

## HOME ECONOMICS EDUCATION and EXTENSION

To enforce the governmental policy of upgrading the living standard in rural area, training courses such as home management, nutrition, cookery practices, bread and cookie making, dress making, flower arrangement, child care, etc. are held regularly for rural housewives.

Regular visits by the home economists to the farmers are aimed to help improve the living environments both inside and outside the farmer's houses. This kind of operation, under the project of "I love my village", has raised the living standard of the farmers in recent years.

### 1. Studies on the Breakfast Eating Habit and Nutrient Intakes in the Farm in Central Taiwan

A study of breakfast eating habit and nutrient intakes in the farm in central Taiwan was conducted in 1982. Based on the registers of farmer associations, 800 household in central Taiwan were selected by stratified random sampling. Data were collected and analyzed by  $X^2$  independence test, correlation analysis and class interval analysis. The results were summarized as follows:

1. Breakfast was thought to be the most important among the three meals. However, the eating amount in breakfast was the least of them.
2. The average calorie intake from breakfast was 501.3kcal/person which provided 23.3% of the daily essential calorie intake suggested by the government. Moreover, 65% of household favored rice for breakfast and it provided 470.5 kcal which only occupied 21.7% of daily essential calorie intake suggested by the government. This suggested that some education should be conducted for the farmers to improve the quality and amount of breakfast.
3. It was found that 39.6% of household made their own breakfast, 65% of them had rice as breakfast, 95.5% of them had breakfast at home, and 80% of them had breakfast everyday.
4. According to the basal data of the subject, people who usually learn home economics and dietary nutrient from the workshop of farmer association can understand the importance of breakfast. It is, therefore, an intensive course worth continuing.