

商船船員の食嗜好に関する調査
——料理と味に関する嗜好度——

Dietary Habits of Merchant Seamen
—— Their Preference for Dishes and Flavors ——

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To help improve the dietary habits of merchant seamen, the author selected a total of 52 parameters from the dishes more frequently served, and the parameters included 38 related to the main dish, 3 to the staple food, 3 to the mode of cooking, 4 to the vegetable dishes, and 4 to preference over flavors.

Their preference was examined and estimated on a quantitative basis, and the investigation is summarized as follows.

- 1) Beef and fish dishes were preferred most, while preference for pork dishes was low.
- 2) As for staples, noodles were preferred most, followed by rice and bread in this order.
- 3) As for the mode of cooking, Japanese dishes were preferred over European style cooking.
- 4) As for vegetables, salad was their favorite dish. Soy sauce and miso-bean paste were preferred over worcestershire sauce.
- 5) Analysis variance for food preference according to the respondents' age showed significant differences in the groups of beef and pork dishes and fish dishes.
- 6) Analysis variance for food preference according to the ships the respondents manned showed significant differences in terms of both cooking modes and the ships surveyed.

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