

**Househelp and Mothers in the Kitchen Space and the Dynamics of Food Preference
Among Families in the United East Homes, East Fairview, Quezon City**

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Abstract

As more and more mothers are actively participating in the labor force, her role in the house is minimized. Cooking for the family is compensated through the hiring of maids. In this study, the mothers and househelps are both the two figures in the household who cooks for the family. Working mothers in the study make time to cook for the family. It is generally her provincial cuisine that is served in the household. Also, the mothers are the decision-makers when it comes to hiring maids. The househelp, on the other hand, is taught how to cook by the mothers in the household. The househelp has little role in influencing the family member's food preference. The primary motives for serving typical everyday dishes in the household are the food's practicability as it is fast-cooking and easy to cook, and its nutritional value.