

Dietary Education Dissemination through Case study of Dietary life Education Lesson

Juhyeon Kim(jhkim33@du.ac.kr)¹, Nam-E Kang², Misook Cho³

Hae Young Kim⁴

¹Department of Hotel, Food Service and Culinary Art, Dong Seoul University, ²Department of Food and Nutrition, Eulji University, ³Department of Food and Nutrition, Ewha Woman's University, ⁴Department of Food Science and Nutrition, Yongin University

Abstract

Dietary education programs are focused on promoting the succession and development of traditional culture, enhancing the ability of individual citizens to manage their dietary habits, and revitalizing agriculture, fisheries and rural areas, and raising the food self-sufficiency rate. In order to disseminate dietary education, it is very important to cultivate specialists who will be responsible for dietary education. For this purpose, the field of dietary education should be supported as much as possible through special lectures, field experiences and field trips. Examples of the case study include 45 hours of classroom instruction, lectures, presentations, discussions, field trips, and team project methods for 15 weeks over the second semester of 2017 (August 28 - December 22, 2017). For 15 weeks, 48% of the practical training classes and 45 hours of off-campus experience classes were held. A total of 65 questionnaires were administered to each of the two lectures. There were statistically significant increased effects on food selection, food preparation, nutrition management, and sustainable dietary abilities after the training classes compared to those without the training, and the sum of the mean scores was significantly increased by 8 points after those session($P<0.001$). In addition, the improvement of self-practicing ability and instructional ability were significantly increased in the aspects of environment, health, and consideration after the education. The improvement of instructional ability on the value of the agricultural and fishery industry was improved to the greatest extent after the education. Thus, it is necessary to continuously develop education contents about eco-friendly dietary life, food selection ability, and appreciation for food. Policy support should also be strengthened for continuous dissemination of the consumer, field, practical application and human-centered dietary life education.

Acknowledgments: Part of this study was supported by Korean Society of Food Culture

Keywords: *Dietary Education, Case study, Dietary life Education Lesson*