implications decrease and also some beneficial implications and habits related to health and nutrition increase accordingly (Sürücüoğlu, 1986).

Along with the development level of the society, whatever the enlarged roles of women, the values of traditional roles of the women go on with all its importance and capaciousness. In our country, women's most effective and traditional role in the family is nurturing family members. This responsibility belongs to her, in the town, in the rural, either she works outside or inside the home (Malatyalıoğlu, 1991). However, the more women are in business life, the more need for products which makes home and family life easier. Families' nutrition and cooking habits, the time for preparing meal, the amount of consumption of readymade foods and cooking methods has changed dramatically in the course of time (Gönen et al., 1992). Animal-based food stuffs has an important role for the nutrition of people in a balanced and adequate way (Kırdar, 2001). Milk, which has an important role in animal based nourishments (Yılmaz, 2006), with its unique compound, is the only nourishment element that includes all the needed nutrition and growing such as protein,

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fat, carbon hydrates and enzymes, vitamins, minerals, anticorps and other bioactive components in a balanced and adequate amounts (Black et al., 2002; Fosset & Tomea, 2002). Besides its high nutritional values, milk and dairy products, which are crucial element of food stuffs, also controls body functions, supports the development of the body, has an important role for development of bones and teeth (Özcan et al., 1998). However, if the basic principles of preparing, cooking and safekeeping of milk and dairy products are not known, there can be huge amounts of losing food elements. As a result of this situation, the essential food elements are taken less or none; so, people may faced with inadequate and unbalanced nutrition problems (Baysal, 2002). Determination of the quality of milk who play an important role in the diet of individuals, is very important in for consumer health (Şahin and Kaşıkçı, 2014a). However, raw milk consumption is accompanied by the risk of ingesting pathogenic bacteria that may cause severe health hazards. Because unproccessed milk is a good medium for the growing of various microorganisms, its consumption is related to possible health risks. Unpasteurised milk may act as a vihicle for various microorganisms and is a recognised source for outbreaks of foodborne illnesses (Konar et al., 2014). This research was planned and conducted so as to determine the changes of the women about preparing, cooking and safekeeping of milk and dairy products between the generations of today and the past in the course of time.

Materials and methods

Subject

This research was planned and conducted in order to determine the women' preparing, cooking and safekeeping practices of the milk and dairy products. Also, this research's paradigm is constituted by 80 housewives living in the provincial center of Tokat. In the sudy, two generations were studied and while one of the two generations (40 daughters or daughters-in-law) were represented today, the other (40 mothers or mothers-in-law) was represented in the past. It was paid attention that those who participated in the research should be the native of Tokat and because the researcher lives in there, Tokat was chosen as a research paradigm.

Research design

A questionnaire form prepared by the researchers was used as a data collection tool. It was prepared as a draft at first by revising the similar researches that were conducted before, and then it was formed as an easy style in order to be understandable by all the attendants by getting information from the experts. The questionnaire form included general information about the women (age, education, etc.) and various questions about the practices related to the preparation, cooking

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and safekeeping of milk and dairy products. The research data was collected by using the face-to-face method between April - June 2011.

Statistical analysis

To evaluate the data, SPSS 16.0 packet program was used. Tables were prepared for each question showing the figure and percent values and the related arithmetic averages were calculated. Evaluating the data, while one of the generations (40 daughters or daughters-in-law) is commented as today because of describes the present practices, the other (40 mothers or mothers-in-law) is commented as past because of describes in the past practices. The data was evaluated by taking the generation (today and past) variable into account.

Results and Discussion

Research data, including demographical information about the two generations women; were presented by evaluating them in order to determine the methods of women about preparing, cooking and safekeeping the milk and dairy products. The average age of the daughters-in-law and daughters was 33.20±4.31 and the average age of mothers and mothers-in-law was 62.10±6.43. In total, the average age of women was 47.62±15.51 and it can change between 22 and 71. As it is seen from the Table 1, about half of the daughters and daughters-in-law (47.5%) is graduated from the elementary school, 30.0% of them is graduated from university and 20.0% of them is graduated from high school; 57.5% of the mothers and mothers-in-law is graduated from elementary school and only 7.5% of them is graduated from high school or advanced. As it is seen, the education level of the daughters and daughters-in-law is better than mothers and mothers-in-law.

Table 1. Women' Education Level

	Daughter-Daughter-in-law (n=40)		Mother-Mother-in-law (n=40)		Total: (n=80)	
	n	**%**	**n**	**%**	**n**	**%**
Illiterate	-	-	6	15.0	6	7.5
Literate	1	2.5	8	20.0	9	11.2
Elementary School	19	47.5	23	57.5	42	52.5
High School	8	20.0	1	2.5	9	11.2
University	12	30.0	2	5.0	14	17.5

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As it is seen from the Table 2, it is stated %87.5 of the women in the past and %35.0 of the women in these days are using diary milk and the statistical relation between them is perceing as important ($p<0.05$). According to the study, generally, those who prefer diary (street milk when the thermal process is not applied) milk is more than half and their ratio is 61.2%. However, milk is a complex food substance and it contains lots of nourishment elements. Though these elements can be beneficial for human health, when it is consumed as diary milk, it can generate a nourishment and breeding area for most of the microorganisms. Therefore, it can threaten the human life (Wham & Worsley, 2003). The milk due to its complex biochemical structure and high water capacity, constitute an excellent nutrient medium for microorganisms (Diler and Baran, 2014). In a study conducted in Kayseri, it was stated that 82.31% of the women purchase diary milk, 10.00% of them purchase pasteurized milk and 7.69% of them purchase boxed milk (Sevenay, 1996). Koçak (2005), stated that in Amasya city centre, women' 60.3% purchase diary milk, 26. %7 of them purchase long spanned boxed milk, and 13.0% of them purchase pasteurized milk. In this study, the ratio of the women who prefer diary milk is high, too, and it resembles with the former research results. Also, researches about the milk consumption levels of the families; 46.3% of the consumers (Çelik et al., 2005), 33.9% of the families (Candemir, 2006) and 67.8% of them (Erdal and Tokgöz, 2011) prefer diary milk. 11% of the consumers prefer street milk, 49% of them pasteurized milk, 40% of them prefer long-lived milk (Şimşek et al., 2005) and it is also stated that consumers prefer diary milk to the long-lived milk (Özel, 2008). In the study (2012), Şeker *et al* stated that 59.8% of participants preferred pasteurized or UHT sterilized milk while 10.3% preferred street-milk and 29.9% did prefer milk to buy directly from producers that they know. In a study in Erzurum, According to the results, 71.9% of households consumed raw milk (Uzundumlu and Birinci, 2013). In another study, Sakalle *et al* (2014), stated that unawareness about benefits of pasteurized milk (84.0%) and flexibility of making payment to the street vendors were the major causes for purchase of milk from street vendors. Today, in Turkish cuisine, foods are kept in glass, enamel and plastic containers. Keeping the foods in glass containers is the most preferable practice. If the foods are kept in plastic containers, various chemical substances can be mixed with the foods and they can affects the foods in the long process negatively. In addition, it can be harmful in terms of environmental pollution. Especially, keeping liquid and half liquid foods in a plastic containers which are not constituted for food keeping is a wrong practice. Although it is necessary to not to use the containers for food keeping more than once, using them again and again

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increases the process of transition harmful chemicals to the food (Çicek et al., 2005). If the milk is boiled long time, vitamins within the milk decrease. Unpasteurized and unsterilized milk should be boiled by mixing it for 4-5 minutes after it is puffed. Immediately, it should be cooled, and it should be put into fridge in a glass jar. And then it should be consumed within 1-2 days (Baysal, 2002). In this study, while keeping the milk, more than half of the women (62.5%) preferred enamel as a storage box in the past; today, half of the women prefer keeping the milk in the box that was purchased and the relation between the two of them found as important statistically ($p<0.05$) (Table 2). As a result of his study, Altay (1992) has determined that 64.8% of the women use steel saucepan frequently.

Table 2. Range of the Practices About Preferred Milk, Milk's Cooking and Safekeeping in the Past and Today

Preferred milk	Today[1] (n=40)		In the past[2] (n=40)		Total (n=80)		Statistics
	n	%	n	%	n	%	
Diary milk	14	35.0	35	87.5	49	61.2	χ^2=377.500 p<0.05
Boxed (UHT)	25	62.5	5	12.5	30	37.5	
Pasteurized milk	1	2.5	0	0.0	1	1.2	
Containers used for keeping milk							
Glass	8	20.0	5	12.5	13	16.2	χ^2=525.000 p<0.05
Plastic	5	12.5	7	17.5	12	15.0	
Purchased container	20	50.0	3	7.5	23	28.8	
Enamel	7	17.5	25	62.5	32	40.0	
Boiling time for diary milk							
15minutes	13	32.5	12	30.0	25	31.3	χ^2=745.000 p>0.05
30 minutes	12	30.0	18	45.0	30	37.5	
4-5 minutes after it is boiled	15	37.5	10	25.0	25	31.3	
Safekeeping the diarymilk							
In the open container, in the fridge after it is boiled	3	7.5	4	10.0	7	8.8	χ^2=726.000 p>0.05
In the closed container, in the fridge, after it is boiled	34	85.0	36	90.0	70	87.5	
In the fridge, without boiling	3	7.5	0	0	3	3.8	

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[1] Daughter and Daughter-in-law [2] Mother and Mother-in-law

When it was asked to the women "How long time should be wasted to cook the milk?", today, at the top, 37.5% of the women responded that 'after it is puffed, 4-5 minutes more is appropriate, and in the second place, 32.5% of them responded 'it should be boiled 15 minutes'. For this question, in the past, in the first place, 45.0% of them responded that 'I boil the milk for 30 minutes; and in the second place, 30.0% of them said 'I boil the milk for 15 minutes' (Table 2). Boiling the milk for a long time can cause decrease milk proteins in terms of nutrition because in that process, milk proteins and sugar of the milk is mixed. Especially, this situation is important for milk based dessert like pudding (Ünver, 1981). According to criteria reported in the notification of Turkish Food Codex raw milk and heat-proccessed milk, it is determined that the milk protein content of at least 2.8% and the non-fat dry matter content of at least 8.5% (Şahin and Kaşıkçı, 2014b). The milk that is sold in the streets or in the diary milk, by boiling them, there are vitamin losses. For example, in the study conducted in Turkey about diary milks, it was stated that vitamin values are less than expected. 10-minutes boiling can cause important loss in tiamin, riboflavin, niasin, B_{12} and their ratios are 60%, 25%, 12%, 21% and 32% in turn and these losses increase in 15-minutes boiling as it can be seen from the ratios (in turn 66%, 34%, 12%, 28% and 50%). As a result of this study, it was emphasized that in order to decrease the vitamin loss, boiling in the homes should be restricted to 5 minutes and it was concluded that this time span is not enough to exterminate the harmful organisms in these milks that are sold in the streets (Ünal and Besler, 2006). Şensoy (1987) did a research in Ankara province and concluded that 56.5% of the women are using appropriate methods in order to cook milk. Çıltık (2009) did a research in Istanbul and asked the participants "How the milk should be cooked?". More than half of the women (57.3%) correctly said that "When it started to boil, it should be mixed for 5 minutes and then it should be lifted".

As it is seen from the Table 2, in the past, the correct answer for'what is the best way to the milk' was 'kept in the fridge in closed cases', and its ratio was 90.0%. Today, this ratio has fallen to 85.0%. The ratio of 'keeping the milk without boilings today 7.5%, however, there was no application like this in the past. Malatyalıoğlu (1991) did a research in Erzincan province and stated that 44.0% of the women are keeping the milk in the fridge without boiling and 41.3% of them are keeping it in the fridge in an open container after boiling it. Kutlu (2004) conducted a study in Ankara and stated that 41.7% of the women are using the milk immediately, 39.0% of them are keeping the milk in the fridge in a

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closed container after boiling it, 9.7% of them are keeping the milk in the fridge without boiling it and 7.3% of them are keeping the milk in the fridge in an open container after boiling it. Malatyalıoğlu's (1991) and Kutlu's (2004) studies are different from the studies which were done before and it is peculiar from our research that housewives are more conscious about safekeeping of milk. Milk is a nourishment element that becomes stale after it is waited in room temperature more than a day. If the appropriate safekeeping conditions are not available, it should be consumed immediately or it should be stored as yoghurt or cheese. Pasteurized milk can be kept in the fridge 2-3 days, unpasteurized milk can be kept in the fridge for 1-2 days, after at least 5 minutes boiling and in the glass containers. Milk cannot be kept in room temperature (Baysal, 2002).

According to the research results in the Table 3, 72.5% of the women use both strained yoghurt and cup yoghurt, but this ratio was 52.5% in the past. It is clear that women used strained yoghurt much more than today (20.0%) and the relation between the two of them is important in the statistical aspect ($p<0.05$). Strained (pouch) yoghurt, which is one of the indispensable pleasures of traditional Turkish and Anatolian food culture, is one of the most antic and important elements of our food culture. Producing strained yoghurt, which passed through different phases from nomad life till permanent settlement, first put into animal skin, then cloth pouches, thus, strained yoghurt became concentrated. Also, in the industrial aspect, it was processed with classical method and various separators, and then it was evolved to social and hygienic product (Şimşek et., 2010).

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Table 3. Range of the practices for safekeeping yoghurt and sorts of yoghurt used in the past and today

Yoghurt Types	Today (n=40)		In the Past (n=40)		Total (n=80)		Statistics
	n	%	n	%	n	%	
Strained (pouch)	3	7.5	8	20.0	11	13.8	χ^2=624.500 p<0.05
Case	8	20.0	11	27.5	19	23.8	
Both of them	29	72.5	21	52.5	50	62.5	
Cases for yoghurt making							
You can not make yoghurt at home	10	25.0	1	2.5	11	13.8	χ^2=554.000 p<0.05
Glass	8	20.0	5	12.5	13	16.2	
Aluminium	3	7.5	6	15.0	9	11.2	
Enamel	19	47.5	28	70.0	47	58.8	
Safekeeping of yoghurt							
In the dark, in the fridge and in a closed case.	37	92.5	38	95.0	75	93.8	χ^2=780.000 p>0.05
In an opencase	3	7.5	2	5.0	5	6.2	
Using of the water of yoghurt							
I fitler and pour it down	4	10.0	4	10	8	10.0	χ^2=703.000 p>0.05
I filter it and use it for pastry	3	7.5	2	5	5	6.2	
I fitler and drink it	1	2.5	8	20	9	11.2	
I do not filter it, I use it as it is	32	80.0	26	65	58	72.5	

In the Table 3, it is seen that, for making yoghurt, at the top, enamel was used in the 70.0%, but today the ratio is 47.5%. Today, the ratio of using glass case for making yoghurt at home is 20.0%, the ratio of using aluminium case is 12.5% in the past. The interaction between the two generations and the cases used for yoghurt making found important statistically (p<0.05). The reason why the ratio of using enamel cases as a correct practice is less than the past is today, there are various boxes for storage. In addition, both in the esthetical aspect and ease of use, women tend to use different boxes for storage.

It was identified that both in the past (95.0%) and today (92.5%), yoghurt is being kept in a closed case in the dark (Table 3). It was also understood that generally most of the women (93.8%) are keeping the yoghurt in the dark

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and in a closed case and it is correct practice. According to the study, today, the ratio for using the yoghurt without straining is %80.0, but in the past, this ratio was 65.0%. (Table 3). This situation shows us that today's women are more conscious than the past. Whey, which is a half transparent, greenish-yellow substance, acquired after precipitating the casein while producing cheese or casein; is defined as a liquid protein supplier. Whey proteins, which have high nutritional value and functional qualifications, are used as additive substance for various purposes such as in the food industry, for infant formulas, for sports man nutrition and special nourishment purposes in the foods and beverages. It is known that whey proteins have functional features like thickening, strengthening the composition of gel, creating emulsion, water holding and hindering the separation of serum. From this aspect, whey proteins are used for strengthening organoleptic and texturiel features in most of the food products (Özcan and Delikanlı, 2011).

Table 4. Range of principles that are cared about by women today and in the past while cooking milky desserts

Baking the rice-pudding (sütlaç)	Today (n=40)		In the past (n=40)		Total (n=80)		Statistics
	n	%	n	%	n	%	
Baked	3	7.5	2	5.0	5	6.5	χ^2=780.500 p>0.05
Non-baked	37	92.5	38	95.0	75	93.8	
Time for adding sugar in milky desserts							
Adding at first	15	37.5	12	30.0	27	33.8	χ^2=740.000 p>0.05
Adding about to put off the ingle	25	62.5	28	70.0	53	66.2	

According to the study results in the Table 4, it is clear that most of the women (93.8%) in the past and today do not baked the rice pudding. Milky desserts, which are among the rich Turkish cuisine, are lighter, easy for digestion and have higher nutritional value compared to paste and syrupy desserts. Thus, they are very appropriate for the old and the children. We have a wide variety of traditional milky desserts in Turkish cuisine (Megep, 2007). Desserts such as milk pudding (muhallebi), rice pudding, white pudding (tavukgöğsü), pudding with a caramel base (kazandibi), milk and almond pudding (keşkül) and a traditional dessert called as güllaç is among the Turkish desserts. While cooking the milky desserts, adding the sugar when the dessert is about to being taken from the oven prevents the decrease of protein values. Milky desserts are among the most balanced ones in Turk-

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ish cuisine in terms of energy and nutritional values. They are rich in protein, calcium and especially vitamin, but they do not have oil. Protein substance of the desserts which are prepared with fruit is low, but pastry desserts have higher levels of energy (Baysal, 1984). While cooking milky desserts, if the milk is cooked together with flour and sugar, milk loses its nutritional value. Flocculation can be seen. While preparing diet desserts, sweeteners should be added at last (Yazman, 1994). It was deduced from this study that in the past and today, 66.2% of the women did a correct practice by adding the sugar when the dessert is about to be taken from the oven (Table 4). Sürücüoğlu and Balgamış (1987) figured out from their studies that 67.7% of the women add the sugar to the dessert when the dessert boiled, 18.5% of them add after taking the dessert from the oven, 13.8% of them add before boiling. In a different research, in Erzincan, it was maintained that 70.0% of the women are adding the sugar when the dessert is about to be taken from the oven, 15.3% of them is adding after it is boiled and 6.5% of them are adding before boiling (Malatyalıoğlu, 1991). Aytekin (1993) has stated that 55.0% of the women are adding the sugar when the dessert is about to be taken from the oven, 24.4% of them are adding after boiling, 16.9% of them are adding before boiling and 3.6% of them has stated that they are practicing it randomly. It was deduced from the several similar researches that most of the women tend to add the sugar to the dessert when it is about to be taken from the oven (Koçak, 2005; Güler & Özçelik, 2002). Research results match up with the afore said results of the studies and it is pleasing that women are conscious about this subject.

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Table 5. Range of the Practices About Dairy Products' Using and Safekeeping in the Past and Today

Using butter in meals	Today (n=40)		In the past (n=40)		Total (n=80)		Statistics
	n	%	n	%	n	%	
By burning	8	20.0	12	30.0	20	25.0	χ^2=720.000 p>0.05
Without burning, by heating up	32	80.0	28	70.0	60	75.0	
Safekeeping of butter							
Saltless- in the deep freezer	21	52.5	17	42.5	38	47.5	χ^2=761.000 p>0.05
Salty- in the fridge	8	20.0	14	35.0	22	27.5	
Saltless-in the fridge	11	27.5	9	22.5	20	25.0	
Safekeeping of the sediment							
Salty-in the fridge	23	57.5	25	62.5	48	60.0	χ^2=732.000 p>0.05
Unsalty-in the fridge	2	5.0	5	12.5	7	8.8	
Unsalty-in deepfreezer	15	37.5	10	25.0	25	31.2	
Usage of soda while preparing ayran							
Yes	3	7.5	1	2.5	4	5.0	χ^2=760.000 p>0.05
No	37	92.5	39	97.5	76	95.0	

Most of the women in as part of the research remarked correctly today (80.0%) and in the past (70.0%) that they were using the butter without burning, just heating up (Table 5). Butter is an aromatic milk product which is obtained by processing the milk, yoghurt and cream in different ways. It is also rich in fat. The only antiseptic substance that helps safekeeping of butter is table salt. For this reason, in the past, people were doing butter having 5-15% of abundant salt. On the other hand, today people prefer the better tasted and half salty butter, which has 1.5% of salt. If the butter stays in an open case or if it is too hot, it will be oxidized. When it is oxidized, its taste become somewhat bitter and its odour become awful. Thus, it is appropriate to keep the butter in the dark and in cold places. The most convenient place is the refrigerator. Those who purchase the butter too much and keep it fresh for a long time should prefer deep freezers. Butter remain fresh in deep freezer almost 6-8 months without souring (Anonim, 2009). In the study, the ratio of those who keep the butter in deep freezer or in ice box without salt is today 52.5%, and in the past their ratio was 42.5% (Table 5). When the table 5 analysed, the ratio of those

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who keep the sediment in the fridge by salting down it is in the past 62.5%, and today the ratio is 57.5%. Also, these are the number one answers. The ratio of keeping in the fridge without salt is in the past 12.5% and today, it is 5.0%. Sediment is a food stuff which can be obtained by boiling and rigidifying the yoghurt, which lost its sediment fat. To keep the sediment for a long time, it should be salted down very much (Megep, 2007). It can be deduced from the study that 60.0% of the women both in the past and today keep the sediment by salting down it in this way. The ratio of the women who do not use soda for effervescing while making ayran, which is made by adding certain amounts of water and salt to the yoghurt, unique for Turkey and pretty-viscous beverage; is in the past 97.5% and today it is 92.5%. This ratios are in majority (Table 5). It is a pleasuring thing that women are not using soda while preparing ayran and thus they are not decreasing vitamin values.

Conclusion

According to the research results, the relation between the two generations about preferred milk types, cases for safekeeping milk, cases used for making yoghurt found out as an important in statistical aspects ($p<0.05$). It is clear that daughters and daughter-in-laws are behaving more correctly than the mothers and mother-in-laws about these practices, and it is thought that it is because daughters and daughter-in-laws have much higher education levels. According to the findings, it is remarked that women do wrong practices knowingly or unknowingly as a result of their traditional habits. These wrong practices should be hindered by the consultation of TV cooking shows and experts of this topic in news bulletin. Especially, housewives should be informed about food groups, choosing foods, purchasing foods, preparing, cooking and safekeeping. The main objective of food education should be changing wrong habits and beliefs; bring them in right behaviour changings; and lastly adopting them adequate, balanced and economic nutrition types.

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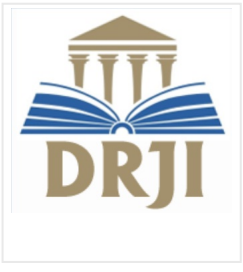
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