

# 五色養生飲食在客家菜之應用研究

陳淑莉, 姚瓊珠

餐旅管理學系

觀光學院

lily@chu.edu.tw

## 摘要

The five-color applications with few health used in Hakka cuisine is publishing-related article or see the relevant discussion. This item research of purpose in Taiwan catering industry in the of research theme, and investigation and analysis existing Taiwan traditional Hakka dishes, meet five species element, color and taste of health diet of dishes, traditional Hakka dishes and integrated Hakka dishes of research and related of literature records summary finishing traditional Hakka dishes and color of associated sexual, hope can development health diet and explained Hakka dishes of color health academic research, to makes Hakka dishes modern of new mission.

Spindle of three experts, including doctors and dietitians and Chefs, using expert interviews with research mode, for industry and Government officials and scholars and experts access to find out the current development situation of Hakka cuisine and methods and the dilemma of the five-elements and five-color and five-flavor, for verification and analysis method of mixed of Hakka cuisine. It is taken from the local mining characteristics of food materials and low-carbon. Study finds that doctors, dieticians, the final result, on the application of five-color in Chefs collection in the field of health are mutually consistent. This article sorts, traditional Hakka dishes and five colors health diet has a significant relationship and establish five colors maintain Hakka cuisine, dish restaurant in using the application menu design features.

**關鍵字：**Hakka cuisine、Hakka diet culture、five-color diet、health-preserving