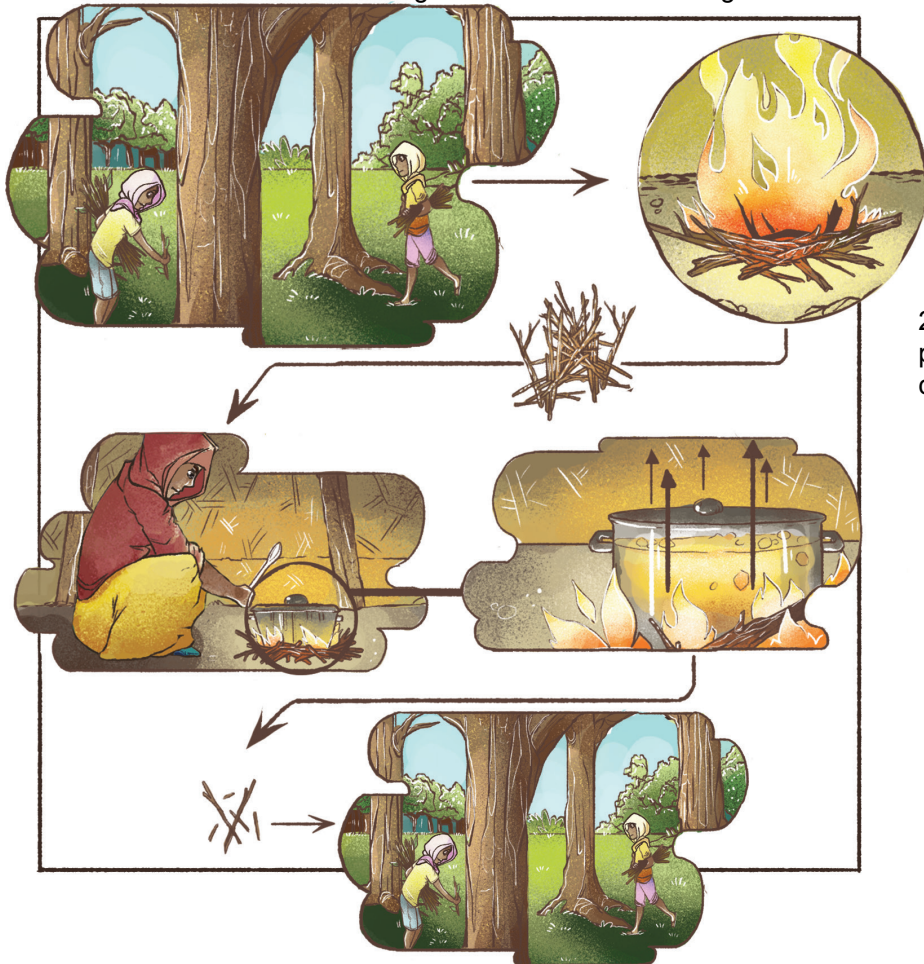


Lesson: Use of a pressure cooker can raise the heat to reduce the cooking time, and the amount of wood or charcoal required especially in high altitudes

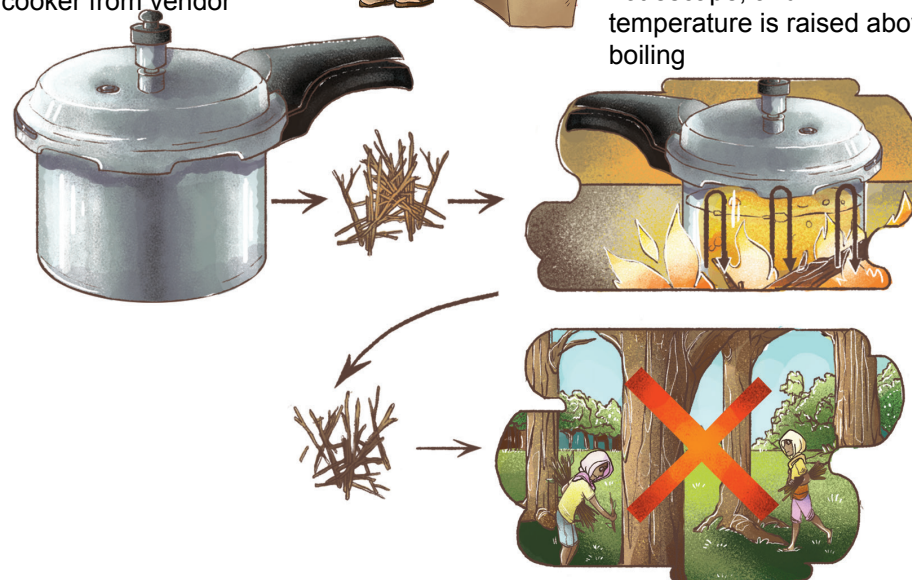
1. Traditional practice: collect firewood and cook using a regular pot which cooks at a low temperature and loses heat. Cooking time is slow and consumes firewood so more must be collected. Cooking time is even slower at high altitudes.



2. Improved practice: purchase pressure cooker from vendor



3. Pot is sealed, so pressure builds, heat does not escape, and temperature is raised above boiling



4. Cooking time is faster, consume less firewood or charcoal, so less wood needs to be collected