

## Educational Effect of Eco-cooking Model Lessons on the Fifth Graders in Nishitokyo City

Ayako MIKAMI<sup>\*1\*3</sup> Keiko NAGAO<sup>\*1</sup> Etsuko IMAI<sup>\*2</sup>

*\*1 Tokyo Kasei University*

*\*2 Seitoku University*

*\*3 Tokyo Gas Co., Ltd.*

---

### Abstract

---

The eco-cooking class was given to 1,152 fifth graders residing in Nishitokyo City to examine its educational effectiveness.

We analyzed the teachers' report and the questionnaire data collected from children in the fifth grade one month prior to and one month after the class was conducted.

The number of children who reported to understand the meaning of the eco-cooking increased after taking the model lessons; from 24 to 84%. Additionally, a significant difference was found in 7 out of 12 items of the eco-cooking with respect to its educational effectiveness.

We conclude that conducting eco-cooking class for students in the fifth grade, during which cooking class is introduced, is an effective method to teach about nutrition and environment issues within the context of food education.

---

*Key words;* Shokuiku (food and nutrition education), Eco-cooking, Home economics education, Ecology, Global warming prevention