

# The Current State and Issues Concerning Food Lifestyle Teaching in Home Economics in High Schools Based on a Questionnaire for High School Students and Teachers in Tokyo and the Surrounding Area

Yuko KAMEI\*<sup>1</sup> Makiko SATO\*<sup>2</sup> Reiko TAKAHASHI\*<sup>3</sup>  
Asako SATO\*<sup>4</sup> Kayoko KANEKO\*<sup>5</sup>

\*1 *Aikoku Gakuen Junior College*

\*2 *Tokyo Metropolitan Shinobugaoka Senior High School*

\*3 *Miwada Junior & Senior High School*

\*4 *Tokyo Gakugei University Oizumi Elementary School (part-time)*

\*5 *Former Yokohama National University*

---

## Abstract

---

This paper evaluates home economics and how it is taught. Results from teachers showed;

① although credit number for home economics is decreasing, food lifestyle was still prioritized, ② whereas teaching nutrition fundamentals was common, menu making was not covered in some schools, ③ besides cooking, few schools provided practical lessons (experiments, debates, presentations and research projects).

Results from students showed favorability for cooking lessons, and that as cooking lesson frequency increased, understanding rose and students cooked at home more.

The importance of teaching nutritional basics, cooking lessons' high evaluation and the positive effects of experiments and practical lessons, were recognized.

---

*Key words*; home economics education in senior high school, food lifestyle, cooking practice, five main nutrients, curriculum