What are types of steaming and their definitions?

Low pressure steaming - food may be cooked by direct or indirect contact with the steam.

High pressure steaming - takes place in purpose-built equipment, which does not allow the steam to escape, therefore enabling steam pressure to build up, increasing the temperature and reducing cooking time.

List 5 foods that can be steamed cooked.

1. Rice

2. Pork

3. Vegetables

4. chicken

5. Fish

What is steaming? Steaming is cooking that using steam it is a much healthier method of cooking.  Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food, thus cooking the food. The food is kept separate from the boiling water but has direct contact with the steam, resulting in a moist texture to the food. This differs from [double boiling](http://en.wikipedia.org/wiki/Double_boiling), in which contact with steam is undesired.