

Cooking Practice in Consideration of Food Allergy in Junior High School Home Economics : A Case Study of a Junior High School in Sapporo

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Abstract

The prevalence of food allergies among elementary and junior high school students has been increasing annually. This prevalence is especially high in the city of Sapporo in Hokkaido. According to the April 2016 survey, 11.3% of elementary school students and 13.4% of junior high school students had food allergies.

The prevalence of food allergies among students at junior high school A was approximately 12% , with a total of 38 allergenic foods including eggs, apples, kiwi, peaches, shrimp, cherries, buckwheat, and milk. These allergenic foods were included in more than 50% of the cooking materials listed in junior high school home economics textbooks published by three different companies.

We created menus for “spaghetti Napolitana,” “pizza and consommé,” and “sweet potato rice and pork miso soup” as cooking materials in which all students could participate and which students with food allergies could also implement at home and eat on a daily basis. When we conducted a cooking practice using these menus, students became curious and grew more interested in the ingredients used in the practice, improving their motivation to learn. It was confirmed that full cooking practice could still be implemented even if allergenic foods were excluded.

Key words; food allergy, junior high school home economics, cooking practice