

研究業績 英文表記

和文	
表題	幼児期における嫌いな食品の変化と偏食との関連
著者名	緒方 智宏、直井 美津子
所属	西九州大学 健康栄養学部健康栄養学科、別府溝部学園短期大学食物栄養学科
英文	
Title	Overcoming Early Childhood Food Dislikes and Relationship between Food Dislike and an Unbalanced Diet in College Years
Author	Tomohiro Ogata, Mitsuko Naoi
Affiliation	Department of Health and Nutrition Sciences, Faculty of Health and Nutrition Sciences, Nishikyushu University. Department of Food and Nutrition, Beppu Mizobe Gakuen Junior College
Abstract	<p>This study reveals attitudes towards early childhood food dislikes. From these results, to investigate the subsequent change, food dislikes were examined to see whether this could be associated with an unbalanced diet in their college years. The method was an anonymous questionnaire survey given to kindergarten staff, nursery school staff (n=150), guardian (n=250) and university students (n=421). As a result, in early childhood and in college years, the proportion of detestable food and the presence or absence of detestable food was almost the same. Vegetables accounted for the most detestable food in both cases. In addition, 50% of college students stated that they still dislike the food they hated as a child. However, on the other hand, 70% of the college students responded that now they are able to eat that food. From this we can assume the following: We continue to detest the same food, but by our college years we are able to overcome it. In conclusion, this research suggests that there is no relationship between food dislikes and an unbalanced diet in college years.</p>
keyword	food dislikes, unbalanced diet, childhood, food education

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