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A study on the necessity of the nutrition and hygiene education for the elementary school students in Daegu

Lee, Sung-Hee, Bae, Ji-Hyun\*

Department of Food Science and Nutrition Keimyung University

The purpose of this research is to present the efficient directions of nutrition and hygiene education for elementary school children. We examined the problems of eating habits, table manner, nutrition knowledge, hygiene education and perception and expectations on nutrition of elementary school children. We surveyed 990 among fourth, fifth and sixth grade students in Daegu for the necessity of the nutrition and hygiene education. The following summarizes the result of the study. The 89% of the subjects have meals at a regular basis, the 59.8% take as much time as others have meals. The 74.8% show that they have proper amount of meals. The 11.9% of the respondents skipped breakfast, 1% dinner and a larger number skip breakfast than they do dinner. The 42% of the respondents have a snack once a day, the kinds of snack they most frequently enjoy are bread and cookies followed by fruit, juice, dukbokgi, fish ball and milk. Most of the children are aware of their problem on eating patterns and they chose unbalanced diet as their worst eating habit to be corrected. They got their eating habits mostly from their parents or TV programs and ads. As a result of quantifying their table manner and knowledge of nutrition and hygiene by general traits, girls rank higher score than boys. In case they have two to three family members and they don't have any job, they got higher score. The older their mother is, the higher level of education their mother's got and the richer they are, the higher score they got. These results indicated that elementary school children tended to have undesirable eating behaviors, but the rate of children who know the importance and the needs of nutrition and hygiene education in school was high. Therefore, a systematic nutrition and hygiene education should be implemented by nutrition teachers. Furthermore, nutrition education for their parents as well as for children will be more required.

P5-2

Monitoring on Extraction Yields and Functional Properties of Fluid *Chungkukjang* Extracts by Using RSM

Bo-Mi Lee, Jeong-Ryong Do and Hyun-Ku Kim\*

Korea Food Research Institute

Extraction characteristics of fluid *Chungkukjang* and the functional properties of corresponding extracts were monitored by the response surface methodology (RSM). The maximum extraction yield of 78.82 %