

Research on cooking with Nylon Utensils.

Is Cooking with Nylon Spatulas safe or dangerous to one's health?

This was the question that came to my mind as I pondered what topic to take up in my research assignment.

The first place that my research took me is to understand that yes, actually cooking with Nylon spatulas can be somewhat harmful to our health, especially if the spatulas are made out of the Black Nylon, like the AMCO household utensils, like the Egg Spatula, Kitchen Ladel, Spoon, etc. According to the center for Disease control, Diaminodiphenylmethane, or otherwise known as DDM, or methylenediniline is the chemical that is in all of these type of Nylon Spatulas, especially the black ones that we are all familiar with in cooking on our non-stick pans. Yet, the interesting thing to note here is that, even though the DDM is listed as a carcinogenic item, as stated by the CDC, Center for Disease Control Prevention, the reading showed that in actuality the risk to use may remain small. The more dangerous utensils are the ones with very low heat resistance, those which get melted easily when one is cooking. These, according to the research are the ones that melt at lower temperatures. Thankfully, the researched showed me that if these are a higher quality spatula, they are designed to not melt unless the temperatures are higher than 450 degrees, which doesn't normally happen when one is cooking on the stove top, sautéing vegetables or rice, as I normally do.

An interesting question that came up in the research is asking "What is safer for cooking?". Many people are proponents of using the wooden spoons instead of the spatulas because these can retain their natural integrity while you cook.

But it was very interesting to discover that not only can wooden utensils become rancid, soft or musty from bacteria, if not properly cared for, but I discovered that it is very easy actually to clean and disinfect wood.

The sanitizing of wooden spoons seems to be very easy and do the trick for a wooden spoon that hasn't been left in bacteria to fester, or hasn't been

neglected, in my opinion. The majority of the sites speak of the normal sanitizing items for the wood, like soaking it in bleach, 20 parts water, 1 part bleach.

Another cleaning and sanitizing practice I discovered is using just basic soap and water and vinegar, which has been known as the age-old cure-all disinfectant agent in our culture at least. The last cleaning agent that I will mention is the use of lemon juice. This is what is recommended to keep the utensils sanitized.

In conclusion, I realized that after doing this reading and considering the obvious, based on my personal cleaning habits, that the wooden spoon would, given all of the evidence, be the best choice for cooking in my kitchen. I truly would not have considered this before, though I have heard many people espouse the bamboo cooking products, as the best kitchen utensils in the house. As a mother of 5, who is extremely health conscious, I would much rather have a wooden spoon, that might get a little bit brittle over time than using the Nylon spoons that I truly don't know what their exact melting degrees are when I am using them. My experience reminds me that a melted Nylon spoon must be harmful to our health, not only because the rats who has been exposed to the DDM were getting tumors, cirrhosis, and liver tumors, but because of the putrid smell in the air that caused a severe physical reaction when we encountered the chemical's smell.

Furthermore, in my reading I was reminded of the age-old disinfectant oil that is ancient and known across the world called "Thieves". The results from the Black Plague, which are all historically documented to have been effective on thousands of people's lives are my personal research that proves the effectiveness of this product on killing bacteria on the spot. No other oil formula has shown to be more effective as this. I have personally experienced the results of this literally in my own body, and have seen the bacteria in my throat be eliminated within 10-15 seconds. For Thieves I am very grateful as a disinfectant and all-purpose cleaner.