

POSTER

VERIFICATION OF THE FOOD PREPARATION HYPOTHESIS AMONG INDIVIDUALS RESPONSIBLE FOR COOKING, STUDYING AT A CULINARY SCHOOL

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ABSTRACT

Food on the one hand is necessary for survival, on the other poses a potential pathogen threat. According to the food preparation hypothesis, individuals responsible for preparing food are more sensitive to disgust in order to minimize the risk of consuming and providing others with food that may contain pathogens or parasites. The aim of the study was to verify this hypothesis by examining whether students in culinary schools show higher sensitivity to pathogen and food disgust compared to their peers not involved in gastronomy. Sensitivity to these forms of disgust was measured in students of culinary schools, whose practical experience in food preparation for others, as well as their social responsibility or role linked to food preparation, increases with each year of education. The study used the Food Disgust Scale, the Picture Food Disgust Scale, and the pathogen subscale of the Three Domains of Disgust Scale. The research sample included 500 students from five classes in cook and nutrition and gastronomy technician programs, with the control group consisting of their peers from high school, who were not involved in food preparation for others, either educationally or experientially. The data were analyzed using linear multiple regression, and the results were interpreted within the framework of evolutionary psychology.