

An Examination of Cooking Study of the French “Sense of Taste Education”

Masako SATO*¹ Katsue ISHII*²

*1 *Attached Elementary School of Faculty of Education, Chiba University*

*2 *Faculty of Education, Chiba University*

Abstract

This study examines the significance of palate education approach of Jacques Puisais as it is incorporated in Japan’s home economics education. The approach focuses on developing children’s ability to recognize and choose what foods to eat. Japanese culinary teaching covers the five senses. Students, however, mainly learned to check textures and tastes rather than to feel and think about what they eat. We started teaching about the palate from the fifth grade,

thereby heightening children’s sensibilities and engaging them in more active cooking. Students independently set and implemented goals of cooking. As a result, students became more aware of essential points of cooking such as colors and textures enabling them to evaluate their own dishes more objectively.

This application of French-style palate lesson significantly improved children’s attitudes toward culinary study.

Key words: sense of taste education, cooking, school children, five senses