

栄養士と学生における「食」に対する意識の比較

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Comparison of Awareness to Foods in Dietitians with College Students

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In this paper, the awareness to foods of dietitians that worked at the various kinds of institutions in Yamaguchi Prefecture, were compared with those of students who were studying about food and nutrition in college. In addition, the difference between awareness as a dietitian and that in the standing point of a consumer was examined.

In the preparation of the meals, the matters that the dietitians regarded as important were “taste”, “ease of eating” and “the coloring of meals”, excluding “nutrition balance” and “safety”, on the other hand, the college students pointed out that “taste”, “ease of cooking” and “requests” were important. In choice of food materials, the dietitians gave priority to “freshness”, but college students took serious view of “freshness” and “price” in the same ratio of importance. The dietitians who worked at nursery schools, were concerned with the qualities of food as “freshness”, “domestic production” and “natural material contents”.

About the supplements and Foods for Specified Health Uses, from their experiences, the dietitians recognized the use of those in the unavoidable cases, but about 50% of college students considered that nutrients should be ingested from meals possibly.

The degrees of agreement of awareness to foods between a dietitian and a consumer were high in basic concepts to foods, but were low in the questions relating with “price”.

key-word: dietitian, college student, awareness to food, quality of food, price of food