ABSTRACT

A refrigerator includes a storage compartment for storing an object to be cooled, a cooling unit configured to supply cool air into the storage compartment, and a controller configured to control the cooling unit to perform a first process for a first time period and a second process for a second time period repeatedly, the first process being a process to decrease a temperature of the storage compartment to a first temperature that is lower than a freezing point of the object to be cooled, and the second process being a process to increase the temperature of the storage compartment to a second temperature that is higher than the freezing point of the object to be cooled. In the refrigerator, a time integral value of a temperature difference between the freezing point and a temperature in the storage compartment during the temperature in the storage compartment remains lower than the freezing point of the object to be cooled, and a time integral value of a temperature difference between the freezing point and a temperature in the storage compartment during the temperature in the storage compartment remains higher than the freezing point of the object to be cooled are equal to each other.