

AN ABSTRACT OF THE THESIS OF

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SERVICE

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Since the management of family meals has been a major task in most homes throughout the United States and because of its importance to family members, this study was undertaken to examine the management practices used by homemakers in preparing and serving meals.

A questionnaire, developed by the researcher with the assistance of the Home Management Department staff was sent to 300 homemakers in the Willamette Valley of Oregon randomly selected from telephone directories. A total of 136 questionnaires were returned, 105 of which were coded and analyzed. Thirty-one questionnaires were omitted from the study either because they were incomplete or received too late to tabulate.

All homemakers reported they lived with their husbands except one who was a widow. Homemakers ranged in age from 20 to over

60 years; however 81 were under 50 years of age. Seventy-six families in the sample had children living at home and the average number of children in these families was 2.5.

Eighty percent of the homemakers and their husbands had completed 12 years of school. Twelve percent of the homemakers and 20 percent of the husbands had completed four years of college, and over 40 percent of the homemakers and their husbands had received some post high school education.

Thirty-four percent of the homemakers were employed full time and seven percent had part-time employment. Full-time homemakers composed 58 percent of the group. Eighty-eight percent of the employed homemakers did not have preschool age children at home.

Thirty percent of the husbands were employed as skilled laborers, 17 percent as professionals, and 14 percent in farming and related occupations. Ten percent of the husbands were either retired or attending college.

Findings from this study show that about 90 percent of the families eat the evening meal together, about 60 percent eat breakfast together, and less than 30 percent eat the noon meal together during the week. Families ate more meals together on Sunday than any other day of the week. Families had a set hour for mealtimes during the week, but the weekend mealtimes tended to be flexible.

When meals were eaten away from home, 37 percent of the

families dined at restaurants and 25 percent dined with relatives. Husbands and older children often carried sack lunches and ate in cafeterias. All families members indicated eating with friends.

Most homemakers felt it was important for family members to eat meals together. The main reasons given by homemakers for eating meals together were convenience, companionship, and communication. Few families viewed television regularly during mealtime.

Most meals were served in the kitchen; however 57 percent of the homemakers had more than one room where meals could be served.

Seventy percent of the homemakers entertained guests at least once a month. Most homemakers entertained four to six guests for a meal at one time; however about one-fourth of the homemakers entertained 15 to 30 guests on holidays and family get-togethers.

Homemakers were responsible for about 90 percent of the meal preparation and estimated spending an average of 11 hours and 56 minutes per week on food preparation. More time was spent preparing the evening meal than any other meal, and more time was spent on meal preparation on the weekend than during the week.

About 70 percent of the homemakers used country-style service in which food was placed in serving bowls and passed around the table for the evening meal and 40 percent used plate service for the morning meal. Plate service was not used for evening and guest meals.

The results indicate that most homemakers in this study do not

use any type of table covering regularly. Paper napkins are used regularly by homemakers on both weekdays and weekends.

Homemakers did the major food shopping for the family, usually on Thursday, Friday, or Saturday. Over half of the homemakers reported shopping once a week. Other homemakers shopped several times during the week, every two weeks, or monthly.

Most homemakers enjoyed preparing meals. While many homemakers did not like help preparing meals, they wanted help with table setting and clean up.

Management Practices Used  
in Family Meal Service

by

Winona Havranek Carlson

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# MANAGEMENT PRACTICES USED IN FAMILY MEAL SERVICE

## I. INTRODUCTION

Recent literature emphasizes the idea that American families are becoming more casual in their dining habits (LaGanke, 1957; Montague, 1958; Wright, 1951). Very few homes today have household servants to help care for the house and to prepare and serve meals. Families are involved in activities outside the home including work, school, and community activities. It is thought that fewer and fewer families spend time together and that there is less family interaction at mealtime (Thorpe, 1957; Montague, 1958).

Modern technology has eased the work load of today's homemaker (Cavan, 1960). It is expected that there will be less preparation of food at home in the future because more processing will be done away from home. Appliances such as the electronic range can be expected to change the time needed for food preparation.

The basic purpose of this study is to explore management practices used by families in meal service. This study has been undertaken in an attempt to answer the following questions. How are meals served in homes today? What meals do families eat together? How often do families eat away from home? Where do families eat meals in the home? Do families watch television while eating meals? How

much help does the homemaker have with meal preparation and service? Do meal management practices of the gainfully employed homemaker and the full-time homemaker differ?

In home management, we are concerned with values, goals, and standards, as well as the use of resources. Since values are basic to what is important to the individual, they underlie the homemaker's goals. The homemaker's goals directly affect the allocation and use of resources.

Among the resources involved in meal service are money, time, energy, skill, attitudes, abilities, and knowledge. A family may use these resources in a variety of ways to realize a certain goal. For example, if time is important to a homemaker, she may use more money for food and spend less time in meal preparation. Another homemaker may have less money to spend and may use more time to prepare economical meals. Attitudes will also affect the time and energy expended in meal preparation as research has shown that people spend more time doing tasks they enjoy and less time on tasks they dislike (Manning, 1968).

In teaching home management we need to understand families and the way they live. Effective teaching meets a need when it has some association with the learner's experience. To accept an idea foreign to the method used in the home is sometimes difficult. Therefore, we need to continually learn about what families do. For

example, in management we see the need to teach about the allocation of resources. Work simplification helps in effectively using time and energy, but it is difficult for students to see the value of using a cart or tray when they have not felt the limitations in the use of either of these resources. Also, when students do not use work simplification techniques at home, they resist the techniques when presented in class. In high school teaching, the author has observed resistance to work simplification and also to trying types of meal service which differ from those used in the student's home. Students have found it difficult to accept and try family service in which a family member serves the plates and then passes them to those being served when this type of service has never been a part of their experience as a guest or as a child at home.

## II. REVIEW OF LITERATURE

The literature reviewed in this chapter has been divided into five sections: 1) Importance of family meals, 2) Time spent in meal management activities by the homemaker and other family members, 3) Management practices used in food shopping, 4) Serving meals, and 5) Entertaining guests.

### Importance of Family Meals

Between 1948 and 1952, Thorpe (1957) collected data from 50 farm and 50 town families. Families kept a record of their activities in the house from rising to retiring for a three-day period which included a Saturday, a Sunday, and a weekday. Her findings from this study indicated that the average time spent eating by farm families was: 51.1 minutes on Saturday, 47.8 minutes on Sunday, and 36.9 minutes on a weekday. The town families averaged 34.7 minutes on Saturday, 30.9 minutes on Sunday, and 25.5 minutes on a weekday. Thorpe's study indicated that the whole family spent relatively little time together. She found the family mealtime to be the most important activity shared by the family with leisure the second most important activity. Thorpe concluded that since the amount of time the family spends together is limited, the time spent is important in building family solidarity, and in fostering social development

of children.

Montague (1958) in his article "Are We Forgetting How to Eat? " quoted a survey of over 4,000 teenagers in which it had been found that only 29 percent dined regularly with their parents. In the study, regularly was defined as more than three times per week. Montague states, "Yet the family meal can be one of the most important ritual, that is psychological, influences on the development of the child's personality" (12, p. 179).

In Snow's study (1950) families kept time records for a week. From her data on 39 families, Snow found that 37 of the 39 families ate together at least once during the week. During the entire week, families ate together about 44 percent of the time. She found only one family that shared three meals a day for the entire week. "Eating supper together accounted for 44 percent of all meals shared" (17, p. 46).

Hearn (1963) found in her research that "nearly all wives and most husbands preferred the family eat as many meals as possible together" (8, p. 53). The evening meal is important as this tends to be the one time of day that most family members can share with each other. Hearn's study also indicated that many families have a set hour for all dinner meals and expect family members to be present at the stated time.

In eight states in the Western United States, 1,149 families



participated in a cooperative study on the housing needs of farm families. According to this study, "measured in terms of frequency and the number of persons affected, the serving of meals is one of the foremost activities in every home" (25, p. 21). The following conclusions were drawn in regard to the number of persons eating meals together:

in the majority of households, the number eating breakfast together is the same as the number in the household. This holds true for 89 percent of the one and two person families. As household size increases, the percentage decreases, dropping to 53 percent among households of seven or more. The same trend is evident for the noon meal though the percentages are lower than the breakfast figures for corresponding household size groups since some family members are likely to eat at different times or to eat away from home at noon. At the evening meal the percentage of households in which the entire number eats together is higher than for either of the two meals. (25, p. 23)

Bossard, Boll, and Sanger (1950) in an article concerning neglected areas in family life study were concerned about family mealtime as well as other neglected aspects of family life. They stated:

There are two places where the family spends most of its time as a group. They are in the dining room and the living room. The relative importance of these two varies, but it seems safe to say that for most American families, the dining room takes first place. It is here that the family meets regularly, repeatedly and in intimate participation. In lower class families it is particularly the dining room that is the social center of the household. (4, p. 68)

These authors felt that the family meal was very important and they indicated this in the following quotation:

The specific nature and role of the family meal in any particular home is a matter of both circumstance and choice. In one respect, it is the product of the kind of people that compose the family in their occupations, and their attitudes toward life and toward one another; but in many ways, the family meal becomes a factor which determines the foregoing in some measure. Families make family meals what they are but it is equally true that family meals make families what they are. (4, p. 69)

Bossard, Boll, and Sanger felt that attention should be given to impressive details, to colorful china, to candlelight, to good etiquette, and to other details that help create a pleasant atmosphere for the family. They felt that family meals could act as a factor in family stability.

Time Spent in Meal Management Activities  
by Homemakers and Other Family Members

Wiegand (1954) studied how full-time and part-time homemakers used their time. Her findings indicated that approximately two and one-half hours are spent daily in food preparation and dishwashing. In this study, 20 percent of the homemakers received some help in food preparation from a family member. The husband or a daughter were the family members who most often helped with food preparation. Dishwashing was the major task with which the homemaker received help.

In 1956 Cowles and Dietz studied time records kept for one week by a group of 85 Wisconsin homemakers. Their research

indicated that food preparation and clearing away took the greatest portion of the homemakers' time. They found that:

The total time spent in homemaking per week by the homemaker, went up as the household became larger. This increase was particularly apparent in food preparation and clearing away. Food preparation and clearing away increased from 16-1/2 hours to 22-2/3 hours as the household size increased from two to seven. (6, p. 31)

Food preparation activities accounted for about 37 percent of the homemakers' time.

Bailey (1960) used interviews and questionnaires to collect data from 428 families in Georgia between 1958 and 1960. For this study names were selected at random from the city directory. Findings in her study indicated that full-time homemakers spent 2.28 hours in food preparation compared to 1.79 hours spent by employed homemakers. "Homemakers with larger families spent more time in preparation of food than did those with smaller families" (2, p. 10). She also found that 17 percent of the homemakers had paid helpers in the home and that more employed homemakers used paid helpers.

Smith (1961) observed 100 farm families. Her findings indicated that "time spent on food operations was more consistent than time spent for any other activity regardless of the variable studies" (16, p. 6). The homemakers in her study spent 32 percent of their total homemaking day or nearly four hours for food operations. She found some variation in the time spent with the season of the year. Smith

found only one percent difference in the amount of time used for food preparation in four and five member households and that used for six and seven or more. Homemakers in this study did not receive substantial help from other family members.

Hearn (1963) found that husbands who frequently participated in the preparation of meals were men who had working wives. However, Snow (1950) found that "more husbands helped with household activities in homes where wives did not work outside the home than in homes where wives worked. . . . About one half of the husbands shared household activities with their wives; the household activity most often shared was that of dishwashing" (15, p. 49).

Hearn (1963) also found that "pre-school age children seldom participated in meal preparation" (8, p. 67). Young children did help set the table; however most older children were expected to help in some way.

Manning (1968) studied time records kept by 111 Indiana families. In her study, none of the wives were employed for more than 15 hours per week outside the home and both husband and wife were present in the home. Manning divided food management into five tasks: meal preparation, dishwashing, special food preparation, packing lunches, and food preservation. She found that "all food tasks together averaged 17.7 hours in the homemaker's week, making food management the most time-consuming of all household activities

studied" (11, p. 7). The homemakers received the most help with meal preparation and dishwashing. "Forty-seven percent of the helper's time was devoted to these two tasks" (11, p. 7).

Manning stated that attitude influenced the time spent in meal preparation. Homemakers who liked meal preparation spent more time on the task. An additional factor influencing the time spent was the age of the homemaker. "Meal preparation time increased with the age of the homemaker" (11, p. 8). Time spent per individual meal served decreased as the family size increased.

### Management Practices in Food Shopping

Wiegand (1954) reported that three-fifths of the farm households made weekly trips for groceries; however, one-half of the city and one-third of the farm homemakers reported making three or more trips per week for food.

Bailey (1960) found that in three-fourths of the families she studied, the wife alone was responsible for purchasing groceries. In one-tenth the husband alone purchased groceries and in one-sixth of the families the husband and wife shared this activity.

O'Brien (1961) studied the managerial process used in food shopping by 150 non-farm homemakers in Lansing, Michigan. In her study, 54 percent of the homemakers reported making two or three

trips to the grocery store per week, 40 percent made one trip, and about six percent reported shopping daily. About 70 percent of the homemakers made plans for needed food before shopping.

### Serving Meals

Rees (1959) interviewed 210 homemakers to explore the use and meaning of food in different socio-economic groups. Socio-economic status was based on the education of the homemaker, the family income, prestige of the husband's occupation, and social participation in formal organizations by both the husband and the wife. The respondents in the study lived in a two parent household and had at least one child. The homemaker and her husband ranged in age from 30 to 39 years.

Eighty-five percent of the homemakers in Rees' study reported using serving dishes and placing the food on the table for the evening meal. Thirty-five percent of the homemakers used plate service for breakfast and 18 percent helped themselves from pans on the range. "Homemakers in the upper status categories were more likely to serve plates and less likely to use serving dishes or to allow people to help themselves than homemakers in the lower status categories" (14, p. 75). For the evening meal, Rees found no difference between status categories.

Rees also found that 40 percent of the homemakers used no table

covering for breakfast, but 40 percent used a cloth at noon, and 50 percent used a cloth for the evening meal. Fifty-nine percent of the homemakers in the upper socio-economic group used a table cloth for the dinner meal compared to 43 percent in the lower socio-economic group. Homemakers in the lower socio-economic group were more likely to use the table top or a plastic table cover rather than a fabric table covering.

And Rees found that 66 percent of all meals were eaten in the kitchen. Fourteen percent of the meals were eaten in the dining room, and 20 percent were eaten in kitchen-dining or dining-living combinations. She found no significant difference in rooms used for homemakers in various status positions.

Smith (1961) in her observations found that the kitchen was used for eating 80 percent of the time. From this study, the author suggested that the dining area in the kitchen should be arranged so it could be used for a variety of purposes because of the many activities centered around the kitchen.

Data reported in the study on the housing needs of Western farm homemakers (1952) indicated that the majority of homemakers preferred to have two places to serve meals and most homemakers (89 percent) wanted one of these places to be located in the kitchen (25, p. 25).

This trend in dining can be attributed to the changes that have

occurred in housing design over the last thirty years. According to Faulkner:

As house size shrank, household help became scarce, and food costs rose, there was a short lived trend to minimize the importance of eating together, to accent efficiency rather than pleasantness. (7, p. 31)

In most homes designed today, a separate dining room is no longer considered a necessary part of the home. It has been replaced by an eating area off the kitchen, a bar, or has become a part of the living area (LaGanke, 1957; Kinder, 1962). Homes are being designed to meet the needs of families in various stages of the family life cycle and to incorporate areas to meet changes in family living as well as to make it possible for the homemaker to get her job done.

### Entertaining Guests

The following references relate to the number and frequency of entertaining guests and to the formality of entertaining.

In the study on the housing needs of Western farm homemakers (1952), 16 percent of the families reported serving guest meals once a week, 27 percent every two weeks, 26 percent every three or four weeks, 24 percent less than once a month, and seven percent indicated they never served company meals. Two factors, the level of living and the age of the homemaker, were involved in the frequency of entertaining. The homemaker sixty-five and over rarely prepared



meals for guests.

The median number of guests invited for a meal was three to four in founding families and five to six for other families. Of 1,073 families, 11 percent invited one or two guests for meals, 36 percent invited three or four, 24 percent invited five or six, 12 percent invited seven or eight guests, and 25 percent served nine or more guests at one time.

The space available for dining and the frequency of entertaining were both influenced by the level of living. "As level of living rating increases, so does the percentage of those desiring more than one dining area" (25, p. 25).

The Wrights (1951) emphasized the importance of an informal, relaxed form of entertaining. They suggested using paper plates and cups, range to tableware, a minimum of silverware, and simplifying meal preparation and service. Their motto is "let the guests help." A study was quoted to point up the labor saving values of paper service for large groups. A buffet for 42 people was given using china and glassware for the service. Four hours were required for clean-up, mainly dishwashing, and an additional two and one-half hours were required for laundering napkins. One-half hour was required for clean-up when paper plates, cups, and napkins costing four dollars were used. The basic principle of the new etiquette

proposed by the Wrights was "to make entertaining less work and more play for everyone concerned" (26, p. 167).

### III. METHODOLOGY

#### Construction of Instrument

To investigate management practices used in family meal service, a questionnaire was developed by the researcher with the assistance of the staff of the Home Management Department at Oregon State University. The questionnaire was pretested by a group of 11 women at a Home Extension Unit meeting of the Cooperative Extension Service in Benton county. Their suggestions were used to modify the questionnaire; and it was pretested again, revised, and prepared for mailing.

The first page of the questionnaire was used to collect demographic data about the families. For twenty-three questions the homemaker checked a response that was most like what she and her family did. Short written answers were required for nine of the questions and two questions required matching the meals with the time of week. Three open-end questions were included to examine the homemakers attitudes toward mealtime, breakfast preparation, and having guests help with meal preparation and service. (See appendix)

#### Selection of Subjects

Subjects for this study were selected at random from the Eugene-Springfield and Salem telephone directories. The

Eugene-Springfield directory included many small towns two of which were Harrisburg and Junction City.

The composition of the sample selected was based on the proportion of urban-rural population for the state of Oregon. According to the Census of Population, 1960, Oregon's urban population was about 60 percent of the total population of the state and the rural population was about 40 percent. Therefore, Salem and Eugene were selected to represent urban areas and Harrisburg and Junction City were selected as representative of rural areas in the Willamette Valley. Sixty percent or 180 questionnaires were mailed to Salem and Eugene with an equal number going to each city. Forty percent of the questionnaires were mailed to Harrisburg and Junction City with Harrisburg receiving 50 and Junction City 70.

To select the subjects, one name was taken from each page of the Eugene-Springfield and the Salem directories until the desired number for the sample was reached. Names were taken from the same column and position on each page. Fifteen names per page were taken from the Harrisburg listings and 10 names per page were taken from the Junction City listings. If the name happened to be a business or an organization, the name directly above was used.

Three hundred questionnaires were mailed and 136 (43 percent) were returned. Thirty-one questionnaires were omitted from the final study either because the respondents had only completed one

side of the questionnaire which was printed on both sides of the page, or because the questionnaire was returned too late to include in the tabulations. A total of 105 (35 percent) of the questionnaires were tabulated and analyzed. Of the 105 completed questionnaires, 30 were returned from Eugene, 34 from Salem, 24 from Harrisburg, 12 from Junction City, and five from other cities. Respondents from other cities were families who had moved from the area but returned the forwarded questionnaires.

#### Analysis of Data

After the questionnaires were returned, responses to the questions were coded and summarized by the researcher. Data was analyzed and examined to determine findings.

#### IV. RESULTS

The findings from the questionnaires used to collect data for the study will be described in this chapter.

##### Characteristics of Sample

##### Age of Homemaker

Homemakers were asked to indicate their age by precategorized age groups. All homemakers in the study designated their age group. The largest group of homemakers (30 percent) was under 30 years of age. Most of the homemakers (77 percent) were under 50 years of age and only eight percent of the sample was over 60 years of age.

The size of household by age of homemaker is shown in Table 1. All households had at least two members and no household had over eight members. The median size of household was four. The mode for the household size was two.

Table 1. Size of household by age of homemaker

Number in Household	Age of Homemaker					Total	Percentage
	20-30	31-40	41-50	51-60	over 60		
2	5	0	4	13	7	29	27
3	4	1	6	2	1	14	13
4	12	5	6	2	0	25	24
5	6	9	11	0	0	26	25
6	3	4	0	0	0	7	7
7	1	1	0	0	0	2	2
8	<u>0</u>	<u>1</u>	<u>1</u>	<u>0</u>	<u>0</u>	<u>2</u>	<u>2</u>
Total	31	21	28	17	8	105	100.0

### Education Level of Homemakers and Their Husbands

The homemakers were asked to indicate the highest educational level attained by themselves and their husbands. Results are shown in Table 2.

Table 2. Highest educational level attained by homemakers and their husbands

<u>Year in School</u>	<u>Homemaker</u> Number	<u>Husband</u> Number	<u>Homemaker</u> Percentage	<u>Husband</u> Percentage
Grades 5-8	7	10	6.8	10.0
9-11	13	10	12.4	10.0
12	38	31	36.0	30.0
Vocational	13	9	12.4	8.0
College				
1-3 years	19	18	18.0	17.0
4 years	13	10	12.4	10.0
Post College	2	10	2.0	10.0
No response	<u>0</u>	<u>6</u>	<u>0.0</u>	<u>5.0</u>
Totals	105	104	100.0	100.0

Eighty percent of the husbands and wives have completed grade 12 or higher. Of the 20 percent who did not complete high school, ten percent of the husbands and 6.8 percent of the homemakers had eight years or less of education.

Twelve percent of the women and ten percent of the men completed four years of college; however, an additional ten percent of the men received post college training compared to only two percent of the women. Over 40 percent in each group had received some post high school education.

### Employment Status of Homemakers

Table 3 shows the number and percentages of homemakers in each occupational group. Thirty-four percent of the homemakers in the study were employed full-time and seven percent were employed part-time. Only one homemaker, a widow, was the head of a household. Full-time homemakers composed 58 percent of the total group. One homemaker did not answer the question.

Of the 43 employed homemakers, 37 percent were in clerical positions, 32 percent in the professional group, 12 percent in managerial, five percent in technical, and five percent in sales occupations. Most of the homemakers in the professional class were employed as teachers.

Table 3. Employment status of homemakers

Occupation	Number	Percentage
Professional	13	12
Technical	2	2
Managerial	5	5
Service	6	6
Clerical	15	14
Sales	2	2
Homemaker	61	58
No Response	<u>1</u>	<u>1</u>
Total	105	100.0



The employment of the homemakers by age groups is shown in Table 4. One half of the homemakers between 41 and 60 years of age were employed compared to one-third of the homemakers under 40 years of age. In this sample, 88 percent of the employed homemakers did not have preschool age children at home.

#### Occupation of Husband

Occupational classifications of the husbands are shown in Table 5. Classification was made after examining the Dictionary of Occupational Titles. Processing, machine trades, bench work, structural, and miscellaneous were combined in the skilled labor classification.

The largest percentage of husbands (30 percent) were in the skilled labor group. Seventeen percent of the husbands were employed in professional occupations, 13 percent in farming, 10 percent in managerial, eight percent in service, five percent in clerical and sales, and three percent in technical occupations. Ten percent of the husbands were not gainfully employed and data was not supplied for four percent. Among those not gainfully employed were college students and retired workers. Difficulty was encountered in classifying some of the occupations as the respondents had not given complete job descriptions.

Sixty-seven percent of the husbands in the sample reported

Table 4. Number and percentages of homemakers employed by age groups

Ages	Number of Homemakers in Age Group	Percentage in Each Age Group	Employed Homemakers Number	Employed Homemakers Percentage	Full-time Homemakers Percentage	Totals Percentage
20-30	31	30	10	34	66	100
31-40	21	20	8	38	62	100
41-50	28	26	14	50	50	100
51-60	17	16	10	58	42	100
over 60	8	8	1	13	87	100
	<u>105</u>	<u>100</u>	<u>43</u>			

Table 5. Occupation of husband

Occupation	Number	Percentage
Professional	18	17
Technical	3	3
Managerial	10	10
Clerical and Sales	5	5
Service	8	8
Farming, Fisheries, Forestry	14	13
Skilled Labor	32	30
No Gainful Employment	10	10
No Response	<u>4</u>	<u>4</u>
Total	104	100

working an eight to five shift five days a week. Twenty-three percent of the husbands worked irregular hours. Farmers and farm workers spent longer hours working in the summer, and homemakers whose husbands were farmers indicated that meals were often late. Eleven percent of the sample did not indicate the hours worked. The working hours of most families permitted them to follow regular mealtime patterns.

#### Number of Children

Homemakers were asked to list the ages and number of children living at home. There were 89 males and 99 females or a total of 188 children among the families in the sample that were living at

home. Twenty-nine families in the sample had no children living at home. The remaining 76 families averaged 2.5 children per family. The median number of children per family was two.

Table 6 gives the number of homemakers by age with children in the various age groups. More homemakers between 31 and 50 had children than any other age groups. Only five homemakers over 51 had children living at home and no children were younger than 15. Fifty-three homemakers 40 years and under had children nine years of age or younger.

Table 6. Number of homemakers by age groups with children in age group

Ages of Children	Number of Homemakers				
	20-30	31-40	41-50	51-60	over 60
Under 4 years	17	6	0	0	0
5-9 years	17	13	9	0	0
10-14 years	6	16	13	0	0
15-19 years	0	8	15	2	1
20-25 years	<u>0</u>	<u>0</u>	<u>8</u>	<u>2</u>	<u>0</u>
Totals	30	43	45	4	1

### Family Meals

#### Meals Usually Eaten at Home by Family Members

Homemakers were asked to check the meals that family members usually ate at home during the week and on weekends. Table 7

Table 7. Percentage of family members who usually eat meals at home

Family Members	Weekday		
	Breakfast Percentage	Noon Percentage	Evening Percentage
Husband	87	32	93
Homemaker	90	70	95
Children	94	41	96

  

Family Members	Weekend		
	Breakfast Percentage	Noon Percentage	Evening Percentage
Husband	92	78	90
Homemaker	90	83	90
Children	93	90	89

presents data on this question.

Most family members, 87 percent of the husbands, 90 percent of the wives, and 94 percent of the children, ate the morning meal at home during the week. On weekends, more husbands, 92 percent, ate the morning meal at home. The percentage for wives remained the same, and the percentage of children eating at home was reduced by one percent.

Seventy percent of the wives, 41 percent of the children, and 32 percent of the husbands usually ate the noon meal at home on weekdays. Some homemakers indicated they checked the questionnaire as they would if school were in session. It is not known, however, how many of the homemakers considered this in their response.

More family members ate at home on weekends. Forty-six percent more of the husbands, 13 percent more of the wives, and 49 percent more of the children reported eating the noon meal at home.

The evening meal was the meal which most family members ate at home. Ninety-three percent of the husbands, 95 percent of the wives, and 96 percent of the children usually ate the evening meal at home on weekdays. Fewer families (90 percent) ate the evening meal at home on the weekend.

The results from the question on where family members ate meals indicated that the morning and evening meals tended to be eaten at home by these families. These findings support those of Snow (1950), Hearn (1963), and Thorpe (1957) which stated that the morning and evening meals tend to be eaten at home.

#### Meals Eaten Together by the Family

Homemakers were asked to check the meals that the family ate together during the week and on the weekend. The responses to this question are shown in Table 8.

Findings from the previous question indicated that family members eat the morning and evening meals at home regularly; however, from the response to this question, it can be seen that not all meals are eaten together as a family. About 60 percent of the families eat breakfast together during the week, but the percentage

increases to 85 percent on Sunday. During the week, 26 percent of the families eat the noon meal together. The percentage increased to 42 on Saturday and 69 on Sunday. The evening meal is consistently eaten together by most families (90 percent) during the week. On weekends the percentage eating together during the evening dropped to 79 on Saturday and 84 on Sunday. Families ate more meals together on Sunday than any other day of the week.

The findings in this study agree with the findings of Hearn (1963), Snow (1950), Thorpe (1957), and the Western Cooperative study (1952) about families eating meals together.

Table 8. Percentage of families who eat meals together

Day	<u>Breakfast</u> Percentage	<u>Noon</u> Percentage	<u>Evening</u> Percentage
Sunday	85	69	84
Monday	57	26	90
Tuesday	57	26	89
Wednesday	57	26	90
Thursday	58	26	90
Friday	57	26	89
Saturday	58	42	79

#### Meals Eaten Away from Home

If meals were eaten away from home, homemakers were asked to check where family members ate them. The check list included

cafeteria, restaurant, friend's home, sack lunch, relatives, and other. Results are tabulated in Table 9.

Table 9. Places where meals are eaten away from home

Family Member	<u>Cafeteria</u> Number	<u>Restaurant</u> Number	<u>Friend's</u> <u>Home</u> Number	<u>Sack</u> <u>Lunch</u> Number	<u>Relatives</u> Number	<u>Other</u> Number
Homemaker	16	71	27	8	30	1
Husband	20	63	20	26	28	0
Children						
under 4	0	13	9	0	9	0
5-9	15	12	17	14	12	0
10-15	16	15	11	17	7	0
16-20	8	12	6	9	4	0
over 20	0	3	0	1	0	0
All of Family	7	39	16	2	27	1

The restaurant was the most frequently named place where meals were eaten away from home. Seventy-one of the women and 63 of the men reported eating meals in restaurants. When the entire family dined away from home, 39 indicated they ate at a restaurant and 27 dined with relatives. Sack lunches were carried by about one-fourth of the husbands and older children. Children of all ages ate at friends' homes, and about one-fourth of the homemakers and one-fifth of the husbands indicated that they ate with friends when meals were eaten away from home.

The data for this question may not be complete concerning where children eat meals away from home. Some homemakers did not indicate the ages of the children when they answered the question and some may not have answered because children do not eat meals



away from home. There is no way to know how many homemakers were referring to procedures during the school year and how many to the summer months. The question may not have been clearly stated; therefore some homemakers did not complete it.

### Hours When Meals are Eaten

Homemakers were asked to indicate the time when meals were usually eaten in their homes. Results are recorded in Table 10. It was recognized that the type of employment and the hours worked would influence the times meals are served.

During the week, 83 percent of the families ate breakfast between 6:00 and 8:00 in the morning; however, on the weekends, only 24 percent ate breakfast during these hours. The breakfast hour shifted to between 8:00 and 9:00 for 42 percent of the families on the weekend. On weekends, 30 percent of the families have no set time for the morning meal but during the week only four percent had no set time for breakfast.

The noon meal was eaten by many families (49 percent) between 12:00 and 1:00. One percent of the families ate the noon meal between 1:00 and 2:00, and 11 percent had no set time during the week. About 15 percent of the homemakers did not respond to the part of the question pertaining to the noon meal. The lack of response to this question may have been due to the fact that in some

Table 10. Hours when meals are eaten in the home

Hour	Weekdays Percentage*	Weekends Percentage*
<u>Breakfast</u>		
6:00-7:00	37	3
7:00-8:00	46	21
8:00-9:00	8	42
No set time	4	30
Other	3	2
No response	3	3
<u>Noon</u>		
11:00-12:00	22	4
12:00-1:00	49	47
1:00-2:00	1	16
No set time	11	28
Other	2	1
No response	15	5
<u>Evening</u>		
5:00-6:00	44	27
6:00-7:00	41	27
7:00-8:00	4	6
No set time	5	32
Other	4	6
No response	3	3

\* Percentages may not add to 100 due to rounding of numbers.

families no one was home for this meal. On the weekend, about 30 percent of the families have no set time for the noon meal.

Eighty-five percent of the families eat the evening meal between 5:00 and 7:00 on weekdays and 54 percent eat during these hours on the weekend. Over 30 percent of the families do not have a set mealtime on weekends.

### Procedures During Mealtime

Importance of Family Meals. Homemakers were asked about the importance of the family eating meals together, remaining at the table until all members have finished, and the viewing of television during mealtime.

In this study, 90 percent of the homemakers felt that it was important for the family to eat together. Five percent felt it was not important, and five percent did not respond to the question. Following are excerpts from the questionnaires by various homemakers:

We eat most of our meals together and enjoy doing so  
---it is important to our communication with  
each other.

We feel that it is important in a world like we live  
in today to be together as often as we can for meals  
and everything we can.

We make every effort to be together for the evening  
meal as it is the only time we have for family dis-  
cussion. Very important for communication.

This is a nice thought---if it can be handled around and among numerous activities involving one or more of the family members however I see no great importance in eating meals together.

We enjoy eating together and especially dislike families to watch TV--should be a time to talk and enjoy our meal.

I feel this is important to help everyone relax. You prepare a better meal when everyone sits down at once.

We enjoy eating as many meals as possible together both for the companionship and convenience. We spend every possible meal together, often meeting husband at work for lunch.

This seems to be the only time when we're together ---we enjoy eating together and discussing the day's affairs.

The main reasons given for eating meals together were for communication, companionship, and convenience.

About 60 percent of the families indicated eating breakfast together. Variations may be accounted for in a number of ways; different working hours for family members, preschool age children sleeping later, and in some instances, the husband and wife liking to eat before the children arise. In the summer, some family members may work irregular hours; therefore they do not eat meals together.

Eighty-two percent of the families indicated they had assigned places at the table either by choice or habit. Sixteen percent did not have assigned places and four percent did not respond to the question.

Homemakers were asked to respond to the question: "May family members leave the table as they finish eating?" Most families (70 percent) excused family members from the table as soon as the meal was finished; however, 22 percent indicated they expected everyone to remain at the table until the meal was finished. About 10 percent of the homemakers indicated that family members were excused when they finished eating but chose to stay at the table and talk.

Television Viewing at Mealtime. Since most American families have television sets, a question was asked about how often families viewed television during mealtime. Table II indicates how frequently families viewed television during mealtime.

Table 11. Number of households viewing television during mealtime

Time of Day	Never		Occasionally		Frequently		No Response	
	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage
Breakfast	78	74	16	15	2	2	9	9
Noon	61	58	26	25	7	7	11	10
Evening	41	39	43	41	17	16	4	4

About three-fourths of the families never viewed television during breakfast, about three-fifths never viewed it during lunch, and two-fifths never viewed it during dinner in this study. Only one-seventh of the families frequently viewed television during the

evening meal and less than one-tenth viewed it frequently during breakfast and lunch.

The following comments illustrate the feelings of some of the homemakers regarding television viewing and mealtime.

We listen--but don't watch intentionally. We believe it is better to eat as a family and watch TV later.

We like to visit at mealtime--more relaxing without TV.

TV can't be seen from the kitchen table--thank goodness!!

Homemakers were asked to indicate which room in the home the television set was located if it was viewed during mealtime. Only eight percent of the families had a television set located in the dining area. Many sets (50 percent) were located in the living room or family room. Thirty-one homemakers did not answer this question.

#### Space for Dining

#### Rooms in the Home Where Meals Could be Eaten

Homemakers were asked to check the rooms in their homes where meals could be eaten. The rooms used in homes for eating are shown in Table 12.

Most homemakers, 83 percent, indicated having a kitchen with an eating area. Forty-one percent of the homemakers could

serve meals in a dining room, ten percent could serve in a living room, 12 percent in a dining-living combination, 18 percent could eat in the family room, and seven percent used the patio in the summer.

Table 12. Rooms in the Home where meals could be eaten

Location	Number	Percentage*
Family room with eating area	9	9
Family room without eating area	9	9
Dining room	43	41
Living room	11	10
Dining-living combination	13	12
Kitchen with eating area	87	83
Patio	7	7

\* Percentages add to more than 100 because some homemakers checked more than one answer.

Forty-three percent of the homemakers indicated having one room, 44 percent indicated having two rooms, and 13 percent indicated having three rooms where meals could be eaten.

#### Rooms in the Home Where Meals are Usually Served

Table 13 gives the rooms in the home where meals are usually served to the family on weekdays and weekends.

Weekday Meals for the Family. Most homemakers (68 percent) reported serving the family breakfast in the kitchen, 12 percent used

the dining room, 12 percent used the family room, and one percent used a table in the living room. About six percent did not respond to this part of the question. The noon meal was also served most frequently in the kitchen. The percentage eating in the dining room and family room was almost equal for the noon meal; however, 17 percent did not respond to the question. For the evening meal, 57 percent served it in the kitchen, 18 percent in the dining room, 12 percent in the family room, two percent in the living room, and two percent on trays. Ten percent did not indicate where the evening meal was served.

Weekend Meals for the Family. On weekends, 62 percent of the homemakers served breakfast in the kitchen, 16 percent in the dining room, and 12 percent in the family room, and one percent in the living room. Nine percent of the homemakers did not respond. Forty-six percent of the homemakers served the noon meal in the kitchen, 23 percent served in the dining room, 11 percent in the family room, three percent in the living room, and two percent used television trays. Fifteen percent did not indicate where meals were served at noon. In the evening 45 percent served meals in the kitchen, 21 percent in the dining room, three percent in the living room, and eight percent used television trays. Ten percent did not answer the question.



Table 13. Rooms in the home where meals are usually served

Family Meals Area	Weekday						Weekend					
	Breakfast		Noon		Evening		Breakfast		Noon		Evening	
	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage
Bar or nook in kitchen	15	14	10	10	9	9	10	10	6	6	6	6
Table in kitchen	57	54	48	46	50	48	55	52	42	40	41	39
Table in dining room	13	12	14	13	19	18	17	16	24	23	22	21
Family room	13	12	13	12	13	12	13	12	12	11	12	11
Table in living room	1	1	1	1	2	2	1	1	3	3	3	3
TV trays in living room	0	0	1	1	2	2	0	0	2	2	8	8
Other (Patio)	0	0	0	0	0	0	0	0	0	0	2	2
No response	6	6	18	17	10	10	9	9	16	15	11	10

Percentages do not always add to 100 due to rounding

Guest Meals. Table 14 shows the number of homemakers using each area for guest meals on both weekdays and weekends. As can be seen from Table 14, rooms used for serving guests meals were very similar for both during the week and on weekends. About 30 percent of the homemakers did not respond to this question. They may have felt it was too repetitious and therefore did not indicate a room.

Over 50 percent more of the homemakers used the dining room for guest meals than they did for family meals. About ten percent of the families used the family room; however, the kitchen was frequently used for serving guest meals.

#### Number of Persons Seated Comfortably at Dining Table

Homemakers were asked the number of people they could seat comfortably around the table most frequently used for serving meals. Results from this question are shown in Table 15.

Ten percent of the homemakers could comfortably seat four persons, 45 percent could seat six, and 21 percent could seat eight persons. Twenty-two percent of the homemakers indicated they could seat ten or more people at the table.

#### Ways Homemakers provided additional seating space

Homemakers were asked to indicate how they accommodated

Table 14. Rooms in the home where guest meals are served

Family Meals Area	Weekday						Weekend					
	Breakfast		Noon		Evening		Breakfast		Noon		Evening	
	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage	Number	Percentage
Bar or nook in kitchen	3	3	0	0	1	1	2	2	1	1	1	1
Table in kitchen	32	30	26	25	23	22	32	30	22	21	21	20
Table in dining room	29	28	34	32	38	36	27	26	36	34	38	36
Family room	11	10	11	10	12	11	11	10	11	10	6	6
Table in living room	3	3	2	2	5	5	2	2	5	5	9	9
TV trays in living room	0	0	0	0	0	0	0	0	0	0	1	1
Other (Patio)	0	0	0	0	0	0	0	0	1	1	1	1
No response	27	26	32	30	25	25	31	30	29	28	28	27

Percentages do not always add to 100 due to rounding

Table 15. Number of persons seated comfortably at dining table

Seating Space	Number Comfortably Seated at Table	Percentage
4	11	10
5	2	2
6	47	45
8	22	21
10	7	7
11	1	1
12	10	10
14	2	2
15	2	2
No response	<u>1</u>	<u>1</u>
Totals	105	101

\*Percentage does not total 100 because of rounding.

more guests than could be seated comfortably at their dining table. Results are tabulated in Table 16. The largest number of homemakers (44) used card tables with chairs. Twenty-six homemakers used television trays, nine used the breakfast bar, six transferred guests to the patio, and eight said they used the dining room table rather than the kitchen table. Buffet style meals were served by 14 homemakers and 16 said they either fed the children first or served them in a room away from the adults. A number of homemakers gave two or three ways they accommodated larger groups. The following examples were taken from two of the questionnaires.

I frequently have suppers where 12 or more persons eat from plates or trays sitting on the floor. Usually everything I do is extremely informal. Also may use three card tables set up in living room and for families with children, I use a picnic table and benches in a large utility room just off the dining room and patio. We entertain quite frequently but not always at home. We have a trailer at Fern Ridge Lake where we take guests for sailing and barbecue once a week during the summer.

We have a picnic table in the back yard for nice weather. In very large groups, we sometimes feed the children, clear the table, then seat the adults for their meal.

Table 16. Ways homemakers provided extra seating space for dining

Method Used	Number
Card tables	44
Television trays	26
Dining room table	8
Breakfast bar	9
Buffet style	14
Children eat in another room or outdoors	12
Children eat before adults in family	4
Patio area	6

#### Guest Meals

#### Number of Guests Most Often Entertained

Homemakers were asked to check the range of guests they

most often entertained at one time for a meal. Results are recorded in Table 17.

The number of guests most frequently entertained was four to six as indicated by 42 percent of the homemakers. The next number most frequently entertained was one to three guests indicated by 32 percent of the homemakers; then seven to 10 guests indicated by 16 percent of the homemakers. Twenty-three percent of the homemakers said they entertained large groups (15 to 30) at Thanksgiving, Christmas, and other holidays as well as family get-togethers.

Table 17. Number of guests most often entertained for a meal

Range	Number	Percentage
1 to 3 guests	34	32
4 to 6 guests	44	42
7 to 10 guests	17	16
variable	<u>10</u>	<u>10</u>
Total	105	100

#### Frequency of Guest Meals

Homemakers were asked to check how often they entertained guests at mealtime. Tabulations are recorded in Table 18.

Only one homemaker said she never entertained guests. Seventy percent of the homemakers entertained at least once a month. Fifteen percent of the homemakers indicated they entertained

about once in three months and 13 percent said the frequency of guest meals varied.

Table 18. Frequency of guest meals

Frequency	Number	Percentage
Twice a week	3	3
Once a week	16	15
Twice a month	24	23
Once a month	30	29
Once in three months	16	15
Varies	14	13
Never	1	1
No response	<u>1</u>	<u>1</u>
	105	100

#### Treatment of Unexpected Guests at Mealtime

Homemakers were asked how they would react to unexpected guests who arrived at mealtime. The analysis for this question is shown in Table 19.

Fifty-three percent of the homemakers said they would invite unexpected guests to dine with their families if they arrived at mealtime. The next largest group (25 percent) indicated they would explain to guests that the family was ready to eat and ask them to wait in the living room. Over ten percent of the homemakers said their action would depend on the guest, and the amount

of food on hand. About five percent of the homemakers said unexpected company did not upset them and that they either added another place or prepared additional food if necessary.

Table 19. Treatment of unexpected guests at mealtime

Treatment	Number	Percentage
1. Invite guests to dine with family	56	53
2. Delay meal until guests depart	1	1
3. Ask guests to wait	26	25
4. Prepare additional food	1	1
5. Ask guests to eat dessert	1	1
6. Other	11	10
7. No response	9	9
	<u>105</u>	<u>100</u>

### Meal Preparation and Service

#### Responsibility for Meal Preparation

Homemakers were asked to designate the person responsible for meal preparation. Results are shown in Table 20.

Over 80 percent of the homemakers were responsible for preparing breakfast and the noon meal and 91 percent prepared the evening meal. Children or the husband were more apt to help with the breakfast or noon meal; however, few helped with the evening



meal. Dinner was prepared almost exclusively by the homemaker. The daughter was the family member who most often helped with meal preparation.

Table 20. Person responsible for meal preparation

Person	Number			Percentage*		
	Breakfast	Noon	Evening	Breakfast	Noon	Evening
Homemaker	90	86	96	86	82	91
Husband	5	1	0	5	1	0
Children with mother's help	2	5	6	2	5	6
Each prepares own meal	5	4	0	5	4	0
No response	<u>3</u>	<u>9</u>	<u>3</u>	<u>3</u>	<u>9</u>	<u>3</u>
Total	105	105	105	101	101	100

\* Percentage do not add to 100 because numbers have been rounded to the nearest whole number.

#### Family Member Responsible for Meal Service and Clean-up

Homemakers were asked to list family members other than the homemaker who were responsible for setting the table, serving food, clearing the table, washing dishes, or other tasks related to meal service and clean-up. The family members responsible for various tasks are recorded in Table 21.

The main responsibilities shared by other family members in meal service and clean-up were setting the table, clearing the table,

and washing dishes. Of the 76 homemakers with children, 64 received help with setting the table, 51 with clearing the table, and 36 with washing dishes. Less than one-fifth of the homemakers received help from their children with serving food; however, nine received help with kitchen chores such as sweeping and carrying out the garbage. Most help came from the daughters in the families. Husbands in this sample helped very little with mealtime activities.

Table 21. Family members who assumed mealtime responsibilities

Family Member	Number of homemakers receiving help				
	Setting Table	Serving Food	Clearing Table	Washing Dishes	Other
Daughter	41	10	25	29	8
Son	10	0	16	1	0
Children	13	4	10	6	0
Husband	3	5	4	1	1

#### Estimated Time Spent in Meal Preparation

Homemakers were asked to estimate the average amount of time spent in meal preparation each day for each meal for both weekdays and weekends. Ninety-four homemakers responded to this question. Their responses are shown in Table 22.

During the week, all homemakers responding to this question estimated spending an average of one hour and 34 minutes in meal

Table 22. Average time spent in meal preparation by homemakers during the week and on weekends

	Breakfast		Noon		Evening		Total Time	
	Weekday	Weekend	Weekday	Weekend	Weekday	Weekend	Weekday	Weekend
	Minutes							
All homemakers (94)	20	26	19	36	55	51	1 hr. 34 min.	1 hr. 53 min.
Homemakers with children		26	17	33	53	52	1 hr. 31 min.	1 hr. 51 min.
Homemakers without children	19	25	23	44	55	46	1 hr. 37 min.	1 hr. 55 min.
Employed homemakers	19	26	15	35	56	48	1 hr. 30 min.	1 hr. 49 min.
Full-time homemakers	22	25	22	38	54	53	1 hr. 38 min.	1 hr. 56 min.

preparation. Homemakers estimated spending an average of 20 minutes on breakfast, 19 minutes on lunch, and 55 minutes on the evening meal.

Homemakers with children estimated spending a total of one hour and 31 minutes in meal preparation. Homemakers without children estimated spending six minutes per day more on meal preparation than homemakers with children. Homemakers without children spent more time preparing the noon and evening meals.

Employed homemakers estimated spending a total of one hour and 30 minutes on meal preparation during the week while full-time homemakers spent one hour and 38 minutes. The full-time homemakers estimated spending three minutes more on breakfast, seven minutes more on the noon meal, and two minutes less on the evening meal than employed homemakers.

Homemakers estimated spending one hour and 53 minutes on meal preparation on weekends. Breakfast required the least time to prepare and the evening meal took the most time to prepare regardless of the family size or type of employment.

Homemakers responding to this question estimated spending an average of 11 hours and 56 minutes per week in food preparation. Manning (1968) found that homemakers averaged 17.7 hours per week in all food tasks which included meal preparation, dishwashing, special food preparation, packing lunches, and food preservation.

Bailey (1960) found that full-time homemakers spent 2.28 hours per day in food preparation compared to 1.79 hours by the employed homemakers.

Question 10 was not analyzed for the final study for several reasons. Many homemakers did not respond to this particular question. There was not sufficient space available to write an answer to the question as it was stated.

#### Type of Meal Service Used

A question was designed to explore the types of meal service used by homemakers. Kinder's (1962) definitions for buffet service, family service, blue-plate service, and country-style service were used as a basis for classification in this study; however, these definitions were simplified and a fifth category was added for use on the questionnaire. The category added to Kinder's classifications was "serve self from range" as it was felt by the author that some meals were served in this way.

Kinder (1962) described the four types of meal service: country-style, apartment or blue-plate, family, and buffet as follows:

Country-style service is defined as the service for which covers are completely laid and filled serving dishes are placed at intervals on the dining table. Each serving dish is taken by the nearest person and passed from hand to hand around the table until all have served themselves. (9, p. 233)

This service will hereafter be referred to as country-style service.

Apartment or blue-plate service was defined as follows:

In this service plates are served up in the kitchen and placed on the table just before diners sit down. This pattern of service is a comfortable one when the group being served is small, the dining table is small, and the area for dining is small. (9, p. 233)

In the discussion to follow, this service will be referred to as plate service.

Kinder defined family service in the following way:

Family service is one in which courses are served from the table by father, mother, or another member of the family. The plates are passed from hand to hand in orderly fashion until all at the table have been served. Unless a meal is limited to one course, the table is cleared and the next course is brought to the table by a member of the family. (9, p. 231)

This type of service will be designated as family service.

The last service to be defined is buffet service.

The buffet is a table, or any other suitable surface such as a chest, desk, serving table, or kitchen counter, from which food is offered to guests who serve themselves and then eat in accordance with planned arrangements. (9, p. 235)

For this type service, guests can either be seated or can stand to eat.

In the discussion, this service will be called buffet service.

Homemakers were asked to designate the type of meal service used: buffet, country-style, plate, serve self from range, and family service. Results are shown in Table 23 for both weekday and weekend meals. A number of homemakers did not respond to this

question (see Table 23).

In this study, 30 percent of the homemakers used country-style service during the week to serve breakfast, 34 percent for the noon meal, and 72 percent for the evening meal. On weekends, this service was used by 38 percent of the homemakers to serve breakfast, by 48 percent to serve lunch, and by 63 percent for the evening meal. About 60 percent of the homemakers indicated they used country-style service for guest meals also.

Plate service was used by approximately 44 percent of the homemakers for the morning meal, 27 percent for the noon meal, and about 12 percent for the evening meal during the week. On weekends, this service was used by 39 percent to serve breakfast, by 21 percent to serve the noon meal, and by 11 percent to serve the evening meal. Homemakers indicated that plate service was never used in the evening for guest or holiday meals.

Very few families used family service. This service was used by three families during the week and two on the weekend. Five families indicated the father served the evening meal for guests or on holidays.

About 10 percent of the homemakers in the sample used buffet service for the evening meal when entertaining guests.

In Rees' study, she found that 85 percent of the subjects used country-style service for the evening meal and 45 percent used it for

Table 23. Types of meal service used for family meals

	Numbers								Percentage							
	Country Buffet service	style service	Plate service	Serve self from range	Mother serves at table	Father serves at table	Other	No response	Country Buffet service	style service	Plate service	Serve self from range	Mother serves at table	Father serves at table	Other	No response
<u>Weekday</u>																
Breakfast	6	32	46	5	2	0	4	10	6	30	44	5	2	0	4	10
Noon	5	36	28	7	0	1	4	24	5	34	27	7	0	1	4	23
Evening	3	76	14	1	2	1	3	5	3	72	13	1	2	1	3	5
<u>Weekend</u>																
Breakfast	5	40	41	1	3	1	1	13	5	38	39	1	3	1	1	12
Noon	6	50	22	5	1	3	3	15	6	48	21	5	1	3	3	14
Evening	7	66	12	4	0	2	5	9	7	63	11	4	0	2	5	9
<u>Guest and Holiday Meals</u>																
Breakfast	4	66	12	1	2	2	1	17	4	63	11	1	2	2	1	16
Noon	9	61	2	3	1	2	3	24	9	58	2	3	1	2	3	23
Evening	10	66	0	0	1	5	11	12	10	63	0	0	1	5	10	11

Percentages do not always add to 100 due to rounding



serving breakfast. For both meals, the percentages are higher than the results indicated from this study. Rees found that homemakers in higher status categories were more likely to use plate service (14).

#### Prepared Food Delivered to the Home

Homemakers were asked if dinners or prepared foods such as pizza or chicken were delivered to their homes; and if so, on what occasions these services were used.

Ninety-three percent of the homemakers never had complete meals delivered to their homes, but seven percent had meals delivered occasionally. Nineteen percent had foods such as pizza and fried chicken delivered occasionally for unexpected company, a Sunday dinner, a Saturday evening, or when the homemaker did not feel like cooking. Eighty-one percent never had foods such as pizza and fried chicken delivered.

#### Use of Table Appointments

Homemakers were asked to indicate how frequently they used tablecloths, placemats, napkins, and paper cups and paper plates on weekdays and weekends. Results are shown in Table 24.

Thirty percent of the homemakers indicated using paper napkins occasionally on weekdays and 70 percent used them regularly.

Table 24. Homemakers use of table appointments

	Paper Napkins		Cloth Napkins		Plastic Cloth		Fabric Cloth		Plastic Mats		Bamboo Mats		Cloth Mats		Paper Mats	
	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage	Num- ber	*Per- centage
<u>Weekdays</u>																
Never	0	0	67	64	78	74	47	45	71	68	90	86	85	81	79	75
Occasionally	32	30	36	34	10	10	40	38	19	18	11	10	12	11	20	10
Regularly	73	70	2	2	17	16	18	17	15	14	4	4	8	8	6	6
<u>Weekends</u>																
Never	9	9	53	50	79	75	32	30	77	73	91	87	80	76	80	76
Occasionally	28	27	49	47	11	10	47	45	18	17	9	9	16	15	16	15
Regularly	66	63	1	1	13	12	24	23	8	8	3	3	7	7	7	7
No response	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

\*Percents may not add to 100 due to rounding

Sixty-three percent used paper napkins regularly on weekends and 27 percent used them occasionally. Sixty-four percent of the homemakers said they never used cloth napkins on weekdays and 50 percent never used them on weekends. Forty-seven percent of the families used cloth napkins occasionally on weekends compared to 34 percent who used them during the week. Less than two percent of the homemakers used cloth napkins regularly.

Homemakers were asked to check how frequently they used a fabric or plastic cloth or place mats. About 10 percent reported using a plastic covering occasionally on weekdays, and 16 percent reported using one regularly. On weekends, 10 percent used a plastic covering occasionally and 12 percent used it regularly. Thirty-eight percent of the homemakers used a cloth table covering occasionally on weekdays and 17 percent used one regularly. On weekends, 45 percent of the homemakers used a cloth occasionally and 23 percent used one regularly. More homemakers indicated using a cloth table covering than any other type. Few homemakers used any type of place mats; however, place mats were used more frequently on weekdays than on weekends for a table covering (Table 24).

Sixteen percent of the homemakers reported they never used paper plates and paper cups, 83 percent used them occasionally, and one percent used them regularly.

Most homemakers (83 percent) used paper plates and paper cups for picnics. Five percent used them for guest meals, two percent for daily meals, and eight percent for occasions such as the noon meal when children eat outdoors, or for camping.

### Shopping for Food

Homemakers were asked to indicate who did most of the grocery shopping for their families. In 80 percent of the families the homemaker bought the food. In 13 percent of the families the husband and wife shopped together, in three percent the husband shopped, and in three percent the family shopped together. One percent did not respond to the question.

Homemakers were asked how often they shopped for groceries. The majority or 56 percent of the homemakers said they bought food weekly. Eleven percent of the homemakers shopped more than once a week and ten percent shopped every two weeks. Five percent of the homemakers shopped once a month. Eighteen percent of the homemakers shopped when groceries were needed. Two homemakers who shopped more than once a week said they did so to get out of the house.

Sixty-five percent of the homemakers shopped for Thursday, Friday, or Saturday specials. Twenty-five percent of the homemakers did not have any special day for food shopping and ten percent

shopped between Sunday and Wednesday. One homemaker indicated that pay day dictated the day she shopped.

### Planning Meals

Homemakers were asked how they planned meals. Seventy-two percent of the homemakers in this study, purchased their food and then planned their menus from the food on hand. Only 15 percent planned menus before shopping for food. Thirteen percent of the homemakers said they raised their own beef or purchased meat during special sales, then planned meals from the food on hand. Seventy-three percent of the homemakers in the sample had a home freezer which would enable them to purchase food in large quantities and then to plan meals from the food on hand.

### Attitudes Toward Preparing and Serving Food

Homemakers were asked to check one of four responses regarding how they felt about preparing and serving meals.

Over half (54 percent) of the homemakers said they greatly enjoyed cooking. Thirty percent enjoyed cooking on special occasions and 25 percent felt preparing meals was a job to be done. Less than four percent indicated a dislike for preparing meals.

When asked about serving meals, 29 percent of the homemakers said they liked to be creative with table settings and 72

percent said they just set a basic table. One percent disliked serving meals. Several homemakers qualified their answers to this question.

Two commented as follows:

sometimes what we like to do and what we have time to do are two entirely separate matters.

Basically, I love setting an attractive table and enjoy doing it; frequently, however, I often lapse into a lack of elaborateness when meals will be eaten hurriedly, such as breakfast.

#### Use of Tray and Cart

Homemakers were asked if they used a cart and a tray when setting or clearing the table and the meal.

Most of the women (90 percent) did not use a tray when setting or clearing the table. Five percent said they used a tray and five percent qualified their answer by saying they used a tray occasionally.

Most women (92 percent) did not use a cart when serving food or clearing the table. Four percent indicated they used a cart and another four percent wrote in that they used one occasionally.

#### Homemakers Attitude Toward Help at Mealtime

Homemakers were asked to respond to the following open-end question: Some homemakers like to have guests help with meal preparation and clean-up. Some homemakers do not like to have

guests help. How do you feel?

Homemaker's responses were categorized in the following ways: 32 percent liked help serving meals, 16 percent preferred help with clean-up only, 30 percent preferred no help from guests, and 14 percent said it depended upon the guest.

Some of the homemaker's reactions to this question were:

I like to help others and like others to help me. . . makes the load much lighter.

To a certain amount, I like to have them help but I've worked by myself for so long that I'd just about as soon do it myself.

Depends on the guest, if the guest or guests and I feel comfortable about it.

I do not like to have guests help me prepare the meal. It usually makes me quite nervous. Some guests are okay and don't ask too many questions and just seem to sense what to do each moment. But I would really rather not have the help; however, I don't tell them they can't help. I don't mind help with the clean-up.

If I invite someone to my home for a meal, it embarrasses me to have them help clean-up.

I like guests to help and I get mad if they don't help clean-up.

#### Appliances Owned and Used Regularly by Homemakers

Homemakers were asked to check the appliances they had and used regularly. Results are shown in Table 25.

All homemakers indicated having a refrigerator. Eighty-seven

percent had electric ranges, and 12 percent used gas ranges. One homemaker did not indicate she had a range. The next most frequently owned and used appliance was the toaster (97 percent). Seventy-three percent of the homemakers in this study owned and used a home freezer. This is 46 percent higher than indicated in the Index of Saturation. More than two-thirds of the homemakers indicated using electric fry pans and portable mixers. About two-fifths used a standard electric mixer. The figures in this study show that some homemakers have more than one electric mixer. Forty-five percent of the homemakers had a dishwasher which is two and one-half times as high as the figure given in the Index of Saturation. Forty-one percent of the homemakers used an electric can opener regularly; however, less than 25 percent of the homemakers owned and used a blender, an electric knife, or a food waste disposer regularly. Except for the refrigerator and food waste disposer, the percentage of homemakers owning and using the appliances listed on the questionnaire is considerably higher than the percentages given in the Index of Saturation. (See Table 25).



Table 25. Appliances owned and used regularly by homemakers

Appliance	Percentages	
	N=105 Homemakers using appliances regularly	* Index of saturation
Electric range	97.0	47.0
Gas range	12.0	
Refrigerator <sup>#</sup>	100.0	99.7
Home freezer <sup>#</sup>	73.0	27.2
Toaster <sup>#</sup>	97.0	87.6
Fry pan <sup>#</sup>	67.0	51.8
Portable mixer <sup>#</sup>	67.0	
Electric mixer with stand	59.0	78.5
Dishwasher <sup>#</sup>	45.0	18.1
Blender <sup>#</sup>	25.0	20.0
Electric knife	23.0	
Can opener <sup>#</sup>	41.0	34.5
Food waste disposer <sup>#</sup>	18.0	18.0

\* Saturation Index of January 1, 1968, Merchandising Week, January 29, 1968, 100(5):28. The percentage of homemakers owning and using appliances was compared with the index of saturation which lists the number of domestic and farm customers with electricity that own various appliances. The Saturation Index for January 1, 1968 was based on 60,062,000 domestic and farm customers using electricity.

<sup>#</sup> Indicates electrical appliances.

## V. SUMMARY AND CONCLUSIONS

This chapter includes a summary of the study, the conclusions, the limitations of the study, and the implications for further research.

### Summary

Since the management of family meals has been a major task in most homes throughout the United States, and because of its importance to family members, this study was undertaken to examine the management practices used by homemakers in preparing and serving family meals.

A questionnaire was mailed to 300 homemakers randomly selected from telephone directories in the Willamette Valley of Oregon. Based on the proportion of urban and rural families in the 1960 census, 60 percent of the questionnaires were sent to urban and 40 percent to rural areas.

A total of 136 questionnaires were returned. Of this number 105 were coded and analyzed. The remaining questionnaires were not used in the study as they were either incomplete or received after tabulation had been completed.

All homemakers responding lived with their husbands except one who was a widow. The homemakers ranged in age from 20 to over 60 years; however, 76 percent were under 50 years of age.

Seventy-two percent of the families in the sample had children living at home. Of the families with children, the average number of children per family was 2.5.

Eighty percent of the homemakers and their husbands had completed 12 years of school, and 12 percent of the homemakers and 20 percent of the husbands had completed four years of college. Over 40 percent of the homemakers and their husbands had acquired some post high school education.

Thirty-four percent of the homemakers were employed full-time and seven percent held part-time employment. Full-time homemakers composed 58 percent of the total group. One homemaker did not answer the question. One half of the homemakers between 41 and 60 years of age were employed compared to one-third of the homemakers under 40 years of age. Eighty-eight percent of the employed homemakers did not have preschool age children at home. Fourteen percent of the employed homemakers were in clerical positions, 12 percent in professional, with the remaining 76 percent in technical, managerial, service, or sales occupations.

Thirty percent of the husbands were employed as skilled laborers, 17 percent as professionals, and 14 percent in farming and related occupations. Ten percent of the husbands who were not employed were either retired or attending college.

Findings from this study show that about 90 percent of the

families eat the evening meal together, about 60 percent eat the morning meal together and less than 30 percent eat the noon meal together. Most meals are eaten at home. The families eat more meals together on Sunday than any other day of the week. Families had set hours for mealtime during the week, but the weekend mealtime tended to be more flexible.

When meals were eaten away from home, one-third of the families dined at restaurants, and about one-fourth dined with relatives. About one-fourth of the husbands and school age children carried sack lunches. The homemakers indicated that the children as well as themselves dined with friends.

Most homemakers (90 percent) felt it was important for family members to eat meals together. The main reasons given by homemakers for eating meals together were for communication, companionship, and convenience.

Few families viewed television during mealtime with any regularity. Less than one-seventh viewed television frequently during dinner and less than one-tenth during breakfast or lunch.

The room most frequently used for meal service was the kitchen; however, 57 percent of the homemakers had more than one room where meals could be eaten. Most homemakers (45 percent) could comfortably seat six people at the table most frequently used for dining. Trays, card tables, the patio, kitchen bar, and feeding

children separately were given as ways homemakers accommodated more guests than could be seated at the dining table.

Most homemakers entertained four to six guests for a meal at one time; however, about one-fourth of the homemakers entertained 15 to 30 guests on holidays or family get-togethers. Seventy percent of the homemakers entertained guests at least once a month.

Homemakers were responsible for about 90 percent of the meal preparation. They received help from the children with table setting, clearing, and dishwashing.

Homemakers estimated spending an average of 11 hours and 56 minutes per week preparing food. Homemakers estimated spending an average of 19 minutes more time on food preparation on weekends than they did during the week. All homemakers spent more time preparing the evening meal than any other meal.

About 70 percent of the homemakers used country-style service for the evening meal and 40 percent used plate service for the morning meal. Plate service was not used for evening or guest meals.

The results from this study indicate that many homemakers do not use a table cloth or place mats regularly. Paper napkins are used regularly by homemakers for both weekdays and weekends. Less than two percent of the homemakers used cloth napkins regularly.

In 80 percent of the homes, the homemaker did the major part of the food shopping. Sixty-five percent of the homemakers shopped for Thursday, Friday, and Saturday specials and over half reported shopping weekly.

Over half of the homemakers said they greatly enjoyed cooking; however, over 70 percent said they set a basic table rather than trying to be creative when serving meals.

#### Limitations of the Study

Although subjects were selected at random, caution should be taken in making comparisons with the general public because the number of subjects was limited.

Some homemakers did not respond to all questions. They may have felt the questions were too repetitious or the question may not have applied to their families. Some questions may not have been understood due to the wording used. Most homemakers needed more space than was allowed to answer the short answer and open-end questions. A few of the questions needed additional choices for the answer. For example, the questions concerning the use of the tray and cart called for only a yes or no answer. This question could have been clarified for tabulation by asking the frequency of use.

Though this study is limited, it shows the way a small number of rural and urban homemakers in the Willamette Valley of Oregon serve family meals as well as some of their attitudes toward

meal service.

### Conclusions

From this sample, the author found that families still feel it is important to eat together as a family group as often as possible. In many families, this is the only time when all family members are together. Mealtimes are important for family communication, convenience, and companionship.

In most homes, the homemaker is the person responsible for meal preparation, service, and food shopping. Homemakers received very little help from other family members in meal preparation; however, some help was received with clean-up and service. Earlier studies cited in the review of literature support these findings. Maybe homemakers need to encourage other family members to help with household tasks since this could work to strengthen family ties as well as aid the homemaker.

The homemakers' estimate of the time spent in meal preparation was less because the homemakers were not accurate in their estimate, or it may indicate a change in food preparation patterns. Homemakers with children spent less time in meal preparation than homemakers without children. Children may help with meal preparation, thus shortening the time the homemaker spends preparing meals. Homemakers with children may prepare less complicated

meals, or they may use more prepared foods. Also, family members may prepare their own meals which would reduce the time spent in meal preparation by the homemaker.

The homemakers in this study did not have prepared foods delivered to their homes very often; however, custom or money may be limiting factors for many families.

Meal service has not become as casual as might be thought. Although few homemakers used table linens that needed laundering, only one homemaker used paper plates and paper cups for family meals. Less than five percent of the homemakers let family members serve themselves from pans on the range. The most common method used for serving meals was country style service where serving dishes are passed from person to person around the table. Plate service was often used for the morning and noon meal by homemakers but was not used for the evening or for guest meals.

Carts and trays were used by less than five percent of the homemakers. This may indicate that homemakers are not concerned with conserving time or energy or it may indicate that homes are small enough so that a cart is in the way. Another reason homemakers may not use a cart or tray is because they have never used one and do not see any need to do so. With modern conveniences, the homemaker often does not have enough to do to fill her day; therefore, she may not be concerned with conserving resources.



Many homemakers shopped for food several times during each week and indicated that shopping is a social want and a way to get out of the home. Shopping several times during the week may also indicate a lack of planning for the food needed.

In teaching home management, it might be useful to conduct a survey of the practices used by students in their homes. Students must feel a need for using good management practices and this might be done by emphasizing management that can free the homemaker for more creative work. Students need to be challenged to experiment with various techniques and to evaluate their usefulness. Past studies have shown that people make the job they have to do fit the time they have. It might be beneficial for students to realize this as well as the fact that more time is spent on tasks that a person enjoys than on disliked tasks. In teaching management, we should help students analyze their reasons for doing tasks in a certain way. Is it habit because grandmother did, or are good management principles involved?

Since meal service is an important part of family life, students can be encouraged to make mealtime pleasant. Attractive table settings and a variety of different styles of meal service can add interest to meals, and make them a special time for the family.

### Implications for Further Study

This study was limited to homemakers in the Willamette Valley in Oregon. It may be profitable to study the meal management practices of families in various sections of Oregon and other states.

A study of meal management practices of families at various stages in the family life cycle to see how management practices differ might prove worthwhile for teachers and others who work with homemakers of different ages. Such a study might enable those working with different age groups to have a better understanding of the needs of homemakers.

Although this study did not attempt to differentiate the management practices used by different socio-economic groups, a study of the practices used by various groups could prove valuable when working with students or homemakers of different socio-economic groups. This knowledge should help teachers to work with the students at their level of understanding.

Exploring the homemaker's basis for choosing the practices used for meal service might be enlightening.

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## APPENDIX

School of Home Economics  
Home Management Department  
Oregon State University  
Corvallis, Oregon 97331

Will you please help me by taking about 15 minutes of your time to complete the enclosed questionnaire about your meal management practices?

I am a graduate student in Home Management at Oregon State University and have chosen to study the management practices used by families in meal service. The information gained from this study will be useful in teaching young women about home management. For this reason I would like to know about the practices you use in your home.

May I have your response at your earliest convenience or by \_\_\_\_\_ so I can complete my study.

I sincerely appreciate your help in this study. Thanks for your time and effort in completing the questionnaire.

Sincerely,

Winona J. Havranek

## Age of Homemaker

- ☐ under 19  
☐ 20 - 25  
☐ 26 - 30  
☐ 31 - 35  
☐ 36 - 40  
☐ 41 - 50  
☐ 51 - 60  
☐ over 60

Circle number of highest level completed in school by the homemaker:

Grades            4 5 6 7 8

High School    9 10 11 12

Vocational      1 2 3

College          1 2 3 4

Post College    1 2 3 4 5

If employed, what kind of work does the homemaker do? (Please describe. )

If employed, what hours does the homemaker work? (Example: 8:00 am to 5:00 pm)

---

Members of household at home:

<u>Number</u>		<u>Ages</u>
_____	Boys	_____
_____	Girls	_____
_____	Other occupants	
	(please specify)	_____

## Head of Household

- ☐ Father  
☐ Mother  
☐ Other (please specify) \_\_\_\_\_

Circle number of highest level completed in school for head of household:

Grades            4 5 6 7 8

High School    9 10 11 12

Vocational      1 2 3

College          1 2 3 4

Post College    1 2 3 4 5

What kind of work does the head of household do? (Please describe. )

What hours does the head of household work? (Example: 8:00 am to 5:00 pm, Monday-Friday. )

---

Check the rooms which you have in your home in which you eat meals:

- ☐ family room with eating area  
☐ family room without eating area  
☐ dining room  
☐ living room  
☐ dining-living room combination

- ☐ kitchen with eating area  
☐ kitchen-dining combination  
☐ kitchen-family room combination with eating area  
☐ other--please specify \_\_\_\_\_



1. Which meals are usually eaten at home by each family member? Please check appropriate category for each member.

	<u>Breakfast</u>		<u>Noon Meal</u>		<u>Evening Meal</u>	
	Week day	Weekend	Week day	Weekend	Week day	Weekend
Father	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mother	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children & Ages						
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Do you try to eat meals together as a family at certain times of the day and/or week? If so, please check the meal(s) and day(s).

	<u>Breakfast</u>	<u>Noon Meal</u>	<u>Evening Meal</u>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Which family member has the major responsibility for preparing each meal?

Breakfast \_\_\_\_\_

Noon Meal \_\_\_\_\_

Evening Meal \_\_\_\_\_

4. Are family members other than mother responsible for certain tasks at meal time? If so, please list the family member responsible for the tasks.

Setting the table \_\_\_\_\_

Serving food \_\_\_\_\_

Clearing the table \_\_\_\_\_

Washing dishes \_\_\_\_\_

Other (please list) \_\_\_\_\_

\_\_\_\_\_

## 5. What time are meals usually eaten in your home?

<u>Breakfast</u>			<u>Noon Meal</u>			<u>Evening Meal</u>		
<u>Week</u>	<u>Week -</u>		<u>Week</u>	<u>Week -</u>		<u>Week</u>	<u>Week -</u>	
<u>day</u>	<u>end</u>		<u>day</u>	<u>end</u>		<u>day</u>	<u>end</u>	
<input type="checkbox"/>	<input type="checkbox"/>	6:00-7:00	<input type="checkbox"/>	<input type="checkbox"/>	11:00-12:00	<input type="checkbox"/>	<input type="checkbox"/>	5:00-6:00
<input type="checkbox"/>	<input type="checkbox"/>	7:00-8:00	<input type="checkbox"/>	<input type="checkbox"/>	12:00- 1:00	<input type="checkbox"/>	<input type="checkbox"/>	6:00-7:00
<input type="checkbox"/>	<input type="checkbox"/>	8:00-9:00	<input type="checkbox"/>	<input type="checkbox"/>	1:00- 2:00	<input type="checkbox"/>	<input type="checkbox"/>	7:00-8:00
<input type="checkbox"/>	<input type="checkbox"/>	no set time	<input type="checkbox"/>	<input type="checkbox"/>	no set time	<input type="checkbox"/>	<input type="checkbox"/>	no set time
<input type="checkbox"/>	<input type="checkbox"/>	other	<input type="checkbox"/>	<input type="checkbox"/>	other	<input type="checkbox"/>	<input type="checkbox"/>	other
		(specify)			(specify)			(specify)

## 6. Which of the following types of meal service most nearly describes the way meals are served in your home? Please indicate by placing the appropriate letter before each category.

- A. Food is placed on a buffet or side table and each person serves himself and then is seated.
- B. Food is placed in serving dishes; serving dishes are passed around the table from person to person and each one helps himself to the food.
- C. Individual plates are served in the kitchen and placed on the table before the family is seated at the table.
- D. Each person helps himself to food from pans on the stove.
- E. Food is placed in serving dishes and Mother serves each plate and then passes the filled plate to the family members.
- F. Food is placed in serving dishes and Father serves each plate and then passes the filled plate to the family members.
- G. Other--please describe: \_\_\_\_\_

Week day Meals

\_\_\_\_\_ Breakfast  
 \_\_\_\_\_ Noon  
 \_\_\_\_\_ Evening

Weekend Meals

\_\_\_\_\_ Breakfast  
 \_\_\_\_\_ Noon  
 \_\_\_\_\_ Evening

Guest & Holiday Meals

\_\_\_\_\_ Breakfast  
 \_\_\_\_\_ Noon  
 \_\_\_\_\_ Evening

## 7. How often do you invite guests to your home for a meal? Please check the answer that best describes your situation.

- |  |  |
|--|--|
| <input type="checkbox"/> never         | <input type="checkbox"/> once a month            |
| <input type="checkbox"/> once a week   | <input type="checkbox"/> once every three months |
| <input type="checkbox"/> twice a week  | <input type="checkbox"/> other--please describe  |
| <input type="checkbox"/> twice a month | _____  |

## 8. Please indicate the number of guests you most often entertain at one time for a meal.

- ☐ 1 - 3
- ☐ 4 - 6
- ☐ 7 - 10
- ☐ other--please specify \_\_\_\_\_

9. When unexpected company arrives at mealtime, how do you handle such an occasion?  
Please check the response most like what you would do.

- ☐ A. Invite guests to eat with us.  
☐ B. Delay meal until guests leave.  
☐ C. Explain to guests that family was ready to eat, and would they wait in living room.  
☐ D. Ask guests if they have eaten, then prepare additional food if necessary.  
☐ E. Eat meal, then ask guests to join the family for dessert.  
☐ F. Other--please explain \_\_\_\_\_

10. Please list the type of foods you serve for each of the following meals.

<u>Breakfast</u>	<u>Noon Meal</u>	<u>Evening Meal</u>
Example: Toast, Egg or Meat, Juice.	Example: Soup, Sandwich, Milk.	Example: Meat, Vegetable, Salad, Beverage.

11. Please estimate the average amount of time spent in meal preparation each day for each meal.

<u>Week days</u>	<u>Weekends</u>
_____ Breakfast	_____ Breakfast
_____ Noon Meal	_____ Noon Meal
_____ Evening Meal	_____ Evening Meal

12. Where are meals usually served?

- A. Bar or nook in kitchen  
 B. Table in kitchen  
 C. Table in dining room  
 D. Table in family room  
 E. Table in living room  
 F. TV trays (Indicate room)

Week day      Weekends

\_\_\_\_\_ Breakfast  
 \_\_\_\_\_ Noon Meal  
 \_\_\_\_\_ Evening Meal

Breakfast  
 Noon Meal  
 Evening Meal

Guest Meals

\_\_\_\_\_ Breakfast  
 \_\_\_\_\_ Noon Meal  
 \_\_\_\_\_ Evening Meal

Breakfast  
 Noon Meal  
 Evening Meal

- G. Other--please specify \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

13. How many people can be seated comfortably at the table which is most frequently used for meal service? \_\_\_\_\_

If you have more guests than seating space, how do you manage the situation?

14. Are completely prepared dinners delivered to your home?

never ☐ occasionally ☐ frequently ☐

15. Are foods such as pizza, fried chicken, etc. delivered to your home?

never ☐ occasionally ☐ frequently ☐

16. If meals or certain foods are catered or delivered to your home, on what occasions do you use this service?

17. In general, how do you feel about preparing meals? (Check appropriate response.)

- ☐ Greatly enjoy cooking
- ☐ Like to cook on special occasions
- ☐ Cook because I have to--a job to be done
- ☐ Dislike cooking
- ☐ Greatly dislike cooking

18. In general, how do you feel about serving meals? (Check appropriate response.)

- ☐ Like to be creative in serving meals--setting table, etc.
- ☐ See that basic service is on table--not elaborate
- ☐ No special feeling--just serve meal
- ☐ Dislike serving meals

19. Do you use a tray in meal service when setting the table or serving food?

Yes ☐ No ☐

20. Do you use a cart when setting, serving, or clearing the table?

Yes ☐ No ☐

21. Check the method that most nearly describes the technique used in planning meals in your home.

- ☐ Meat and other groceries are purchased, then meals are planned day by day
- ☐ Menus are planned, then groceries are purchased according to what is needed
- ☐ Other--please explain \_\_\_\_\_

22. Which of the following appliances do you have and use regularly?

- |  |  |
|--|--|
| <input type="checkbox"/> dishwasher          | <input type="checkbox"/> food waste disposer       |
| <input type="checkbox"/> freezer             | <input type="checkbox"/> portable electric mixer   |
| <input type="checkbox"/> refrigerator        | <input type="checkbox"/> electric mixer with stand |
| <input type="checkbox"/> electric range      | <input type="checkbox"/> electric fry pan          |
| <input type="checkbox"/> gas range           | <input type="checkbox"/> electric knife            |
| <input type="checkbox"/> toaster             | <input type="checkbox"/> blender                   |
| <input type="checkbox"/> electric can opener | <input type="checkbox"/> others--please list       |

23. Who does most of the grocery shopping for the family? \_\_\_\_\_

24. How frequently does your family shop for groceries? Please check the method most like yours.

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> daily   | <input type="checkbox"/> every other day             |
| <input type="checkbox"/> weekly  | <input type="checkbox"/> when groceries are needed   |
| <input type="checkbox"/> monthly | <input type="checkbox"/> other--please specify _____ |

25. If you do most of your shopping on a particular day of the week, which day is it?

\_\_\_\_\_

26. When meals are eaten away from home, where do family members usually eat?

	Cafeteria	Restaurant	Friend's Home	Sack Lunch	Relative	Other
Mother	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Father	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children						
Ages _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Entire Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

27. Which practice most nearly describes the mealtime procedure followed in your home?

Morning      Noon      Evening

- |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- All family members are expected to be present for meal
- Children are fed first, then parents eat alone
- Husband eats alone
- Children and husband eat together
- Wife and children eat together
- Mother eats alone
- Each person eats when he is hungry
- Other--please explain

28. Do family members have assigned places at the table for meals that are eaten together?

Yes ☐      No ☐      Other--please explain

29. May family members leave the table as they finish eating?

Yes ☐      No ☐      Other--please explain

30. Does the family eat and watch television at the same time?

- | <u>Breakfast</u>                      | <u>Noon</u>                           | <u>Evening</u>                        |
|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> never        | <input type="checkbox"/> never        | <input type="checkbox"/> never        |
| <input type="checkbox"/> occasionally | <input type="checkbox"/> occasionally | <input type="checkbox"/> occasionally |
| <input type="checkbox"/> frequently   | <input type="checkbox"/> frequently   | <input type="checkbox"/> frequently   |

31. If television is viewed during meal time, which room is the set located in?

\_\_\_\_\_

32. Please indicate how frequently you use each of the following table appointments.

	Week days			Weekends		
	never	occasionally	regularly	never	occasionally	regularly
Paper napkins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cloth napkins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plastic table cloth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fabric table cloth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Place mats:						
Plastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bamboo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cloth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

33. Do you use paper plates and cups for serving meals?

never ☐

occasionally ☐

regularly ☐

34. If paper plates and cups are used, on what occasions do you use them?

☐ picnic or outdoor meal

☐ daily meals

☐ guest meals

☐ other--please specify \_\_\_\_\_

35. In some families, each family member prepares his own breakfast when he is ready to eat or goes without breakfast. How do you handle breakfast in your home?

36. Some families feel that it is important for all family members to eat together as often as possible. Other families do not feel this way at all. How do you feel?

37. Some homemakers like to have guests help them with meal preparation and clean up. Some homemakers do not like to have guests help. How do you feel?