

DEVELOPMENT OF THE GUIDE BOOK FOR FOODSERVICE IN DAY-CARE CENTER. Lee Y. M.* , Lee K. W. Department of Food and Nutrition, Kyungwon University, Kyungki-Do 461-701, Korea.

The purpose of the study was to develop the guide book for foodservice program in Korean kindergarten and day-care centers. The study was conducted in three parts. The first part was to investigate how teachers plan and manage snack for young children. 259 early childhood teachers were surveyed with the questionnaire which was developed by researchers. In the second part, 8 day-care center's and kindergarten's menu(menu item, nutritional value, convenience of preparation) were analyzed and evaluated. And the third part was to develop lunch menus and pre-lunch and afternoon's snack menus that met the children's daily nutrients requirement(RDA/3) and the budget. The results were as follows: 77.8% of the kindergarten teachers were taking part in the meal service program. When they chose food items for children, teachers considered the nutritional value of the food first(58.7%), then, children's preference (52.1%), price of the food(27.9%) and convenience in foodservice(26.6%). As for the meal time education, teachers put the emphasis on the after-meal table arrangement(88.4%), then good eating posture(82.5%), and taking out dishes to the washing place(82.2%). 374 lunch food items and 97 snack food items which were collected from 8 facilities were sorted and the energy and protein content were analyzed by using food composition table. Then they were regrouped according to their energy value and protein content(for the food exchange list), so that teachers could conveniently utilize them when they plan and manage meal service for children. Also everyday menus for lunch and snack were developed as budget basis and presented with their nutrition comparison chart. Finally the guide book for foodservice in day-care center was developed. The book was consisted of two parts, the first part was the theoretical part, the content of which were child nutrition, foodservice in day-care center, nutrition education and activities and the second part was the practical manual for foodservice.