

Cooking Lessons in High Schools and Their Effects on the Cooking Knowledge and Skills of College and Vocational School Students.

Madoka HIRASHIMA*¹ Mitsuyo HORI*²
Yuka ISOBE*¹ Hiroko NAGANO*³

*1 Faculty of Education, Mie University

*2 Gifu City Women's College

*3 The United Graduate School of Agriculture Science, Gifu University

Abstract

The details of cooking lessons at high schools, and cooking knowledge and skills of college and vocational school freshmen were studied to investigate the effects of cooking lessons at high schools on cooking knowledge and skills for students. Courses with more than 3 credits of home economics classes had more cooking lessons and took longer time for one cooking lesson compared with those with less than 2 credits. It was found that students could be learned many skills and dishes in the course with more than 3 credits. It was proved that students have acquired knowledge and skills at higher rates in regards to cutting methods, such as fine chopping and Julienne stripping, and cookery, which are seen frequently in cooking lessons in high school. However, there were a few cutting methods, such as edge cutting, which were not acquired well by students although they were used in cooking lessons. It is thought that the names and cutting methods should be explained in cooking class. The tendency was seen that the dishes appeared in textbooks and dealt with in cooking lessons at elementary, junior and high schools correspond with those that the students were able to make. Moreover, it is important for students to be able to make dishes by themselves.

Key words: cooking lessons, cooking knowledge, cooking skills, high school