



Food preferences of students eating at Montana State University's dining halls
by Joan Phipps Hodgeboom

A thesis submitted to the Graduate Faculty in partial fulfillment of the requirements for the degree of
MASTER OF SCIENCE in Home Economics
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Abstract:

Food preferences of 700 students boarding at Montana State University dining halls in 1968 were determined. One hundred twenty foods consisting of entrees, desserts, salads, and fruits served at Montana State University's dining halls were included in the study. Two types of inventories were used. One inventory was used to determine the food preferences of the students. The other inventory showed frequency of food servings desired.

From the food scores obtained, weighted averages for each food were calculated for the sample population, the students served in the coed dining hall, and the students served in the dining halls serving only men or only women.

The most preferred and the least preferred foods were tabulated.

Foods altered little from their natural state were highly preferred by the population sampled. Desserts were the foods most often preferred. Fish entrees were not popular.

The men preferred more meats and desserts than the women.

The women preferred "waist watching" foods such as salads and fruits.

The type of dining hall, whether coed or not, had no apparent effect on the food preferences of the students. The food preference differences which did occur among dining halls were related to the sex of the students.

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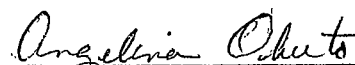
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ABSTRACT

Food preferences of 700 students boarding at Montana State University dining halls in 1968 were determined. One hundred twenty foods consisting of entrees, desserts, salads, and fruits served at Montana State University's dining halls were included in the study. Two types of inventories were used. One inventory was used to determine the food preferences of the students. The other inventory showed frequency of food servings desired.

From the food scores obtained, weighted averages for each food were calculated for the sample population, the students served in the coed dining hall, and the students served in the dining halls serving only men or only women. The most preferred and the least preferred foods were tabulated.

Foods altered little from their natural state were highly preferred by the population sampled. Desserts were the foods most often preferred. Fish entrees were not popular. The men preferred more meats and desserts than the women. The women preferred "waist watching" foods such as salads and fruits.

The type of dining hall, whether coed or not, had no apparent effect on the food preferences of the students. The food preference differences which did occur among dining halls were related to the sex of the students.

CHAPTER I

INTRODUCTION

IMPORTANCE OF STUDY

The past generation has seen many changes in the food industry. Frozen foods, convenience foods, better packaging and shipping, improved processing methods (32), newer and easier-to-use cooking equipment, and a greater variety of foods in the supermarkets are just a few of the changes. Changes have also taken place on the Montana State University campus. No choice of foods was offered students in the 1939 cooperative houses (23) at Montana State College. Choice of entrees, vegetables, fruits, salads, desserts, cereals, spreads, soups, and beverages are expected choice by the Montana State University students in 1968 (24) (Appendix A).

Unlike the students of the cooperative houses of 1939 who prepared their own menus, did their own grocery shopping, and prepared their meals and cleaned the dishes, Montana State University students walk from their rooms to the dining hall to find food prepared and waiting. At the serving area, they choose the foods they like, and then go to the dining area and eat. After they complete their meal, they load their trays on a conveyor belt or place them at designated areas. No clean up is required and students

are free to do what they want.

Even with these changes in planning, preparation, and serving of the foods, Montana State University students are not satisfied. It may be that the mechanics of the Food Service Department are not realized. It does not operate for the sole purpose of filling hungry students (3), but has a multiple role which it is constantly trying to improve. The meals have to be nutritionally adequate, appetizing, and appealing. By satisfying this role the department helps to fulfill the needs for food and nutrition which exert significant influence on performance in school activities, social maturation, and preparation for a vocation (2).

PURPOSE OF STUDY

The purpose of this study was to determine the food preferences of Montana State University resident hall students. "From the viewpoint of the educator and nutritionist, the challenge is how to make food wants coincide with nutritional needs . . . " (19). By serving meals which are more preferred by the students, a more rounded diet will be obtained, thus insuring a better intake of the daily food requirements (20, 40).

Past food citations emphasize the importance of knowing food preferences of the Armed Forces, hospitals, states, regions, colleges, and universities. The studies dealt with foods not as the institutions prepared and served them, but as they were prepared and served in past experiences of the subjects. A food preference study dealing with the foods as the University Food Service prepared and served them is important to both the Food Service Department and the students. Once food preferences of students are identified the following outcomes may occur:

1. Recipes can be improved.
2. Students could take better advantage of meals already paid for in the room-and-board plan of the University (20).
3. Students could spend less money on supplementary meals and snacks (20).
4. Less food may be wasted (29).
5. Students may have better health and work more efficiently (11).

For the purpose of this study it was hypothesized that:

1. There would be a variation in food preferences among dining halls.
2. There would be a variation in food preferences between sexes in the coed dining hall.

CHAPTER II

REVIEW OF LITERATURE

USES OF FOOD

Food is used not only to nourish our bodies for mental and physical growth. Food is used to:

1. relieve hunger (19, 4)
2. cement friendship (19, 4)
3. celebrate (19)
4. honor someone (19)
5. punish (19)
6. show trust and distrust (5)
7. express direct feelings such as:
 - a. anxiety (5, 35)
 - b. depression (5)
 - c. rage (5)
 - d. fear (5, 35)
 3. love (5)

Many food aversions and preferences are developed through the uses of foods. These food attitudes may be a detriment to the well-being of the body. Understanding the uses of foods and their relationship to the formation of food attitudes could be a vital part of food and nutrition courses.

FORMATION OF FOOD ATTITUDES

Food attitudes are formed in many ways starting at

infancy and developing throughout life. Without guidance, training, and understanding these attitudes may lead to hunger, malnutrition, and other factors which are attributed to a poor diet. Poor or improper food attitudes may lead to food aversions. These aversions, according to a study by Babcock (5), are deep-rooted and do not and cannot be changed in a day.

It would be simpler to prevent food aversions than to correct them once they are formed. Thus, studies have been made to determine reasons for food attitudes. Factors involved in contribution to the formation of food attitudes are:

1. biochemical (31)
2. physiological (31)
3. social (22, 31)
4. educational (25, 31)
5. mental (31)
6. sexual (31)
7. developmental (31)
8. denominational (31)
9. environmental (31)
10. ancestral (31)
11. regional (31)
12. associational (31)

The development of food attitudes starts in the home. If food aversions are to be prevented, the home, then, would be the place to start. Allen (2, p.336) reveals that the development and maturation of the youth toward positive food attitudes are affected by, "the process of preparing, serving, and sharing family meals in the home".

A mother has the greatest influence on her small children. She prepares and serves the meals, thus, the children are dependent upon her for developing the proper food attitudes. If the proper attitudes are conveyed, an adequate diet will follow. The nutritional knowledge and attitudes of mothers effects the quality of diets of their pre-school children as shown in the study by Eppright (13). This study brought out the facts that children who had poor diets generally had a mother who had had very little nutritional knowledge, had unfavorable attitudes toward meal planning and food preparation, and had a highly permissive attitude toward the eating behavior of her children.

A survey of food preferences of Florida men was conducted by Abbott (1, p.8). He found that those fruits:

of lowest acceptance were those not grown in the state, such as gooseberries, raspberries, and currants, and those of recent introduction and limited distribution as the avocado and persimmon.

People tend to prefer and accept those foods which are familiar to them. Schuch's (31) study reinforces the concept that people do not accept unfamiliar foods as well as familiar foods. Smith (35) found this true in his study, "Notes on Food Aversions and Body Build." These studies emphasize the need for nutritional education of the parents as well as the youngsters. They relate back to the studies (2, 15, 32) of parental influence on young children. Schuch (31, p.596) emphasizes this by saying, "Food likes and dislikes of people tend to reflect the food practices in the homes in which they grew up." Thus, if one food is accepted over another, it may be due to the fact that it was served more often in the home.

Nutrition education or knowledge is not the only factor associated with proper eating behavior. The family comes into focus when Hilton (17) studied the eating behavior of girls and what influenced this behavior. He found:

The higher the scores on family relations, emotional stability, and adjustment to reality, the fewer meals missed and the better the nutritional quality of food chosen.

Reinforcing Hilton's (17) study on emotional stability are studies by Smith and Wallen. Smith (34) found that persons with high manifest anxiety also had numerous food

aversions. Women had more food aversions than did the men. Wallen's (37, p.312) study results were quite similar, though he used strictly male subjects. His study went as follows:

A short food aversion checklist was administered to 227 Marine recruits who were later discharged on psychiatric grounds. A randomly selected group of 789 recruits also filled out the list. Comparisons show that the discharged men marked a significantly greater number of aversions than did the random group. High mean aversion scores were found in a variety of disorders including epilepsy, various types of neurosis, and schizoid personalities. Further study of intra-cranial injury cases suggests that aversion scores are higher in those with poor emotional control.

Social classes are still another influence of food attitudes. Again this is correlated to the family. Feldman (15, p.329) studied the food attitudes in different social classes of people in hospitals. His results showed:

Almost all studies have shown that individuals from the less privileged social classes are much more likely to be satisfied with hospital food than are individuals from higher socioeconomic backgrounds. . . . Patients who normally eat elaborately prepared and expensive meals are obviously going to find it more difficult to adjust to hospital fare.

Feldman believed that his results could be interpreted not only for hospitals but for most institutions where large quantities of foods are prepared.

FOOD PREFERENCE STUDIES

Inventories, questionnaires, and investigations of food preferences have been carried out in school systems (12, 16, 31, 35), states, Armed Forces, and hospitals. It was hoped the results of the food preference studies would aid students eating in dining halls by serving more preferred foods, dietitians in planning menus, those people involved in the different food preparation procedures, teachers, food buyers, and processors--anyone working in the vast field of food and nutrition.

Clow (9, p.1) compiled data from one thousand questionnaires on food preferences in four areas of Montana. She believed her study was of special importance to teachers.

She states:

The teacher of foods, in either high school or college, may use these preferences as a guide in developing and teaching new ways to serve the already acceptable and nutritious foods and as a challenge to prepare the less acceptable, but nutritious, foods in ways which would appeal to more people.

The University of the Pacific (36) conducted a survey of lunch items. They believed their results would help in menu planning.

Menu planning was also aided by a study by Abbott (1). His study surveyed food preferences of native born Florida

males. He worked in cooperation with the Committee on Food Research, Quartermaster Food and Container Institute for the Armed Forces. Foods most preferred, not liked, and not tried were tabulated. His results revealed the most preferred meats to be beef, veal, fresh and cured pork, chicken, and turkey. Those meats not preferred were lamb, tongue, and heart. Fish and eggs were accepted by all groups. Oranges, peaches, bananas, strawberries, grapefruit, apples, and pineapple were preferred fruit.

Peryam (28) also tested the men in the Armed Forces. In his study he asked the men for their desired frequency of serving for each of the foods. An 8 point scale was used. A choice ranging from twice a day to rarely to never was given each man for each food. This inventory helped the Quartermaster Food and Container Institute of the Armed Forces in determining which foods would be served more often, which should be served least often, and which should be either eliminated altogether from the menu or improved so that it would be accepted by the men.

Fikes (16) made a study of college students attending the University of Alabama. She conducted the study because she believed food preferences of students reflect their food attitudes. To successfully feed students, their food likes and dislikes must be known. Fikes (16) found the two sexes

had different food preferences. Those foods which were preferred by the men were ham, oranges, turkey, ice cream, and fresh corn. The foods preferred by the women were pecans, pies, lemons, tangarines, and cookies. When men and women eat together the differences in food preferences may not be so marked, but, to insure best nutritional results for both sexes the differences in food preferences must be known.

Fikes (16) did not ask the students to what degree they liked the foods. Her results showed that women liked lesser or equal percentages of foods than men in all food groups. If she had pursued the degree to which they liked or disliked the foods, her results may have been comparable to the results found in studies by Wear and Barlow. Wear (38) found that by age comparison of college students, a higher percentage of foods were well liked by the women than by the men. Barlow (6) also found that women liked more foods to a greater extent than did the man. The men liked the foods but not as much. When desserts were categorized, Eppright (12) found them to be liked equally well by both men and women except for cookies which were preferred to a higher degree by the women.

Past studies of food preferences may be of use or benefit to present studies. Thus, the general results of a

few studies will be briefly mentioned here.

Wolfe's (40, p.27 and 33) study of food preferences of the students of Glenville State College in West Virginia pointed out that: "The meats 'liked' least were the organ meats, lamb, and oysters. . . . desserts ranked highest in percentage of acceptance by the students."

The backbone of the Iowans' diet in Eppright's (12, p.873) study was: "meat, bread, potatoes, dessert and beverage other than milk."

Litman's (22) study on the "View of Minnesota School Children on Food", revealed foods which were frequently scored as those usually being eaten. These foods were dairy products, fruits, vegetables, meats, eggs, and potatoes.

Roast beef, baked ham, roast turkey, beef pot roast, ground beef, and macaroni and cheese were the top ranking main dishes from a food preference study of 131 college women by Capps (8).

Once evaluated, food preferences are left up to the food service staff to follow the objectives of good food preparation as illustrated by West (39, p.32):

- (1) conserve the nutritional value of the food;
- (2) improve the digestibility;
- (3) develop and enhance its flavor;
- (4) increase or at least retain the attractiveness of its original color, form and texture;
- and (5) free it from injurious organisms and substances.

The combination of the two forces, inventory and good food preparation, may produce acceptable menus for the students to help insure their physical and mental health for better study habits, attitudes, emotional growth, and social welfare. It must never be forgotten that no one can be completely satisfied all the time. Food attitudes vary greatly as Beal (7, pp. 88,89) points out:

The nose of the moose is considered a dainty mouthful in Canada. Sharks' fins, birds' nests, and ducks' tongues are eaten in China. The Chumars of India eat the flesh of animals that have died of disease, and will touch no other meat. Elephant's trunk is a table dainty in Africa. Rat pie may be procured in Paris restaurants, and the Negroes of Brazil, like the black people of Australia, eat every rat they can catch. In the last-named country, kangaroo tail is regarded as a luxury for the dinner tables of even wealthy and cultivated Caucasians.

Could a menu be produced to completely satisfy all people? No, as Peryan (26, p.717) explains:

It is, highly unlikely that any single generalized method for gaining the acceptance of novel foods will be forthcoming. Instead, research and applied efforts will have to concentrate on specific, related subproblems. One doesn't change food habits in general; one achieves a change of behavior toward a particular item or group of items, in a particular direction, in a particular situation. Each problem will continue to require its own analysis.

CHAPTER III

DESIGN OF STUDY

This study was designed to discover the food preferences of students boarding at Montana State University dining halls. The foods were prepared and served to the students by Montana State University's Food Service Department.

SAMPLE

There were 2,747 students boarding at three dining halls, Hannon, Hedges, and Lewis and Clark at Montana State University during the 1968 winter quarter. The 451 women residing in Hapner and Hannon dormitories ate in Hannon dining hall; the 1,496 students from North Hedges, a women's dormitory, and South Hedges and Roskie, men's dormitories, ate at Hedges dining hall; and the 790 male students residing in Culbertson-Mullan¹ and Langford dormitories ate in the Lewis and Clark dining hall. Approximately 100 students were selected at random from each dormitory.

Sampling procedures were employed to insure generality about food preferences of the entire student body eating at

¹Culbertson-Mullan will be referred to throughout the thesis as Mullan. It represents one dormitory in this study.

the dining halls. It was determined a total of 700 students, 100 students from each dormitory could provide the desired information. It was believed that such a random sample would represent the food preference for the entire dormitory. The selection of students from each dormitory was made by the dormitory administrator. Each selected two floors from the dormitory housing approximately fifty students. These were the students used in the study.

PROCEDURE FOR COLLECTING DATA

Selection and Development of Inventories

Inventories had to meet several criteria. They had to:

1. compensate for the large and varied population found at Montana State University,
2. be meaningful to persons of various ages, and
3. be easy to complete.

Two inventories were determined to be necessary. One inventory had to produce results of general levels of food preferences. Jones (18, p.36) determined that words such as best, wonderful, favorite, preferred, good, welcome, tasty, bad, neutral, don't care for it, only fair, etc, could be used on a 9 point hedonic scale to "select suitable descriptive adjectives for use as tables of successive intervals on subsequent preference schedules."

According to Peryam (27, pp. 10 and 12): "The hedonic scale is designed to measure human behavior potential not characteristics of food. Response is determined in part by his general attitude toward the food type based on his prior experiences with it."

The advantages of the 9 point hedonic scale are (28, p.14):

1. its simplicity which makes it suitable for use with a wide range of populations
2. subjects can respond meaningfully without previous experience
3. in contrast to other methods, within broad limits, the results are meaningful for indicating general levels of preferences.

Thus, a 9 point hedonic scale was chosen for Food Attitude Inventory A. This inventory rated food likes and dislikes starting with 9 as like extremely to 1 as dislike extremely (Inventory A is included as Appendix B).

The second inventory, Food Attitude Inventory B (see Appendix C), dealt with how often the students would like to eat the foods served at Montana State University dining halls. The assumed value of an inventory of this sort was based on the success in its use by Peryam (28) in cooperation with the Quartermaster Research and Engineering Command, Quartermaster Food and Container Institute for the Armed Forces. This inventory has a 7 point scale covering the frequency of servings desired from 7 (once a day) to 1 (rarely or never). Since

this inventory appeared to fill the needs of Montana State University's Food Service Department, it was used in this study.

Evidence to be obtained

Both Inventories A and B contained 120 food items. They consisted of 63 entrees, 46 desserts, 6 salads, and 5 fruits. Inventory A answered the question: How well do the students like the foods? Inventory B: How often would the students like to eat the foods?

In order to follow Peryam's (27) suggestion on containing the number of items on an inventory, Inventories A and B were each divided into three parts, a, b, and c. Each student was given part a, b, or c and was thereby expected to rate only 40 items from the 120 food items in the study. In effect, each student was given approximately one third of each of the entrees, desserts, salads, and fruits of the study. Limiting the items to 40 was designed to reduce student error due to carelessness in filling out the inventories.

In order to insure an equal distribution of inventories among students, the following procedures were followed:

1. Each dormitory administrator selected two floors from the dormitory where approximately fifty students each resided.
2. Each floor was assigned at random to either Inventory A or B.

3. The purpose of the Inventory was explained at regular floor meetings. The appropriate Inventory was distributed, completed, and returned at the same meeting.

TREATMENT OF DATA

After the students scored the Inventories, the individual scores were compiled onto a single work sheet. The number of students scoring each food for each value on the scales used on both Inventories A and B was found. Weighted averages for all food scores were calculated as shown in Tables I through VI in Appendix D. Thus, the foods preferred or not preferred by the average of the population sampled means that, on the average, all the students sampled preferred or did not prefer those particular foods.

Sex comparisons for food preferences from the three dining halls would not produce a representative sample. Each dining hall may prepare and serve their foods differently. This could alter the foods and, thus, the preferences of the students. It was determined, therefore, to compare the preferences of the sexes in the one dining hall which served both male and female students.

The study of extremes was believed to be of primary importance to the application of the study. If the extremes are known, adjustments can be made. If the most preferred foods and the least preferred foods are studied, the knowl-

edge gained can be applied to improve all menus. For the purpose of this study, ten per cent of the foods (entrees, desserts, salads, fruits) inventoried which were rated highest, or most preferred, and 10 per cent of the foods which were rated lowest, or least preferred, by the students were examined. This division gave 12 foods which rated highest and 12 foods which rated lowest.

The Director of On Campus Living at Montana State University requested that student rated entrees and desserts be further examined. To do this, the 12 entrees and 12 desserts rated highest and lowest by the sample population were arbitrarily selected. Since only six salads and five fruits were included in the inventories, no further examination of those groups was needed.

CHAPTER IV

RESULTS AND DISCUSSION

The purpose of this study was to determine the food preferences of seven hundred Montana State University residence hall students in 1968. The study was done because a knowledge of student food preferences might result in the improvement of recipes, less food waste, and better student health and work efficiency.

One hundred and twenty foods served by the Montana State University Food Service were studied. These foods were ranked in order of preference and frequency of serving. These rankings, along with their weighted averages, are shown in Tables I through VI in Appendix D. For the purpose of comparison and discussion, the foods which ranked in the highest 10 per cent and lowest 10 per cent for each group studied (sample population, coed dining hall, and the dining halls serving only men or only women) are given in individual tables in this chapter. Entrees and desserts for each group studied were further analyzed. The twelve highest rated and the twelve lowest rated entrees and desserts were determined and tabulated.

ATTITUDE TOWARD AND DESIRED FREQUENCY
OF SERVING FOR FOODS RATED IN THE
HIGHEST AND LOWEST TEN PERCENT

The one hundred and twenty foods studied were ranked for the sample population, coed dining hall, and the dining halls serving only men or only women. A discussion of these rankings follows.

Sample Population

Most liked foods for the sample population tended to be those foods which were altered little beyond their natural state. Some of these were New York steak, fruits, and tossed salad. They are indicated in Table 1. Table 1 also shows that over half of these foods were desired often by the students.

The foods disliked were those combined with other foods such as liver and bacon, salmon loaf with fresh pea sauce, and New England boiled dinner with brisket. These foods were not only disliked but, in addition, students usually desired to have them served least often or not at all. As shown in Table 2, this demonstrated a correlation between disliked foods and foods students desired to have served least often or not at all.

Fruits were, on the average, more preferred and desired more frequently than any of the other food classes. Fruit

desserts, with the exception of apple pie, were not as highly accepted as whole fruits. Apple pie and ice cream were very popular among the students. Chinese chews and cottage pudding with cherry sauce were not well-liked desserts.

Tossed salad was the most preferred salad. Ham salad and macaroni salad were least preferred by the sample population.

TABLE 1

Foods Most Preferred and Desired for Most Frequent
Serving by the Sample Population
(All Dining Halls)

Food	Rank*	
	Preference	Desired Frequency
New York Steak	1	4
Oranges	2	6
Ice Cream	3	2
Apple Pie	4	3
Bananas	5	9
Turkey and Dressing	6	
Tossed Salad	7	1
German Chocolate Cake	8	
Strawberry Shortcake	9	
Raspberry Sundae	10	
Apples	11	7
Bacon, Lettuce, Tomato Sandwich	12	
Jello Salad		5
Canned Fruit		8
Fried Breakfast Ham		10
Fruit Plate		11
Fried Bacon		12

*Foods are ranked with 1 being most preferred.

TABLE 2

Foods Least Preferred and Desired for Least Frequent
Serving by the Sample Population
(All Dining Halls)

Food	Rank*	
	Preference	Desired Frequency
Liver and Bacon	1	1
Salmon Loaf w/Fresh Pea Sauce	2	5
New England Boiled Dinner w/Brisket	3	2
Ham Salad	4	
Corned Beef on Rye	5	4
Liver with Onions	6	3
Hamburger Pie	7	
Macaroni and Cheese	8	9
Macaroni Salad	9	
Cottage Pudding w/Cherry Sauce	10	10
Baked Beans	11	11
Chow Mein on Noodles	12	6
Turkey Noodle Casserole		7
Chicken Salad Sandwich		8
Chinese Chews		12

*Foods are ranked with 1 being least preferred.

Coed Dining Hall

A total of 1,496 students ate at Hedges dining Hall during the winter quarter of 1968. These students roomed at North Hedges, a women's dormitory, and South Hedges, and Roskie, men's dormitories. The food preferences of these men and women were obtained and tabulated.

The women scored tossed salad higher than the men in both preference (Table 3) and frequency of serving (Table 4). This was also true of the whole fruits (oranges and apples).

Ice cream was the only food well liked and desired to have served often by both men and women.

Both men and women disliked liver and bacon, salmon loaf with fresh pea sauce, and corned beef on rye (Table 5). They also desired to have these foods served least often, if at all (Table 6).

TABLE 3

Foods Most Preferred in the
Coed Dining Hall (Hedges)

Food	Rank*		
	Average	Men	Women
Apple Pie	1	1	4
Turkey and Dressing	2	3	9
Ice Cream	3	6	5
New York Steak	4	4	6
Oranges	5	7	6
Chocolate Pudding	6	2	
Lemon Chiffon Pie	7		3
Bananas	8	10	8
Bacon, Lettuce, and Tomato Sandwich	9	9	11
Apples	10		2
Lemon Meringue Pie	11	8	
Tossed Salad	12		1
Butterscotch Pudding		5	
Strawberry Shortcake		11	
Coconut Cream Pie		12	
Banana Cream Pie			7
Raspberry Sundae			10
Chocolate Chiffon Pie			12

*Foods are ranked with 1 being most preferred.

TABLE 4

Foods Desired for Most Frequent Serving
In the Coed Dining Hall (Hedges)

Food	Rank*		
	Average	Men	Women
Tossed Salad	1	6	1
Ice Cream	2	4	5
Apple Pie	3	1	
New York Steak	4	2	
Jello Salad	5		3
Oranges	6		4
Lemon Chiffon Pie	7	10	9
Hamburgers	8	9	
Apples	9		2
Banana Cream Pie	10	5	
Fried Bacon	11	11	10
Fried Breakfast Ham	12	7	
Strawberry Shortcake		3	
Apple Crisp		8	
Grilled Ham Steak		12	
Fruit Plate			6
Brownies			7
Cookies			8
Canned Fruit			11
Tapioca Pudding			12

*Foods are ranked with 1 being desired for most frequent serving.

TABLE 5

Foods Least Preferred in the
Coed Dining Hall (Hedges)

Food	Rank*		
	Average	Men	Women
Salmon Loaf w/Fresh Pea Sauce	1	2	3
Liver with Onions	2		1
Liver and Bacon	3	3	4
Hamburger Pie	4	1	
Corned Beef on Rye	5	5	6
Cottage Cheese Salad	6	12	
New England Boiled Dinner w/Brisket	7	6	
Macaroni and Cheese	8	10	
Macaroni Salad	9	4	
Tuna Noodle Casserole	10		
Chow Mein on Noodles	11	8	
Baked Beans	12		
Cottage Pudding w/Cherry Sauce		7	8
Ham Salad		9	
Graham Cracker Torte		11	
Salmon Steak			2
Egg Salad			5
Jelly Roll			7
Spanish Steak			9
Meat Loaf			10
Lasagna			11
Hamburger Steak w/Mushroom Gravy			12

*Foods are ranked with 1 being least preferred.

TABLE 6

Foods Desired for Least Frequent Serving
In the Coed Dining Hall (Hedges)

Food	Rank*		
	Average	Men	Women
Liver with Onions	1	9	1
Liver and Bacon	2	1	3
New England Boiled Dinner w/Brisket	3	6	2
Salmon Loaf w/Fresh Pea Sauce	4	2	8
Corned Beef on Rye	5	10	4
Chow Mein on Noodles	6	8	5
Chicken Salad Sandwich	7	4	
Turkey Noodle Casserole	8	7	9
Macaroni and Cheese	9	5	
Baked Beans	10		6
Chinese Chews	11	3	
Spanish Steak	12		
Chicken a La King on Rice		10	
Tuna Noodle Casserole		11	
Barbeque Pork Chops			7
Cottage Pudding w/Cherry Sauce			10
Ham Salad			11
Chicken Noodle Casserole			12

*Foods are ranked with 1 being desired for least frequent serving.

Men's and Women's Dining Halls

The comparison of the preferences of the residents of the dining halls which served only males or females revealed results much like the results obtained from the men and women of the Hedges coed dining hall.

The women eating at Hannon, a women's dining hall, had much the same food preferences as did the women of the coed dining hall. The students eating at Lewis and Clark, a men's dining hall, had much the same food preferences as did the men of the coed dining hall.

When the most acceptable foods were compared, only tossed salad, ice cream, apple pie, and New York steak were found to be well liked (Table 7) and desired often (Table 8) by students eating in the three dining halls and by the sample population.

The women dining in Hannon Hall preferred and desired to have served frequently more fruits and salads than did students in the men's dining hall or in the coed dining hall. These foods were also popular among the women of the coed dining hall (Table 3 and 4).

The foods least liked and least desired by students in all three dining halls consisted of four entrees, liver and bacon, New England boiled dinner with brisket, corned beef on rye, and salmon loaf with fresh pea sauce. This also held true for the sample population (Tables 9 and 10).

