

Changes in Dietary Habits of Mexican Students in Japan : Exploring Dietary Education from Food and Health Details before and after Coming to Japan

Ai TAKAHAMA and Tomoko TANAKA

It has been pointed out that Japanese universities do not provide international students with enough food and nutrition education, although it is very important that they maintain good health to accomplish their study abroad in Japan. Our previous research showed that some Chinese students in Japan were not able to maintain healthy dietary habits because of a lack of time, financial support, knowledge, and/or cooking skills. In order to collect necessary information from students with more varied backgrounds to develop an educational program of food and nutrition for international students, the authors of the paper have started some research surveys of their dietary habits. In this paper, changes in the dietary habits of five Mexican students between coming to Japan and the time of the survey are reported. The results show that no deleterious dietary habits were found and that all the students were in good health, though there were a few temporary changes in their health. It would appear to be necessary to develop an educational program for international students with high health awareness like these Mexican students, in addition to a program for those with less awareness.