

The Importance of Cooking Skills Training

Teaching of Cooking Skills in Secondary Schools Urged ; 30% of Students Knowing Not How to Cook

學者倡必修烹飪傳授生活技能 三成中學生不懂煮食

Many secondary school students grew up carefree. According to a study by Hong Kong Institute of Education (HKIEd), nearly 30 percent of secondary school students have never cooked at home. Some teachers discovered that some students even did not understand what it meant by “water is boiled”, or did not know that detergent should be used for cleaning dishes. Therefore, some scholar suggested that cooking class should be taken as a compulsory course, just like the practice in Britain, otherwise students would even lack basic knowledge for a mere survival.

不少中學生成長於「飯來張口」的年代。香港教育學院進行的一項研究發現，近三成中學生從沒在家煮食經驗。有中學教師更發現，有學生不知道甚麼叫水滾，甚至洗碗不懂用洗潔精。有學者建議港府應仿效英國，把烹飪列為必修科，否則學生連基本的生存知識都未能掌握。

The Department of Social Sciences in HKIEd conducted a survey last year on the status of cooking skills and healthy diet of Hong Kong students. 588 students from 10 secondary schools, aged from 11 to 18, responded to the survey. 89 percent of the surveyed agree that cooking skills are very important and everyone should learn how to cook; 60 percent feel sure they are able to pick out fresh food for cooking. However, 27 percent of the surveyed have never cooked at home, while less than 40 percent cook twice or more per week at home. Around half of the surveyed help cook for their family members or assist in cooking at home, and 40 percent have the experience of buying food.

教院數社科學系去年就香港學生的烹飪技能與健康飲食，訪問了來自十所中學、五百八十八名年齡介乎十一至十八

歲的學生。其中八成九學生認同烹調技能是十分重要的生活技能，每個人應學會怎烹調食物，另外有逾六成人有信

心用基本新鮮材料烹調。不過，調查同時發現，有二成七學生從沒有在家煮食經驗，只有不足四成學生會每星期在

家煮食兩次或以上。另外，只有約半數學生會為家人煮食或協助準備餐膳；亦有四成學生會參與選購食物。

Mrs LAI YEUNG Wai-ling, an Assistant Professor of the Department of Social Science from HKIEd and a chief researcher of the subject project, stated that the problem of lacking cooking skills among young people are widely neglected, and the subject of Home Economics has been marginalized under the NSS system as the authorities have abandoned the teacher training quota for Home Economics for secondary schools. She suggested that cooking class should be a compulsory course of secondary schools, even of primary schools. “Learning to select fresh cooking ingredients and cooking by themselves help students recognize if the dish is good to them or not, and eventually will help establish their habit of a healthy diet,” said Mrs Lai.

負責是次研究的教院數社科學系助理教授黎楊惠玲指，很多人沒意識到青少年缺乏烹調技能的問題，她又批評，當局取消中學家政相關的師訓課程學額，令家政科在新學制下被邊緣化。她認為烹飪課應該列為中學必修課，甚至推廣至小學，「烹調採用新鮮食材，親身參與可明白菜式是否健康，有助建立長遠的健康飲食習慣」。

Reference : *Tsing Tao Daily* dated 28 November 2008, Education, F02