

〔寄稿〕

栄養士の基礎力である献立力の習得を目指した教育方法の考案

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Origination of Educational Methods Aiming for Acquisition of Menu-Planning Skills which is the Basic Skill of a Dietitian

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Abstract—As for important basic skills of a dietitian, menu-planning skills can be cited. Planning a menu represents not only combining dishes but also general meal-planning. For acquisition of knowledge and skills required for meal-planning, daily cooking experience and accumulation of diet experience became a contributing factor. However, to make students who don't have much of these real-life experience reach a level adequate for dietitians, a positive efficient educational-program should be necessary. Here, as a method of this, I originated an educational program aiming to acquire comprehensively a process of meal-planning in stages, with positioning cases of successful menus as educational material.

Key Words— menu-planning skill, meal-planning, basic skill of a dietitian, combining dishes