

PREFERENCES FOR KOREAN TRADITIONAL FOODS AND FOOD PREPARATION METHODS IN COLLEGE STUDENTS LIVING IN INCHEON AREA. Chyun J. H.*, Choi Y. J.
Department of Food and Nutrition, Inha University, Incheon 402-751, Korea.

Preferences for Korean traditional foods and food preparation methods in college students were investigated to help food selection and to improve the quality of food offered in school cafeteria. Four hundred twenty seven(206 men, 221 women) college students living in Incheon area participated in the study and answered the questionnaire. One hundred three most commonly used foods by Koreans were marked in five scales — very like(+5), like(+4), moderate(+3), dislike(+2), very dislike(+1) — and expressed as mean±standard error. Preferred cooked rice, soup, kimchi and preferred cooking methods for vegetables, meats, fishes were chosen in order respectively.

Beef, ham, chicken in meats, squid, shrimp, salted croaker in fishes, tofu in beans, ice cream, milk in milks, lettuce, cucumber, perrila leaf in vegetables, strawberry, tangerine, apple in fruits, peanut, sesame oil, butter in fats & oils, yaksik, yakgwa in sweets were preferred foods respectively. Men likes significantly meats & fishes, vegetables better than women while women likes significantly fruits, sweets and ice cream. As a cooked rice, plain rice, bean rice, red bean rice, barley rice, foxtail millet whole grain rice and as a soup, beef soup, beanpaste soup, radish soup, odeng and as a kimchi, chinese cabbage kimchi, cucumber kimchi, altari kimchi, yolmu kimchi, kackdoogi, pickled cucumber, nabag kimchi were preferred in order respectively. Salad, namul, bokeum, frying, cheon, changachi for vegetables, frying, kui, stew, chorim, cheon, soup for fishes and kui, steaming, frying, chorim, stew, cheon, soup for meats preparation were preferred in order respectively.