The Development and Evaluation of Nutrition Education with a Special Focus on Fish Eating Designed for High School Students

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Abstract

In recent years, studies have shown that Japanese people tend to avoid eating fish, which is especially apparent in younger generations. This study examines the effect of a program aimed at raising awareness among high school students about daily fish requirement, cooking skills, and various independent forms of diet. The variables investigated are: knowledge, attitude, behavior and quality of life (QOL) in relation to fish eating and eating habits in general.

The program consists of three steps. Questionnaires were collected three times. Improvements at the significant level were found in knowledge, attitude, behavior and QOL of the treatment groups with respect to eating habit of fish. Findings indicate that understanding the necessity of fish eating and acquiring a proper cooking method of fish may help high school students reflect on their own diet and the way to improve it.

Key words; fish eating, high school students, home economics, fillet