

Original Article

Factors associated with cooking one's own meals and the usefulness of cookbooks in students living alone majoring in nutrition and/or sport sciences

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ABSTRACT

Many cookbooks for athletes have been published; however, it is not clear whether students living alone majoring in sport sciences consider these books to be useful. This study investigated the situation concerning cooking one's own meals and opinions regarding cookbooks among students living alone majoring in sport sciences or nutrition and evaluated whether such cookbooks are useful for these students. A questionnaire about cooking and opinions on cookbooks was completed by 348 students (128 female nutrition students, NF; 114 male sport science students, SM; 106 female sport science students, SF; 20.0 +/- 1.2 years of age). Nine cookbooks housed in the library of a sport science university were analyzed for nine items consisting of three components of cooking (number of used foodstuffs, seasonings and procedures) for three types of dishes (staple foods, main dishes and side dishes). The NF students fixed their own meals significantly more often than the SM and SF students. The SM students reported fixing their own meals to be more troublesome than the NF and SF students and did not consider the cookbooks to be useful versus the other student groups. Regarding the nine items for cooking, the NF students reported difficulty in cooking to be equal to or higher than the median value for two items, compared to four items among the SF students and seven items among the SM students. The female students majoring in nutrition and sport sciences fixed their own meals more often than the male students majoring in sport sciences. The male sport science students experienced difficulty in cooking dishes that dietitians do not consider to be difficult, suggesting that male sport science students do not believe cookbooks to be useful.

Keyword: Cooking one's own meals, Cookbooks, Athlete