

A reappraisal of measurements used in cooking by Kozo Kondo in the early Showa era

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Abstract

Measurements used in cooking in Home Economics classes were introduced in Kajika (Home Economics) in the early Showa era by Kozo Kondo. This paper aims to reappraise measurements used in cooking by examining Kondo's thoughts about cooking skills. Kondo's books and his thesis of the early Showa era were analyzed from educational aspect of the cooking skills.

Kondo had a scientific point of view about home economics and criticized cooking classes which focused only on skills. He placed cooking classes in general education. Moreover, Kondo proposed four points for cooking classes; nutrition, simplicity, economical aspect, and taste.

Kondo's home economics education aimed to improve the living conditions of both men and women. He further used two different approaches "scientific and experimental" and "rational and economical."

One scientific improvement in living conditions was the use of measurement in cooking.

The three points for reappraisal of measurement used in cooking by Kozo Kondo are as follows.

- 1) He organized cooking classes and positioned them in school education.
- 2) He distinguished cooking classes in general education from those for professionals.
- 3) He emphasized education for daily life focusing on the improvement of living conditions.

In summary, Kondo contributed to cooking education by changing traditional instructions to a more modern approach.

Key words; Measurement, teaching of cooking, Science of cooking, Kozo Kondo,
School education