

Effectiveness of a Cooking Recipe Site for Middle School Home Economics Menu Planning Lessons : The Use of Emergency Food Stocks in Preparation for a Disaster

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Abstract

In this study, a cooking recipe site was used as a tool to support disaster menu planning in middle school home economics classes. A lesson was conducted using the recipe site, and it was compared with a lesson that did not use the site to determine its effectiveness for menu planning.

The analysis showed that using the recipe site for menu planning might contribute to consideration of nutritional balance and combining multiple ingredients when cooking dishes with heat.

Questionnaires distributed after the lesson showed that over 90% of the students were able to create a menu by working together and using the recipe site, and that they thought the utilization of the recipe site was useful for the menu planning.

We hope that future studies will be able to examine the effectiveness of utilizing cooking recipe sites for standard menu planning.

Key words; middle school home economics, menu planning, cooking recipe site, food in emergencies