

Food literacy behavior change toward post-pandemic society

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The 2019 coronavirus (COVID-19) pandemic caused various changes in people's behaviors, particularly those related to eating and diet. Changes in eating behaviors caused by the pandemic have been investigated in diverse cultural and social contexts. In this presentation, the author will introduce several studies mainly conducted by his research team, focusing on the general food literacy behavior, including food waste, food consumption, cooking ability and preference. These studies were based on a series of longitudinal questionnaire surveys started from April, 2020. More than 30,000 samples were collected in these online surveys, from nationwide respondents in Japan. Based on the statistical analyses on and investigations into the dataset, we proposed a structural model of eating literacy behavior change during the pandemic. The model defined in our research provides informative suggestions for household food management during the COVID-19 pandemic, and similar situations in the future.

Keywords: SARS-CoV-2, cooking behavior, food waste, food consumption, stress, self-efficacy, communal eating