教員紹介(教育業績書)

氏名 ひらがな 職位 所属(学科等)

菊池 亮子 きくち りょうこ 助教 地域共生学科食物栄養コース

教育理念(学生へのメッセージ)

誰かのために、自分のために、栄養士の資格を活かしてほしいです。

自分の可能性を信じて2年間、一緒に頑張りましょう。

教育の責務

担当教科 調理学、調理学実習 I a·b, 調理学実習 II a·b、調理学実習 II ·Ⅳ、応用栄養学実

習、総合演習 A·B、地域と人々、学外実習 I·Ⅱ

教育活動 2 年生クラスアドバイザーを担当している。単位取得にむけて学習支援および生活

支援を行っている。

3 ポリシーと 担当している調理学、調理学実習 I a・b、Ⅱa・b では、DP における「Ⅱ確かな専門

教育活動 知識や技能」、また調理実習Ⅲ.IVでは、「IV課題解決能力」、「V主体的に学ぶ力」の

修得を目指す。

教育方法

講義科目においては、教科書に沿った内容のパワーポイントを作成し実施している。パワーポイントは書き込み式とし、学生へ配布している。また定期的に小テストを実施し、復習する時間を増やすことで専門知識の定着を期待する。実習においては、少人数グループとし、学生一人当たりの調理頻度を高めることで栄養士に必要な調理技術を修得させたい。

他者評価

令和 5 年度学生授からの業評価は、概ね満足という回答がみられた。またピアレビューでは肯定的な意見を得た一方で、スライドの映写、教材の表示に関する意見があったため改善を図っていきたい。

学生の学修成果

令和5年度の1年生前期科目である調理学実習 I では、S評価および A 評価の割合が全体の37%であった。 後期科目の調理学実習 II では、S 評価および A 評価の比率は下がり、25%であった。この要因は、前期の調理 基礎と比較して、後期の学習内容がより高度な応用力や複合的な技術を必要とするものになったためだと考え られる。

今後の目標(短期・長期)

短期: 栄養士に必要な専門知識および調理技術を修得できるようサポートをしたい。

長期: 授業および地域活動・ボランティア活動を通して学んだことを活かし、社会貢献できる栄養士を養成していきたい。

専門分野 (学問分野/専攻)

調理科学給食経営管理学

研究テーマ(研究領域)

大量調理機器を用いた食品の調理科学的変化に関する研究

摂食・嚥下機能に対応した食事のテクスチャーに関する研究

所属学会

日本栄養士会 日本調理科学会 日本栄養改善学会

日本給食経営管理学会

学歴·学位·免許資格

平成 29 年 3 月 長崎国際大学健康管理学部健康栄養学科卒業(管理栄養士名簿登録番号 第 223504号) 平成 29 年 4 月 長崎国際大学大学院健康管理学研究科健康栄養学専攻(修士課程)人学 平成 31 年 3 月 長崎国際大学大学院健康管理学研究科健康栄養学専攻(修士課程)体アを士(健康管理学) 職歴 平成 29 年 4 月 長崎国際大学 健康管理学部 健康栄養学科 助手(令和 2 年 3 月まで) 令和 2 年 4 月 長崎短期大学 地域共生学科 食物栄養コース 助手(令和 2 年 3 月まで) 令和 5 年 4 月 長崎短期大学 地域共生学科 食物栄養コース 助教(現在に至る) 教育研究業績 著書、学術論文等の名称 発行所、発表雑誌等文は発表学会等 平成 29 年 5 月 Comparison of Nutrient Intake between Japanese Female Elite and Collegiate Karate Play 1000290, 2018 平成 31 年 2 月 大量調理機器を用いた湿式加熱が野菜類の性状に与える影響 長崎国際大学院 修士論文 究 72001104172/2324-980. 1000290, 2018 平成 31 年 2 月 大量調理機器を用いた湿式加熱が野菜類の性状に与える影響 長崎国際大学論義第 22 巻 p129-138 2021 令和 3 年 3 月 大量調理機器を用いた加熱法および水冷時間がほうれん草の品質に 長崎国際大学論義第 22 巻 p145-151 2022 令和 5 年 3 月 大量調理機器を用いた加熱法および水冷時間がほうれん草の品質に 長崎国際大学論義第 23 巻 p86-89 2023 十年 5 年 3 月 「発達期損食・障害児(者)のための熊下調整食分類 2018月に則し 長崎国際大学論義第 23 巻 p86-89 2023 社会における活動等 (学会・研究会等の委員・役員/講演会/社会貢献/表彰/他) 令和元年 3 月 「投食・嚥下に関する講話」関内研修/児童発達支援センター佐世保市立すぎのこ園 ながさき県民大学講座「形態食に関する講話」実習補助 /長崎県立佐世保特別支援学校 公開講座/令和 4 年度地域介護者教室(嚥下調整食講座)参加/主催:長崎国際大学健康管理学 部健康栄養学科、後援・佐世保市保健福祉部健康づくり課 公開講座/令和 4 年度地域介護者教室(嚥下調整食講座)参加/主催:長崎国際大学健康管理学 部健康業養学科、後援・佐世保市保健福祉部健康づくり課			i.
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部健康栄養学科、後援:佐世保市保健福祉部健康づくり課令和4年12月 公開講座/令和4年度地域介護者教室(嚥下調整食講座)参加/主催:長崎国際大学健康管理学部健康栄養学科、後援:佐世保市保健福祉部健康づくり課	令和元年 3月	ながさき県民大学講座「形態食に関する講話」実習補助 /長崎県	立佐世保特別支援学校
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	令和 4 年 12 月	公開講座/令和 4 年度地域介護者教室(嚥下調整食講座)参加/	/主催:長崎国際大学健康管理学
令和 5 年 11 月 「子育で・親育ち講座」講師/波佐見町連携事業		部健康栄養学科、後援:佐世保市保健福祉部健康づくり課	
	令和 5 年 11 月	「子育て・親育ち講座」講師/波佐見町連携事業	

Faculty introduction (Educational achievements)

Name	Position	Affiliation (Department, etc.)
Kikuchi Ryoko	Assistant Professor	Department of Regional Collaboration
		/ Nutrition and Food Science course

Education philosophy (Message to students)

I want you to utilize your dietitian qualifications for others and for yourself. Believe in your potential and work hard together for two years.

Educational responsibilities

Subjects	Cookery Science, Cooking Practice I a/ I b/ II a/ II b, Cooking	
	Practice ${\rm I\hspace{1em}I}$ / ${\rm I\hspace{1em}V}$, Practice in Applied Nutrition, Comprehensive	
	Exercises A/B, Practical Training I / II	
Educational activities I am in charge of the second year class advisor, providir		
	and lifestyle support to help students obtain credits.	
3 Policies and	In the Culinary Science, Cooking Practice I.a/ I.b $$ and II.a/ II b, which I	
Educational activities	cational activities am in charge of, I aim to help students acquire "II. Solid Specialize	
Knowledge and Skills" in DP, and in Cooking Practical Training I		
	"IV. Problem-solving ability" and "V. Ability to learn independently".	

Education method

In the lecture subjects, the content is presented using PowerPoint in line with the textbook. PowerPoint is written and distributed to students. In addition, we expect to consolidate specialized knowledge by conducting quizzes regularly and increasing the time for review. In the practical training, we will use small groups and increase the frequency of cooking per student so that nutritionists can acquire the cooking skills necessary.

Evaluation by others

The evaluation of the course by students in the 2023 academic year was generally satisfactory. In addition, while the peer review received positive feedback, there were also comments regarding the projection of slides and the display of teaching materials, which we would like to improve.

Student achievements

In the first semester subject for first-year students in the fifth year of Reiwa, Culinary Science Practical Training I, the proportion of S and A grades was 37% of the total. However, in the second semester course, Culinary Arts Practicum II, the ratio of S and A grades decreased to 25%. This is thought to be due to the fact that the content of the second half of the program has become more advanced than the basic cooking skills taught in the first semester, requiring applied skills and complex techniques.

Future goals (short term and long term)

Short-term goals: I would like to support nutritionists so that they can acquire the necessary specialized knowledge and cooking skills.

Long-term goals: I would like to use what is learned through classes, community activities, and volunteer activities to train nutritionists who can contribute to society.

Specialized field (academic field / major)

Cookery Science Food Service Management

Research theme (research area)

Department of Health and Nutrition April 2017 Enrolled in the Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University March 2019 Completed the Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University Master (Health Management) Work history April 2017 Assistant Professor, Department of Health and Nutrition, Faculty of Health Management, Nagasaki Junior College, Department of Community Symbiosis, Food and Nutrition Course, Assistant April 2020 Nagasaki Junior College, Department of Community Symbiosis, Food and Nutrition Course, Assistant Professor (to the present) [academic paper] May 2017 Comparison of Nutrient Intake between Japanese Female Elite and Collegiate Karate 7,2DCI:10.4172/2324-9080. Play February 2019 Study on Cooking Characteristics of Food in Wet Heating Using Mass Cooking Equipment Thesis March 2021 Effect of Wet Heating Using Mass Cooking Nagasaki International University Review Vol. 21 Equipment on Properties of Vegetables pl 129-138 2021 March 2022 Examination of texture according to the stage of eating function in nursing care food pl 45-151 2022 March 2022 Effects of Heating Method and Water Cooling Time on Spinach Quality Using Mass Cooking Pl39-135 12022 March 2022 Effects of Heating Method and Water Cooling Time on Spinach Quality Using Mass Cooking Pl45-151 2022 March 2022 Devising morphological adjustment and Vagasaki International University Review Vol. 23 Equipment March 2022 Devising morphological adjustment and Vagasaki International University Review Vol. 23 Equipment On Swallowing Adjustment Diet for Children with Developmental Dysphagia 2018* Activities in society (members / officers of academic societies / study groups / lectures / social contributions / commendations / others)	Research on scientific changes in food preparation using mass cooking equipment				
Japan Cooking Science Society Japan Society for Nutrition Improvement Japan Food Service Management Education / degree / license March 2017 Graduated from Nagasaki International University Faculty of Health Management, Department of Health and Nutrition April 2017 Enrolled in the Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University March 2019 Completed the Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University Master (Health Management) Work history April 2017 Assistant Professor, Department of Health and Nutrition, Faculty of Health Management, Nagasaki Junior College, Department of Community Symbiosis, Food and Nutrition Course, Assistant April 2020 Nagasaki Junior College Department of Community Symbiosis Food and Nutrition Course Assistant Professor (to the present) [academic paper] May 2017 Comparison of Nutrient Intake between JournalofAthleticEnhancement Japanese Female Elite and Collegists Karato Play February 2019 Study on Cooking Characteristics of Food in Wet Nagasaki International Graduate School Master's Hoating Using Mass Cooking Equipment Hoating Using Mass Cooking Equipment Hoating Using Mass Cooking Play 129–138 2021 March 2022 Effect of Met Heating Using Mass Cooking Play-138 2021 March 2022 Effect of Heating Method and Water Coolling Time on Spinach Quality Using Mass Cooking p86-89 2023 Equipment March 2022 Devising morphological adjustment and Nagasaki International University Review Vol. 23 Classification of Swalloving Adjustment Diet For Children with Developmental Dysphagia 2018' Activities in society (members / officers of academic societies / study groups / lectures / social contributions / commendations / others)	Study on meal texture corresponding to feeding and swallowing functions				
Japan Food Service Management Education / degree / license March 2017 Graduated from Nagasaki International University Faculty of Health Management, Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University March 2019 Completed the Department of Health and Nutrition (Master's Program), Graduate School of Health Management, Nagasaki International University Master (Health Management) Work history April 2017 Assistant Professor, Department of Health and Nutrition, Faculty of Health Management, Nagasaki International University (until March 2020) April 2020 Nagasaki Junior College, Department of Community Symbiosis, Food and Nutrition Course, Assistant April 2023 Nagasaki Junior College Department of Community Symbiosis Food and Nutrition Course, Assistant Professor (to the present) [academic paper] May 2017 Comparison of Nutrient Intake between JournalofAthleticEnhancement Japanese Female Eite and Collegiate Karate 7-200E10.4172/2324-9080. Play Play February 2019 Study on Cooking Characteristics of Food in Wet Nagasaki International Graduate School Master's Heating Using Mass Cooking Equipment Thesis March 2021 Effect of Wet Heating Using Mass Cooking Nagasaki International University Review Vol. 21 Equipment on Properties of Vegetables p129-138 2021 March 2022 Effects of Heating Method and Water Cooling Nagasaki International University Review Vol. 23 Time on Spinach Quality Using Mass Cooking p98-89 2023 Equipment March 2022 Effects of Heating Method and Water Cooling Nagasaki International University Review Vol. 23 evaluating its texture in accordance with the p101-109 2023 "Classification of Swallowing Adjustment Diet Or Children with Developmental Dysphagia 2018" Activities in society (members / officers of academic societies / study groups / lectures / social contributions / commendations / others)					
Japan Food Service Management	Japan Cooking So	cience Society Japan Society for Nut	rition TJapan Dietetic Association		
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for Children with Developmental Dysphagia 2018" Activities in society (members / officers of academic societies / study groups / lectures / social contributions / commendations / others)		evaluating its texture in accordance with the	p101-109 2023		
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2018" Activities in society (members / officers of academic societies / study groups / lectures / social contributions / commendations / others)		for Children with Developmental Dysphagia			
contributions / commendations / others)					
contributions / commendations / others)					
March 2019 Lecture on Feeding and Swallowing" In-school training / Child Development Support			school training / Child Development Support		

	Center Sasebo City Suginokoen
March 2019	Nagasaki Prefectural University Lecture "Lecture on Morphological Food" Practical
	Training Assistance / Nagasaki Prefectural Sasebo Special Needs School
December2021	Open lecture / Participation in the Reiwa 3rd year community caregiver class (swallowing
	adjustment diet course) / Organizer: Department of Health and Nutrition, Faculty of
	Health Management, Nagasaki International University, Supported by: Health Promotion
	Division, Health Promotion Division, Health and Welfare Department, Sasebo City
December2022	Open lecture / Participation in the Reiwa 4th year community caregiver class (swallowing
	adjustment diet course) / Organizer: Department of Health and Nutrition, Faculty of
	Health Management, Nagasaki International University, Supported by: Health Promotion
	Division, Sasebo City Health and Welfare Department
November2023	Childcare and parenting course \H lecturer $/$ Hasami Town collaboration project