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KNOWLEDGE LEVELS OF FUNCTIONAL FOOD IN EDUCATIONAL AREAS OF KITCHEN ACADEMIES

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EXTENSIVE SUMMARY

Functional foods are useful components for human health. In recent years, consumers have begun to use foods that they think are useful for healthy eating and health. Today, the awareness of taking precautions without sickness, the desire to maintain healthy life has increased the recognition and consumption of functional foods. In the recent period of functional foods is seen as quite a promising concept development. However, many people consciously or unconsciously consume functional foods because they do not know how to use them properly. It is important for the consumer health and awareness that workers are conscious about functional foods. In this study was investigated knowledge level of functional foods of cooks grown in kitchen academies. The aim of this research is to reveal the kitchen Academy awareness and knowledge levels of students towards functional foods.

A questionnaire was applied to 101 students who were educated in 5 kitchen academies in Ankara city center. Statistically significant level of $p < 0.05$ was determined in all analyzes. There is a statistically significant difference in functional foods among the students participating in the survey according to sex. Men were found to use in functional foods to eat more than women. It was determined that males have more information about whether the functional food free of sugar ($p < 0.05$). Women were found to pay more attention to the proposal of doctors and dieticians in functional food consumption compare to men. Women compared to males were afraid of side effects and were not using it because they had inconsistent information about them ($p < 0.05$). Half of the women do not use it because do not find functional foods natural, more than half of men remain undecided about this issue ($p < 0.05$). When the perceptions and attitudes of the students participating in the research were evaluated about functional foods, it was observed that there were statistically significant differences according to the sexes and in some cases there were no differences. In the expression of the consumer's artificial additives anxiety, both genders were found to be generally unstable, and it was determined that there was no difference between the sexes who heard and did not hear the term functional food. In this study, nutrients with increased dietary fiber contents were identified as functional foods with the highest ratio, modified margarine products containing plant sterols and plant stanol esters, and enriched foods were found to be the least informed foods. Among the reasons for not using functional food and the answer to use varied according to sex because it was expensive. It is observed that the rate of women not participating in this judgment is higher than that of men.

The results of the research are the source of both the tourism sector and food producers. It is thought that this study will be guided by the awareness of the students about the use and consumption of functional foods by the students who will become cooks, as well as the quality of the food and drinks prepared in the kitchen and the awareness of hotels and restaurants. It is also thought that the data will be a source for future studies.