

幼稚園児に対する食育プログラムの介入効果について

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Intervention Effects of the Food Education Program on Kindergartener

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Abstract—Aiming at the practice of the desirable eating habits for kindergarteners and their mothers, a five-time food education program was carried out. The results of this program are the followings:

- ① The intake of vegetable dishes were increased and the adequacy of PFC ratio were improved.
- ② The interest for the improvement of the unbalanced diet were increased and their daily meals were improved.
- ③ According to “Japanese Food Guide Spinning Top”, as for the daily meals, the lacks of milk and vegetable dishes was conspicuous. Continuous intervention by this kind of food education program will produce further effects on eating habits of kindergarteners.

Key Words—kindergarteners, food education program, intervention study