

「共食」の国際的文化的価値と「孤食／個食」を巡る問題点

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「和食 日本人の伝統的な食文化」の特徴



- 海、山、里の豊かな自然に恵まれた各地で地域に根差した多様な食材
- 素材の味わいを活かす調理技術・調理道具の発達



- 一汁三菜を基本とする食事スタイルが理想的な栄養バランスを実現
- うま味をいかした動物性油脂の少ない食生活が日本人の長寿、肥満防止に貢献



- 食事の場で自然の美しさや四季の移ろいを表現。
- 季節の花や葉などを料理にあしらうなど、季節に合った器を使って季節感を楽しむ



- 年中行事と密接な関わりを持つ
- 食を分け合い、食の時間を共にすることで家族や地域の絆を強める

1. 「共食」の国際的文化的価値

「和食 日本人の伝統的な食文化」
Washoku, traditional dietary cultures of the Japanese
世界無形遺産へ登録

2013年12月4日、国連教育科学文化機関（UNESCO）はアゼルバイジャンのパクーで開いた政府間委員会で、日本政府が提案していた「和食 日本人の伝統的な食文化」の無形文化遺産への新規登録を決定。



日本型食生活 「日本型食生活」とは、日本の気候風土に適した米（ごはん）を中心に、魚や肉、野菜、海藻、豆類などの多様なおかずを組み合わせる食生活のことをいいます（農林水産省）。



The Lists of Intangible Cultural Heritage are established by UNESCO aiming to ensure the better protection of important intangible cultural heritages worldwide and the awareness of their significance

http://portal.unesco.org/en/ev.php-URL_ID=17716&URL_DO=DO_TOPIC&URL_SECTION=201.html

Region	Elements / programmes
Africa	27
Arab States	19
Asia and the Pacific	132
Europe and North America	19
Latin America and the Caribbean	48
Eastern Europe	55
Total	337

その他の国の「食」に関連するUNESCO無形文化遺産

2010 フランス美食術 : The Gastronomic Meal of the French

2010 メキシコの伝統料理 : Traditional Mexican cuisine

2010 地中海料理 : The Mediterranean cuisines of Spain, Italy, Greece, and Morocco

2011 トルコの伝統料理ケシケキ : Turkey's ceremonially prepared dish of wheat and meat

Gastronomic meal of the French

Inscribed in 2010 (5.COM) on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): France

Identification

Slideshow

Video

It is a festive meal bringing people together for an occasion to enjoy the art of good eating and drinking. The gastronomic meal emphasizes togetherness.

repertoire of recipes; the purchase of good, preferably local products whose flavours go well together; the pairing of food with wine; the setting of a beautiful table; and specific actions during consumption, such as smelling and tasting items at the table. The gastronomic meal should respect a fixed structure, commencing with an apéritif (drinks before the meal) and ending with liqueurs, containing in between at least four successive courses, namely a starter, fish and/or meat with vegetables, cheese and dessert. Individuals called gastronomes who possess deep knowledge of the tradition and preserve its memory watch over the living practice of the rites, thus contributing to their oral and/or written transmission, in particular to younger generations. The gastronomic meal draws circles of family and friends closer together and, more generally, strengthens social ties.



Gastronomic meal of the French
© Isabelle Guisard, Château de Bourron-Marlotte, 2009

Traditional Mexican cuisine - ancestral, ongoing community culture, the Michoacán paradigm

Inscribed in 2010 (5.COM) on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): Mexico

Identification

Slideshow

Video

Description

Traditional Mexican cuisine is a comprehensive cultural model comprising farming, ritual practices, age-old skills, culinary techniques and ancestral community customs and manners. It is made possible by collective participation in the entire traditional food chain: from planting and harvesting to cooking and eating. The basis of the system is founded on corn, beans and chili; unique farming methods such as milpas (rotating swidden fields of corn and other crops) and chinampas (man-made farming islets in lake areas); cooking processes such as nixtamalization (lime-hulling maize, which increases its nutritional value); and singular utensils including grinding stones and stone mortars. Native ingredients such as varieties of tomatoes, squashes,



ancestral, ongoing community culture, the Michoacán paradigm
a de Turismo del Estado de Michoacán.

Their knowledge and techniques express community identity, reinforce social bonds, and build stronger local, regional and national identities.

knowledge and techniques
identities. Those efforts in
tent.

Mediterranean diet

Inscribed in 2013 (8.COM) on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): Cyprus, Croatia, Spain, Greece, Italy, Morocco, Portugal

Identification

Slideshow

Video

Eating together is the foundation of the cultural identity and continuity of communities throughout the Mediterranean basin.

cultural spaces, festivals and celebrations, bringing together people of all ages, conditions and social classes. It includes the craftsmanship and production of traditional receptacles for the transport, preservation and consumption of food, including ceramic plates and glasses. Women play an important role in transmitting knowledge of the Mediterranean diet: they safeguard its techniques, respect seasonal rhythms and festive events, and transmit the values of the element to new generations. Markets also play a key role as spaces for cultivating and transmitting the Mediterranean diet during the daily practice of exchange, agreement and mutual respect.

Documents

- Nomination form: English|French



Mediterranean diet
© Ioannis Drinis, 2009

<http://www.unesco.org/culture/ich/RL/00884>

Ceremonial Keşkek tradition

Inscribed in 2011 (6.COM) on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): Turkey

Identification

Slideshow

Video

Description

Keşkek is a traditional Turkish ceremonial dish prepared for wedding ceremonies, circumcisions and religious holidays. Women and men work together to cook wheat and meat called 'Keşkek' in huge cauldrons, then serve it to the guests. The wheat is washed with prayers the preceding day, and then carried to a large stone mortar, to the accompaniment of music from the *davul* drum and zurna double-reed pipe. At the mortar it is hulled by two to four persons using gavels in a fixed rhythm. Cooking is usually carried out outdoors: hulled wheat, chunks of meat on the bone, onions, spices, water and oil are added to the cauldron and cooked all night. Towards noon, the strongest of the village youth are called to beat the Keşkek with wooden mallets, while the crowd cheers and zurna players perform musical pieces, announcing the thickening of the stew with a specific melody. Numerous expressions associated with the dish – used during the selection of the blessings, praying and carrying the wheat, as well as preparing and cooking it – have become common expressions in daily life. In addition, the tradition encompasses entertainment, plays and musical performances. Neighbouring towns and villages are invited to feast collectively in the ceremony premises. The cooking tradition is safeguarded and transmitted by master cooks to apprentices.

Documents

- Nomination form: English|French



Ceremonial Keşkek tradition
© Information and Documentation Center of Folk Culture/Ministry of Culture and Tourism

<http://www.unesco.org/culture/ich/RL/00388>

Washoku, traditional dietary cultures of the Japanese, notably for the celebration of New Year

Inscribed in 2013 (8.COM) on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): Japan

Identification

Slideshow

Video

Description

Washoku is a social practice based on a set of skills, knowledge, practice and traditions related to the production, processing, preparation and consumption of food. It is associated with an essential spirit of respect for nature that is closely related to the sustainable use of natural resources. The basic knowledge and the social and cultural characteristics associated with Washoku are typically seen during New Year celebrations. The Japanese make various preparations to welcome the deities of the incoming year, pounding rice cakes and preparing special meals and beautifully decorated dishes using fresh ingredients, each of which has a symbolic meaning. These dishes are served on special tableware and shared by family members or collectively among communities. The practice favours the consumption of various natural, locally sourced ingredients such as rice, fish, vegetables and edible wild plants. The basic knowledge and skills related to Washoku, such as the proper seasoning of home cooking, are passed down in the home at shared mealtimes. Grassroots groups, schoolteachers and cooking instructors also play a role in transmitting the knowledge and skills by means of formal and non-formal education or through practice.



Washoku, traditional dietary cultures of the Japanese, notably for the celebration of New Year
© 2013 by the Ministry of Agriculture, Forestry and Fisheries

<http://www.unesco.org/culture/ich/RL/00869>

家族や親族で食卓を囲む日常的なひとときは、「いたたまきますー」から始まる大切なコミュニケーションの場。みんなが顔を合わせ、食事をしながら日々感じたことやその日の出来事を語り合うことで、家族の絆を強くしていく。また、子どもたちに対しては、箸の持ち方や器の扱い方といった「和食ならではの食の作法を伝えたり、料理をとおして味覚や栄養バランスなどを教える大切な機会ともいえる。日常とは別に、正月や節分、大晦日などの「年中行事」で普段とは違うそのときならではの料理をいただく。その習慣もまた、家族や親族のつながりを強めるのに役立つ。また、それぞれの家ごとの味や伝統が、親から子へと受け継がれていくことにもなる。

食を通して
人や地域とつながる
家とは別に、地域でつながる年中行事もある。

(家族の食)

お正月に家族や親族で集まっておせち料理を囲む時間は、地域や親族に伝わる食の伝統を次の世代へと受け継ぐ絶好の機会だ。また、下の写真は、青森県西部の日本海沿岸に位置する深浦町でのひとこま。「深浦地産地消の会」では、いくつかの家族が集まって、地域に古くから伝えられる郷土料理を教え合うという活動を行っている。祖父母の世代しかその作り方を知らない料理を披露し、郷土の伝統を次世代へ伝えようと尽力している。



② 家族や地域を結ぶ
寄り合いが人をつなぐ
行事や祭りの食の役割
食事を共にするということを通して、人はつながりを深くする。家族の食卓での囲み、祝いごと、地域の祭り、年中行事。日本の伝統文化の中で、食は人をつなぐ役割の中心にある。

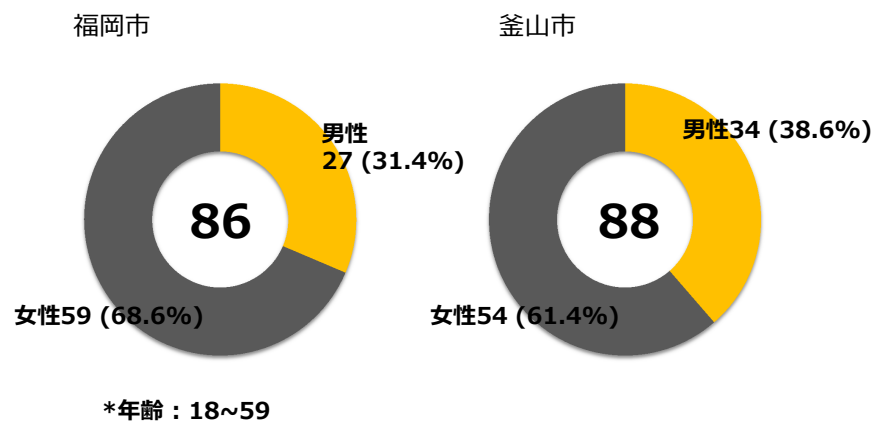
2. 「孤食／個食」を巡る問題点

7つの「こ食」

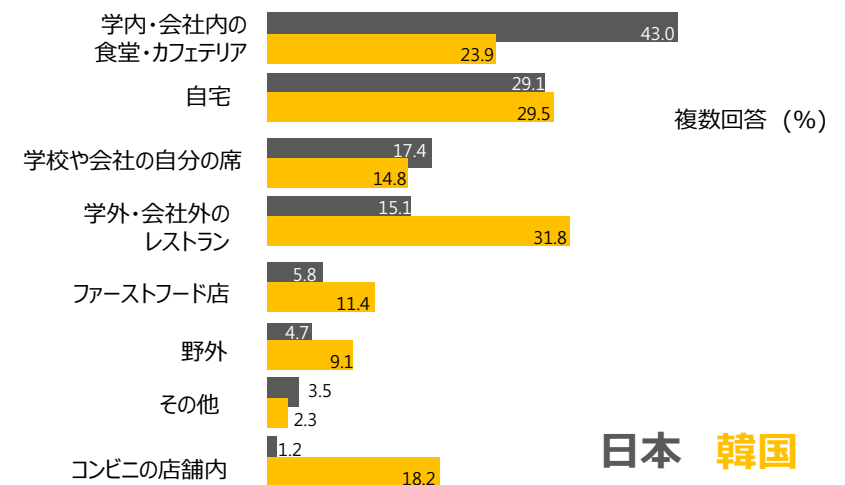
- ①「個食」 家族で食卓を囲んでも、家族それぞれが異なる好きなものを食べる
- ②「固食」 いつも同じものを食べる
- ③「子食」 子どもたちだけで食べる
- ④「孤食」 1人きりで食べる
- ⑤「小食」 食が細く食べる量が少ない・ダイエットのため食べる量が少ない
- ⑥「粉食」 粉を使った主食（パン、麺）を好んで食べる
- ⑦「濃食」 濃い味付けのものばかり食べる



3. 調査研究：孤食に関する日韓比較

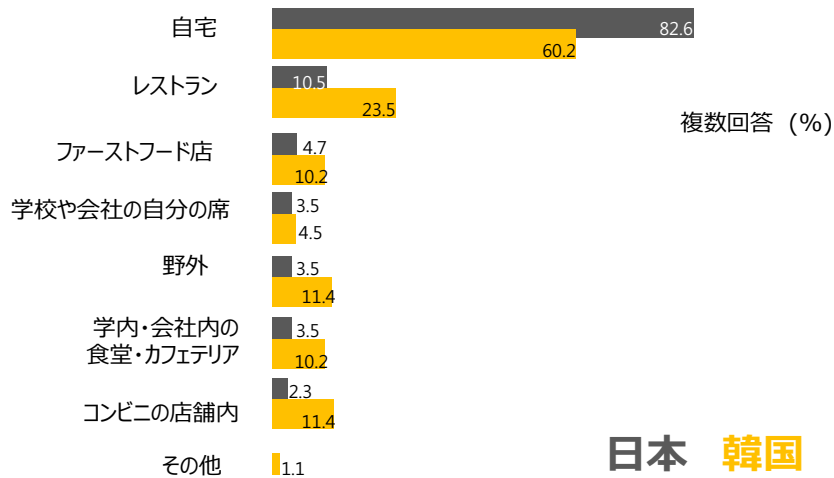


昼食で孤食をする時の場所 日韓比較

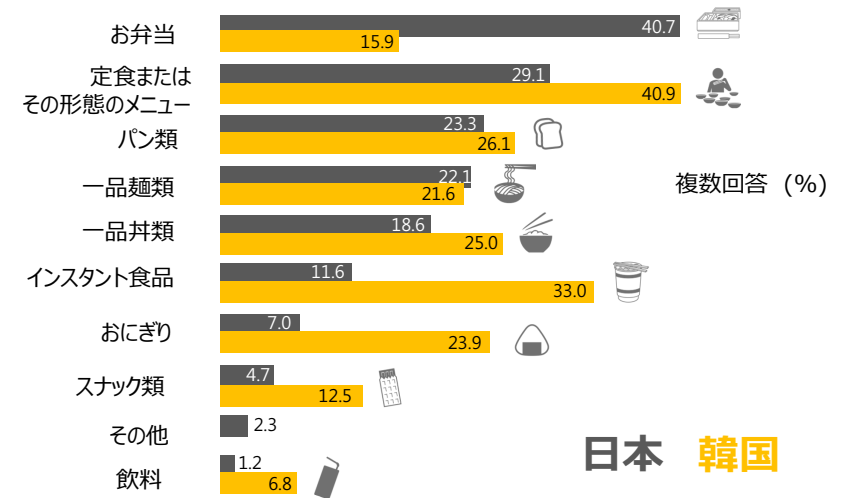


日本 韓国

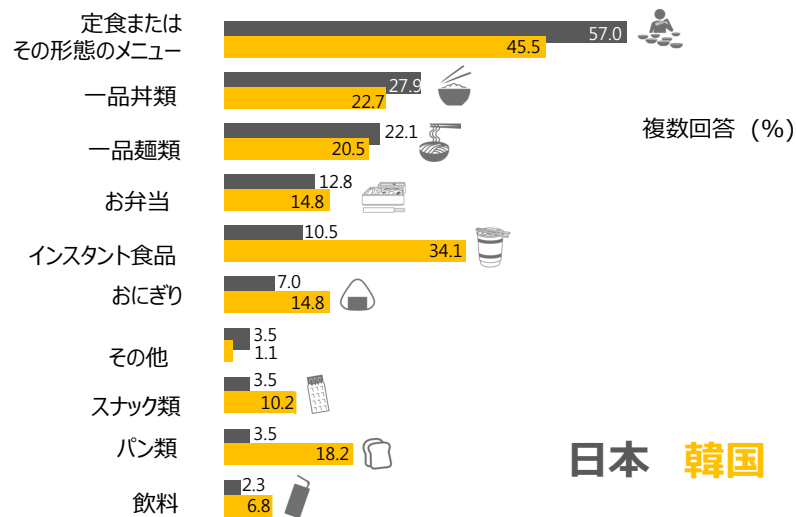
夕食で孤食をする時の場所 日韓比較



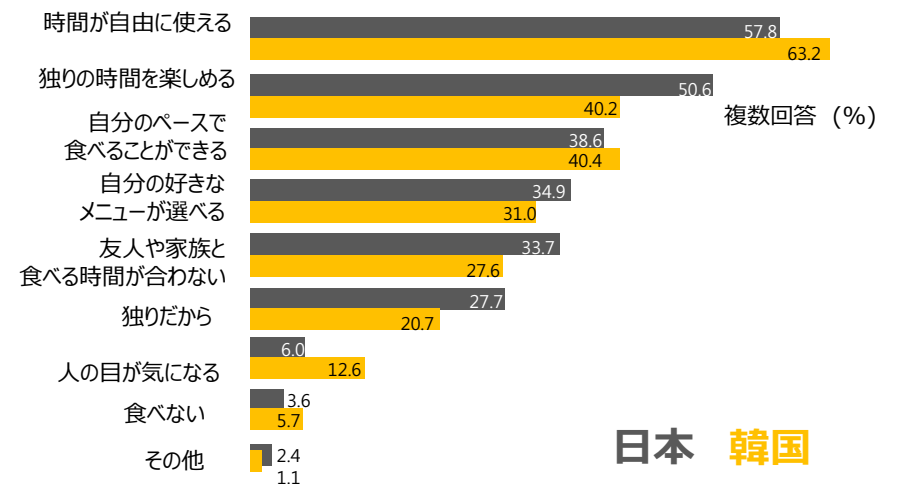
昼食で孤食をする時のメニュー 日韓比較



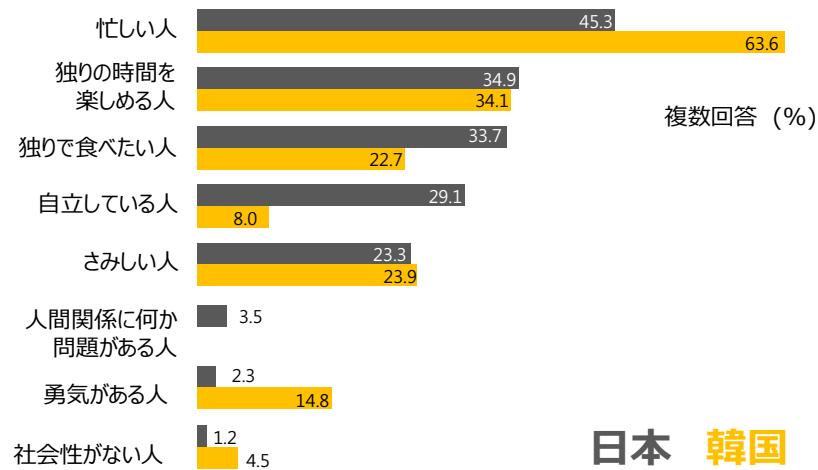
夕食で孤食をする時のメニュー 日韓比較



孤食をする理由の日韓比較



孤食をしている人に対する印象の日韓比較



昼食時の孤食頻度と人間関係によるストレスの日韓比較

日本					x ²	p
		ストレス				
		低	高			
		n = 53	(%)	n = 32	(%)	
孤食・個食少	40	75.5	8	25.0	20.677	0.000**
孤食・個食多	13	24.5	24	75.0		
韓国					x ²	p
		ストレス				
		低	高			
		n = 51	(%)	n = 37	(%)	
孤食・個食少	30	58.8	25	67.6	0.700	0.505
孤食・個食多	21	41.2	12	32.4		

結果まとめ

日本

- 孤食の頻度と対人ストレスに有意な関係性
- 孤食は「一人の時間を楽しむ」ため
- 孤食のイメージは「自立できている」

韓国

- 孤食メニューはコンビニのインスタント食品
- 孤食場所はコンビニ、学外・会社外のレストラン
- 孤食のイメージは「勇気がある」「忙しい人」

韓国における孤食では栄養バランスの崩れ
孤食に対する外食環境整備
孤食による家族・友人とのコミュニケーション機会の喪失

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