

SCHOOL-AGED CHILDREN'S EATING PATTERNS AND FOOD BEHAVIOUR IN JAPAN, KOREA, THAILAND AND INDONESIA.

Briones, M. P.*, Hori K., Kim S.*, Jaroenkornburi S.§, Purboyo R. B.*, Ishibashi G.◇ Fukuoka University of Education, Japan, ☆ Pusan Women's University, Korea, § Khonkaen University, Thailand, ★ IKIP Jakarta, Indonesia, and ◇ Kyushu Women's University, Japan

A study on school-aged children's eating patterns and food behaviour in Japan, Korea, Thailand and Indonesia was conducted. Data were gathered through questionnaires distributed among college students belonging to ages 18 - 23. Eating breakfast at home was observed by the majority of school-aged children in either countries although a small percentage practiced eating in school cafeteria upon entering senior high school. Eating patterns on lunch differ among countries. For example school lunch program made a significant contribution in fulfilling the nutritional needs of elementary children in Japan while in Korea and Indonesia, majority of elementary school children ate at school the food prepared at home. Thailand, however, had lunch like school-offered meals, food served in school cafeteria, and home prepared food.

The traditional practice of sitting down to the family evening meal is gradually changing as influenced by the rising need to spend time outside home even on meal times. Although majority of the correspondents among these 4 countries still considered that evening meals spent with the family is important, many could not observe this practice because of the need to attend special classes at night. Food choices outside home depend on children's purchasing decisions. The data gathered revealed low percentage of students took into account the balance of food nutrients. Knowledge on appropriate food choices was limited and this limited their consumption of nutritious and balance food. How to educate children on the value of healthy dietary habits and the effect of nutrition on health promotion is the role of home economics. This calls for effective strategies which can elicit the right dietary behaviour.