

The recommendation of using the commercial disaster food as Breakfast -To consider it as space foods-

KAJIWARA, Satomi^{1*} ; WAKITA, Mari¹ ; TAKASE, Yoshimi¹ ; KAWAI, Mika¹ ; HAYASHI, Yoshino¹ ; KOBAYASHI, Mizuki¹ ; KATAYAMA, Naomi¹

¹Nagoya Women's University

Purpose

At the present, the people who do not eat breakfast increase in Japan.

The Japanese Government recommends that we have breakfast well. As same as, the importance of the meal in the space rise more. Development of the space food which can store for a long term is urgent business. Because, we think about an exploration and emigration to Mars. Delicious space food is very important for the astronaut to keep their appetite. We perform questionnaire survey about the breakfast. I clarify the frequency of the breakfast intake. In addition, I clarify what kind of breakfast was eaten. Therefore in this study, we examined sensuality of the commercially food which can keep for a long term. And based on the result, we thought about the taste and smell in future space foods.

Methods

Fifty female college students(20-21 years old) answered the questionnaire about breakfast intake frequency and about contents of breakfast. Fifty female college students (20-21 years old), they eat some commercially available rice things (eight kinds) which can store for 7ve years. And we performed to do sensuality examination for them. Students carried out the sensory examination and scoring (Perfect score is 10) of food. The marketing products are cooked with hot water in 15 minutes and cold water in 60 minutes. Vegetable rice, shrimp pilaff, perilla and seaweed rice, chirashi-sushi, white rice, fried rice, beef rice, dry curry of the magic rice (product made in Satake Corporation) .

Results

The contents of breakfast were one or two kind of food. People have no time to make breakfast because of busy. An evaluation was high in the taste in order of vegetable rice, dry curry, beef rice, chirashi- sushi, fried rice, perill and seaweed rice, and white rice.

Conclusion

Because people were busy in the morning, a balanced meal to be able to make in a short time was required. This disaster food is just fit as breakfast very much. As for both the taste and the incense, five vegetable rice, fried rice with meat, vegetables and curry rice, stewed beef rice occupied the high rank. Space foods passing globally are necessary. This commercially available disaster food is suitable for both space foods and breakfast very much. We want to examine not only the rice but also the side dish in future.

Keywords: Breakfast, th ecommercial disaster food, Space food