

## How to Learn from Dietary Life of Children : The Lesson on “Why Children Eat Alone”

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### Abstract

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The purpose of this research is to find what can be learned from home economics lessons, using data collected by Miyuki Adachi on “Children Eat Alone.” In the lesson, as demonstrated in Adachi’s research, students drew pictures of their dinner tables, and discussed, and critiqued about their expressions. Research methods included narrative talks about the lesson as a reflective practitioner, and conference with other teachers after the lesson.

Results are as follows:

- 1) Students started with describing their dietary life and compared them with others which allowed them to renew their dietary life.
- 2) Students were able to realize the importance of function of the society, and to think about their future dietary life.

Additionally, listening to students’ comments in the lesson made the teacher change the way of thinking about children eating alone. The importance of families and society was reconsidered by the lesson material. The conference after lesson confirmed the hypothesis that students were able to have a chance to express and teachers listening to them with flexible mind would deepen student’s learning.

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*Key words;* Dietary Life of Children, Case Study, Narrative Approach, Conference