

***SURVEY ON COOKING CONSIDERATION AMONG
WOMEN'S COLLEGE STUDENTS AND THEIR MOTHERS.***

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Since 1970 processed food and daily dishes available in market have been increased in number and kind, and they have had a lot of influence on our food life in Japan. As a result, Japanese young women can't cook well as before and some of them don't want to cook.

The PURPOSE of this study was to investigate some differences between junior college women students and their mothers about cooking.

INQUIRIES about cooking were made to 100 pairs of our college students (the age of 18 & 19) and their mothers (40 to 48) respectively. And then, the data were subjected to statistical analysis.

The research RESULTS can be summarized as follows:

First, both Students and Mothers think that it's important to cook well for their family and to eat delicious dishes. When it comes to cooking itself, however, to our surprise, a half of the Students hardly cook except for special occasions. Therefore when they come to cooking class, they would like to start from basic cooking skills. On the other hand, Mothers as they cook every day, give priority to making nutritious food, using reasonable priced materials and to having a variety of dishes when serving meals.

Second, although 30% of the Students can't use chopsticks rightly, almost all of the Students and Mothers answer that table manners is very important.

Third, while most Students and Mothers think that home cooking is of vital importance for our food life, they don't put high value on traditional recipes for special occasions and on folk dishes. Some kinds of western style cooking have become very popular today and they play a role in our diet today.

As a CONCLUSION based on our research, we would like to put an emphasis on the importance of teaching college students how to cook basic home cooking. Our traditional folk dishes and table manners have to be taught to hand down our country food culture to our next generation.