

University Students' Behavior of Checking Food Labels, and Relationships with Their Understanding, Consciousness and Recognition of Food Labels

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Abstract

A questionnaire was carried out to clarify the behavior of university students' checking food labels at the times of purchasing foods, storing foods, cooking, and disposing. The results were as follows:

- (1) The food label most utilized in daily life was the label of "use by date" and "the date of minimum durability".
- (2) Since the most number of students checked the food labels at the time of purchasing foods, it was suggested that food labels were mainly utilized for food selections.
- (3) There was no relationship between behavior of checking food labels and shopping and cooking frequencies, but there was a relationship between behavior of checking food labels and understanding of food labels and marks.
- (4) Those who considered that useful information was obtained from food labels and those who did not feel troubled at checking food labels frequently checked the labels.

In order to utilize food labels in everyday life, it is necessary to learn not only meaning of food labels but also usefulness and the usage of food labels in everyday life.

Key words; food label, university student, home economics education, processed food