

Curriculum Vitae
Hiroko NAKAZAWA PhD

[Contact Information]

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A researcher of Food Culture. I conduct my research mainly on the traditional food, and diet of rural districts in Nagano prefecture. I have also been taking an active role in food education activities. I give many training sessions relating to cooking and food, and the session varies from the kitchen knife sharpening which is the basis of cooking, to instruction of variety kinds of cooking method for Japanese grocery, and even table manner.

[Education]

- ~1989 Ochanomizu University Graduate School, Domestic Science, Master's Course for Food Science
- ~1996 University of Tokyo Graduate School of Medical Science, Doctoral Course for Health Science
- 1996~1999 University of Tokyo Graduate School of Medical Science, International Health Science Course, Research Student

[Professional Experience]

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| 1989~1991 | Full-time lecturer at Nagasaki Junior College |
| 1992~1999 | Part-time lecturer at Jumonji Junior College |
| 1996~1999 | Part-time lecturer at Shiraume Gakuen College |
| 1996~1999 | Part-time lecturer at Ochanomizu University Research Center of Living Environment |
| 1997~1998 | Part-time lecturer at Jissen Women's University |
| 1998~1999 | Part-time lecturer at Tsurukawa Women's Junior College |
| 1999~2001 | Full-time lecturer at Nagano Prefectural College |
| 2001~2007 | Assistant professor of Nagano Prefectural College |
| 2007~2010 | Associate professor of Nagano Prefectural College |
| 2008~2013 | Part-time lecturer at Takasaki University of Health and Welfare |
| 2009~2012 | Part-time lecturer at Seisen Jogakuin College |
| 2010~2020.3 | Professor of Nagano Prefectural College (from October 2010) |
| 2014 | Japan Cultural Envoy in FY2014 |
| 2018.4~present | Professor of The University of Nagano |

[Field of Interest]

Food Culture, School meals, Cookery Science.

[Award]

- 1998.11 Won the Ochanomizu University Food Science Scholarship
2010.11 Won the first Matsutaro Ishikawa Food Culture Studies Encouragement Prize
2020.3 Won the professor emeritus of Nagano Prefectural College

[Publications]

- School Lunch and Food Education in Sweden from the Viewpoints of Environmental Education and Food Culture, J. Food Culture of Jpn, 2020, 15-29, H. Nakazawa (Japanese)
- The Special Characteristics of the Japanese School Lunch and Its Changes from the Viewpoints of Traditional Food Culture and Nutrition Science, In: Tradition and Nutritional Science in the Modern Food Chain, 2019, American Farm School
- Event food and local food in Omi and Chikuhoku villages in Higashichikuma district, Nagano Prefecture, J. Nagano Pref. Univ., 2017, **72**, 1-14, H. Nakazawa, and E. Shimizu (Japanese)
- Production of Traditional Pickled Foods in Nagano Prefecture, Japan, In Place of Food Production, 2018, 103-114, Peter Lang Academic Research
- Slovakian School Lunch, J. Food Culture of Jpn, 2017, 31-42, H. Nakazawa (Japanese)
- Annual Events in Nagano Prefecture: Implementation Status of Annual Events for Junior College Students J. Nagano Pref. Univ., 2016, **71**, 23-35, H. Matsushima and H. Nakazawa (Japanese)
- School Lunches in Seven European Countries: From the Standpoint of Cultural Education of Dietary Habits J. Nagano Pref. Univ., 2016, **70**, 61-74, H. Nakazawa (Japanese)