

# The Present Situation of Food Preparation and the Attitudes of Home Economics Teachers

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## Abstract

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The investigation through questionnaires was conducted to clarify the present situation of food preparation and the attitudes of home economics teachers. More than 50% of teachers assign 30% of the home economics classes into eating habits. The average classes of the food preparation are in order of "Katei Sogo" (5.0 times), elementary school (4.3 times), junior high school (4.1 times), "Katei Kiso" (3.9 times). Many teachers point out the restriction of class hours as problematic. About 30% of teachers attach greater importance to the experiences of handmade cooking than to the mastering of skills. The common learning objectives in every level of schools are "acquiring basic cooking methods and handling the cooking utensil," "cooking safely and hygienically," and "experiencing happiness of cooking." These findings are similar to those found in the survey ten years ago. The coverage of nutrition balance in elementary school is significantly higher than in other schools. Scientific understanding of the cooking are covered more frequently in junior and senior high schools than in elementary school.

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*Key words;* food preparation, questionnaires, home economics teachers, learning objectives