

Let's Get Started!

A Guide to Shokuiku*

*Shokuiku = Food and Nutrition Education/Promotion



MAFF

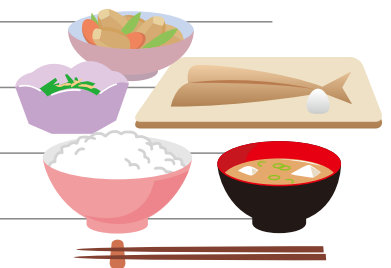


We Are What We Eat

Let's look at how understanding food and nutrition dynamics can help our lives, minds, and bodies be healthy.

Our food starts as one with Nature. It is harvested, processed, and then put on display for us at supermarkets and other stores. We choose what we like, prepare it for our meals, and consume it.

The food we eat fuels our body, sustaining our lives. It also connects us with the next generation.



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How Our Diet Evolves with Age

Dining



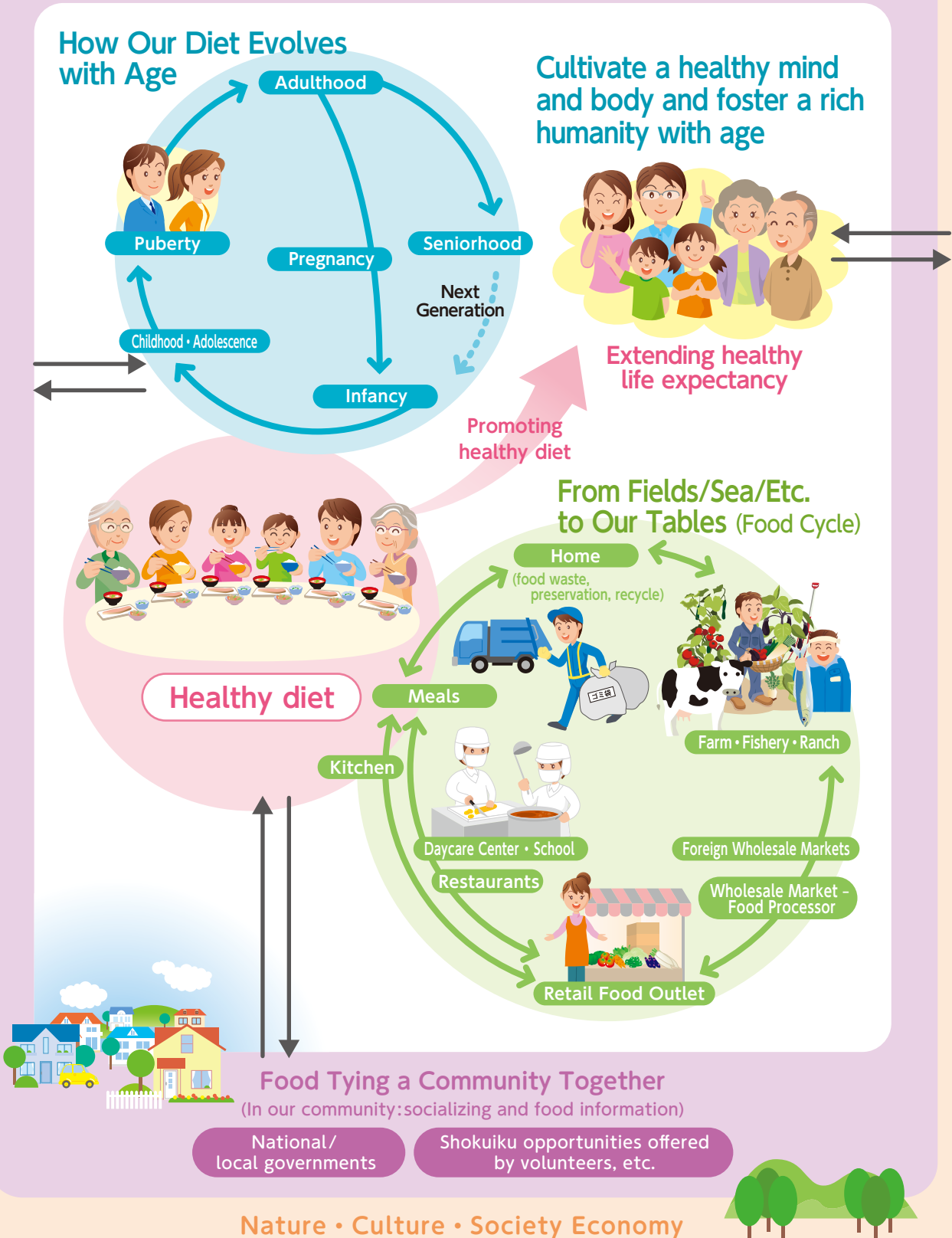
From Fields/Sea/Etc. to Our Tables

Preparing for Disasters

For Further Study

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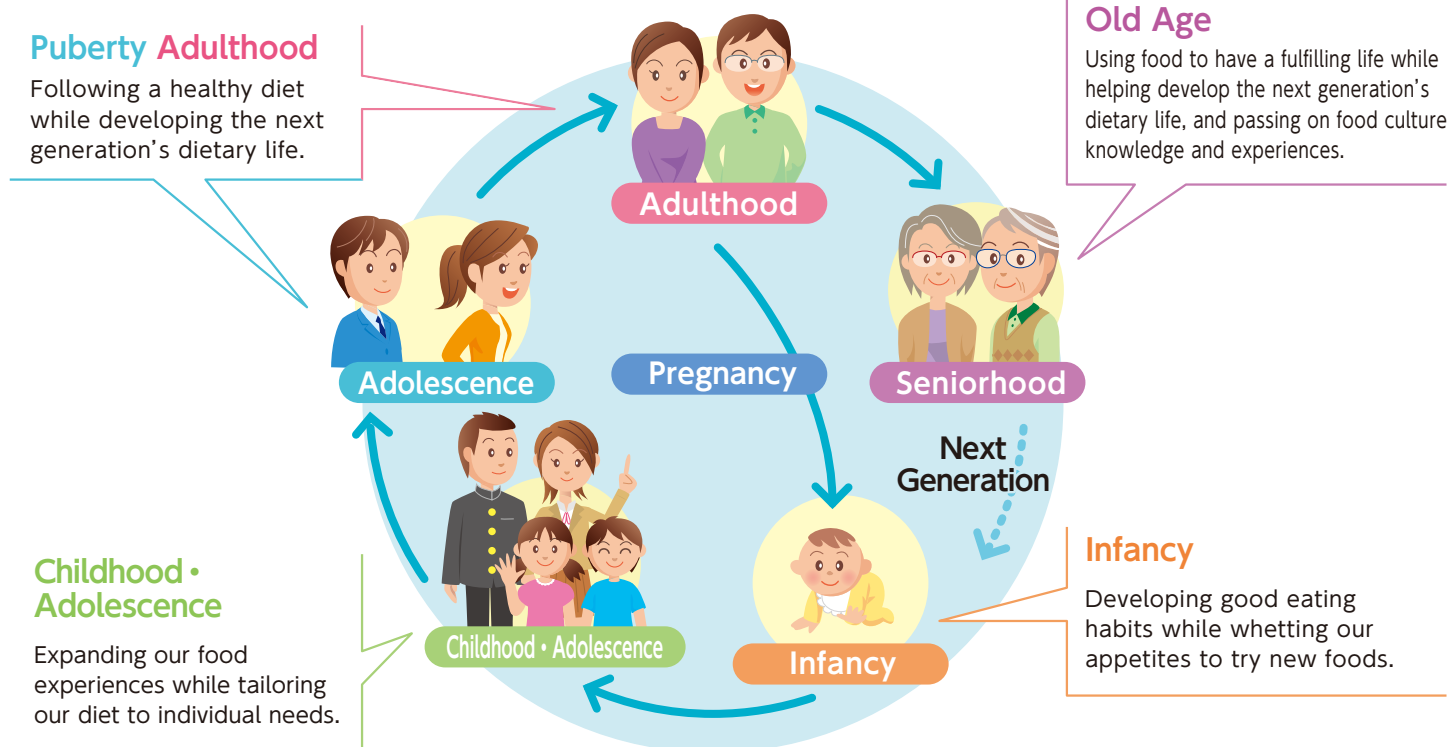
Expabnd the Circles of Shokuiku Practice



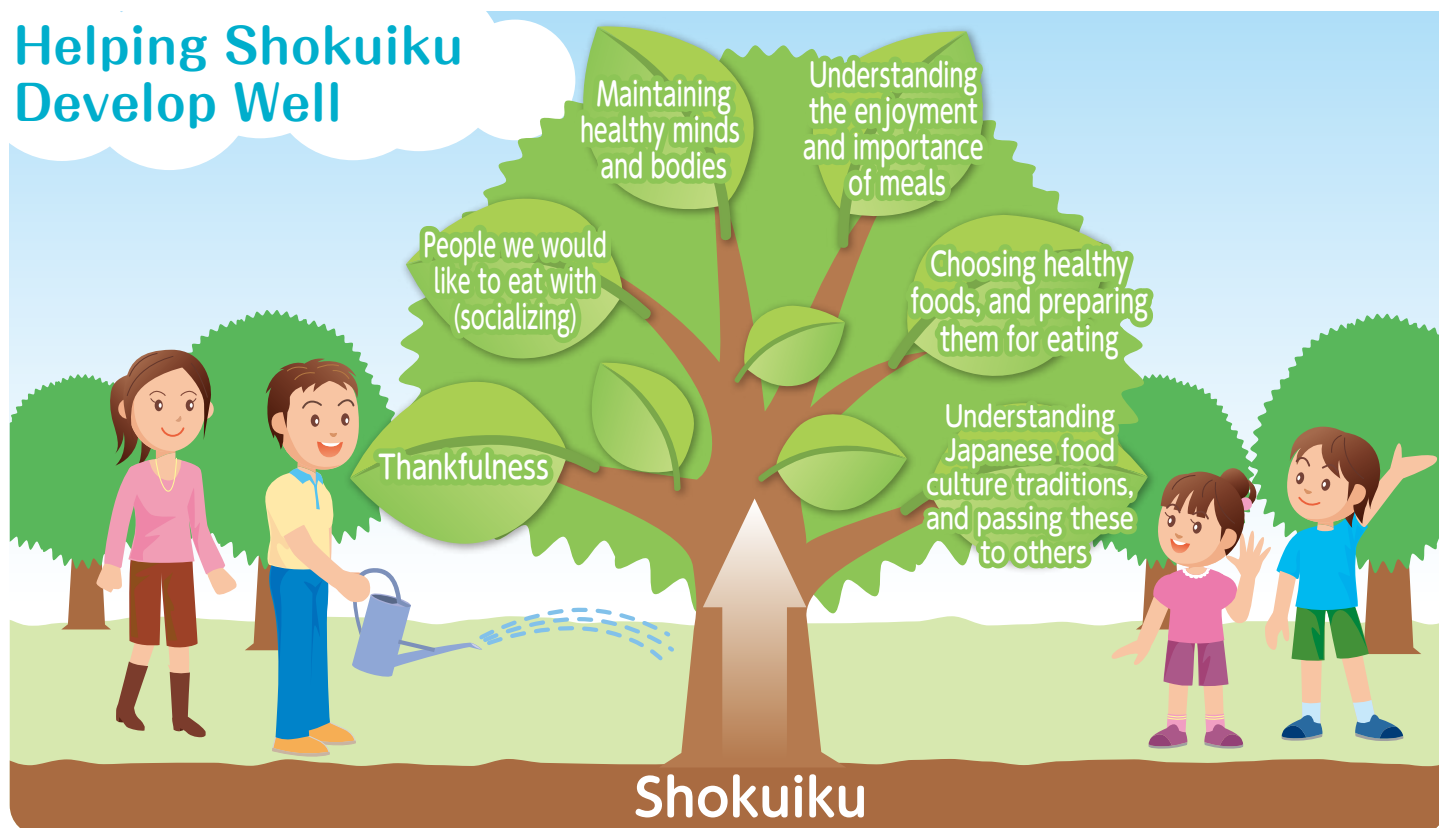
Everyone eats every day of their lives.

Those meals sustain our minds and bodies, and then those of the next generation.

Important Shokuiku Stages of Our Lives



Helping Shokuiku Develop Well

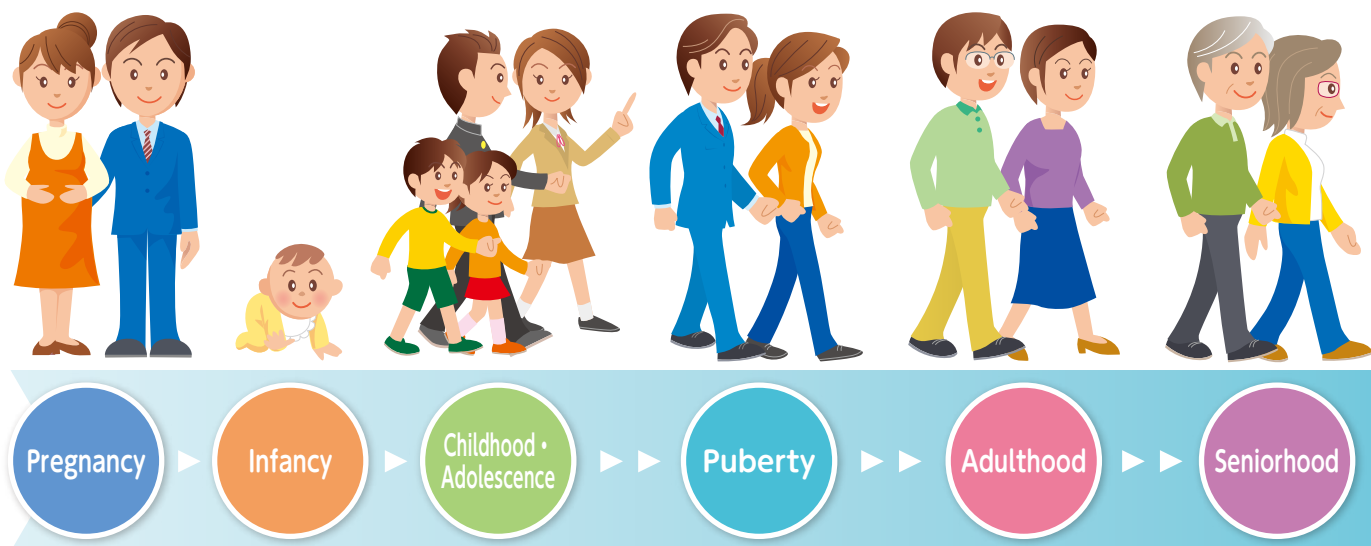


Our Bodies

Things we eat are digested, and the nutrients are absorbed for building and maintaining our bodies.

Whether we are underweight or overweight is connected with what we eat.

Let's find out our ideal weight, weigh ourselves regularly, and adjust our meals to meet our nutritional needs.



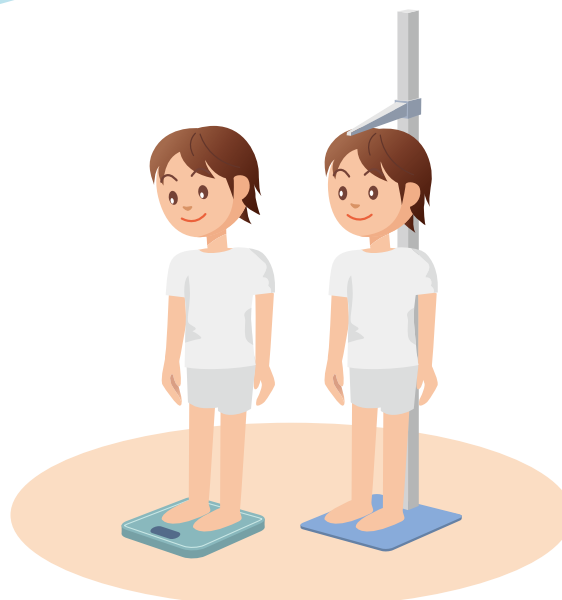
What is your height and weight?

Height

cm

Weight

Kg



Please continue to the next page

◎In the case of pregnancy or infancy, please refer to your Maternal and Child Health Handbook.

◎To record your weight regularly, use the Shokuiku Diary on p. 26.

Our Bodies

From Upper Elementary School Age Till 18 Years Old

Enter your height and weight in these charts, and observe the changes as you grow.

The middle line of the several lines written for height and weight represents the average. Not all of us are average. Find the trend line that best fits you, and watch how closely you follow the trend.

Does your height and weight follow one of the trend lines well?

Is your weight growing faster than the trend shown?

Or, is your weight falling below the trend?

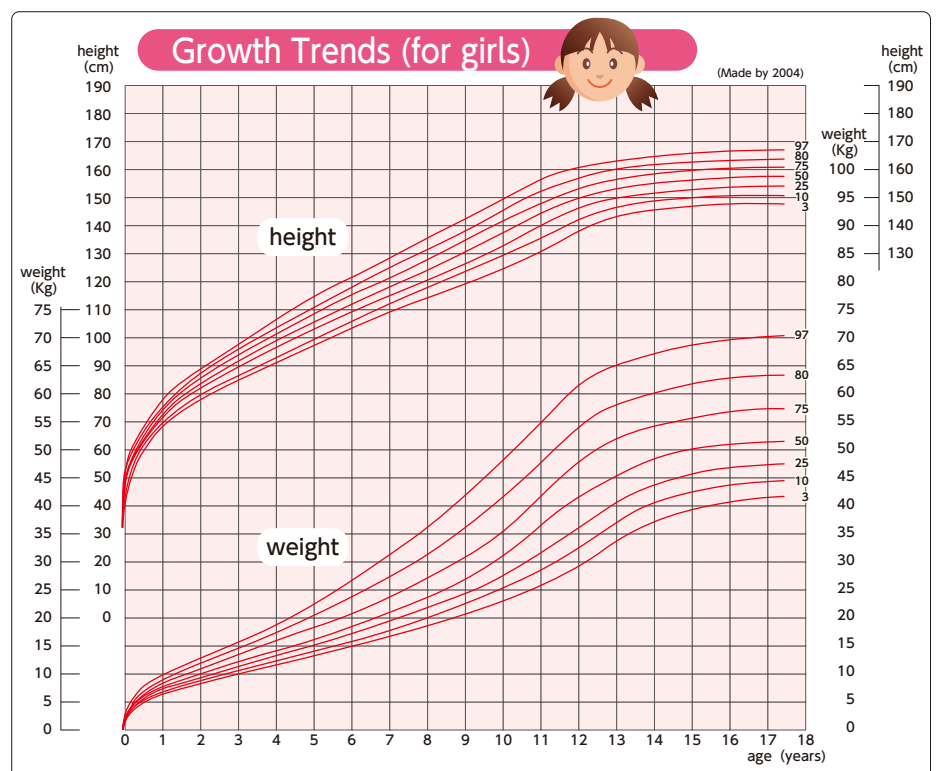
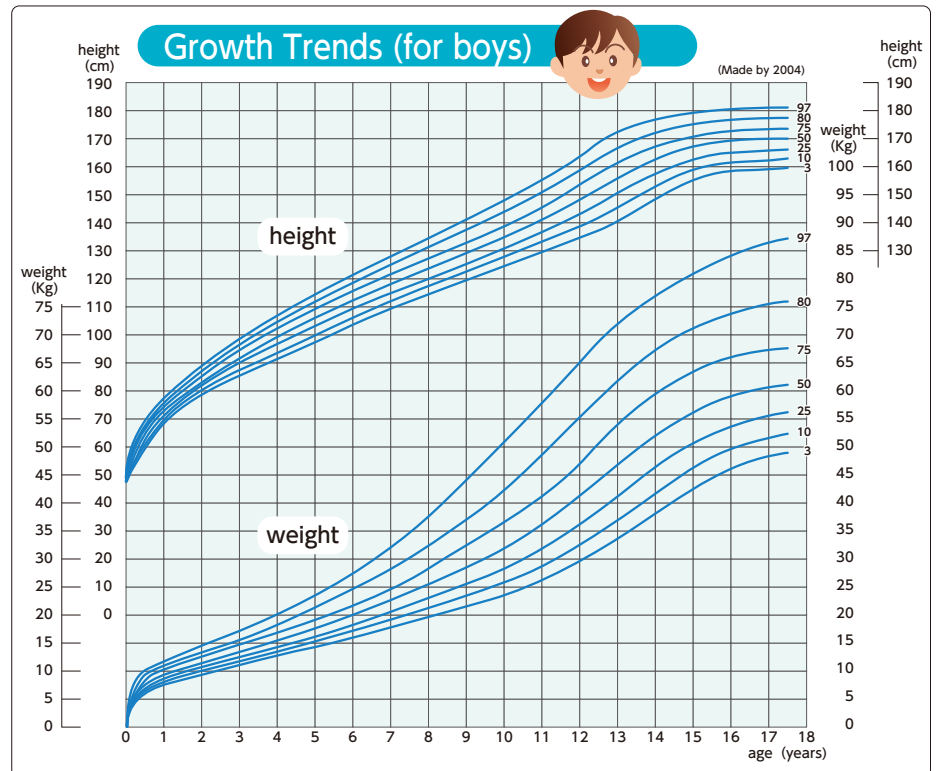


For more information



● Let's record our growth pattern
[MHLW]

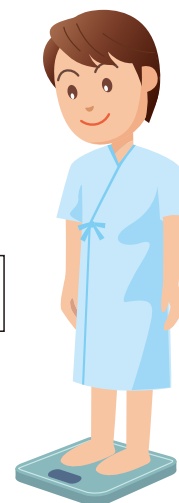
(MHLW "Let's record our growth pattern" 2004)



During Adulthood

What is your ideal weight?

$$\text{Ideal weight} = \boxed{\text{height}} \text{ m} \times \boxed{\text{height}} \text{ m} \times 22 = \boxed{} \text{ Kg}$$

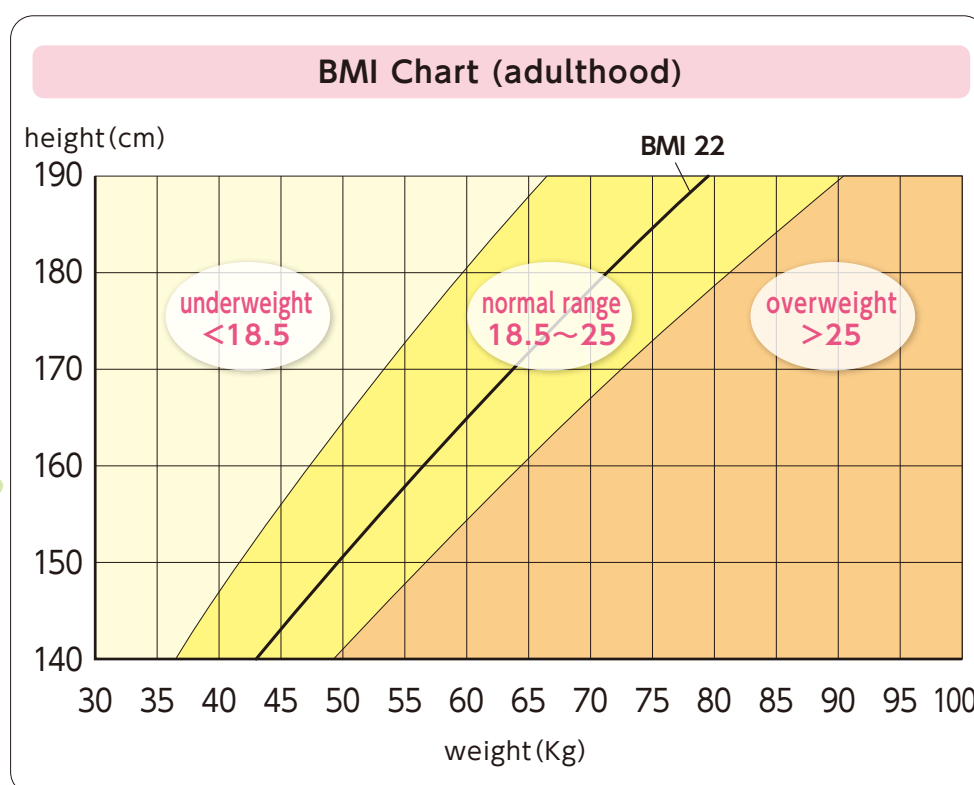


Are you underweight, or overweight? Let's calculate your BMI※.

$$\text{My BMI} = \boxed{\text{weight}} \text{ Kg} \div \boxed{\text{height}} \text{ m} \div \boxed{\text{height}} \text{ m} = \boxed{}$$

BMI	<18.5	underweight
	18.5~25	normal range
	>25	overweight

※ BMI = Body Mass Index



What Did You Eat Yesterday?

What Did You Eat Yesterday? Let's make a record of that.

Check what category of food you ate: staple dish (rice, bread, pasta, etc.), main dish, side dish(es).

Woke up time

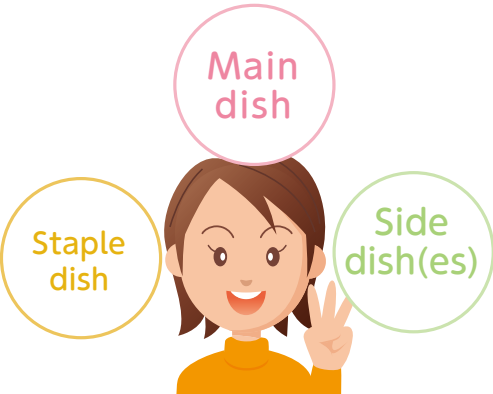
時 分

Went to sleep time

時 分

Physical condition

good • not so good



Breakfast

time _____ :

ate what _____

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Lunch

time _____ :

ate what _____

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Supper

time _____ :

ate what _____

☐ Staple dish

☐ Main dish

☐ Side dish(es)

Snack

time _____ :

ate what _____

Bedtime snack

time _____ :

ate what _____

Did your 3 meals yesterday each have a staple dish, main dish, and side dish(es)?

3 meals had 3 dishes

2 meals had 3 dishes

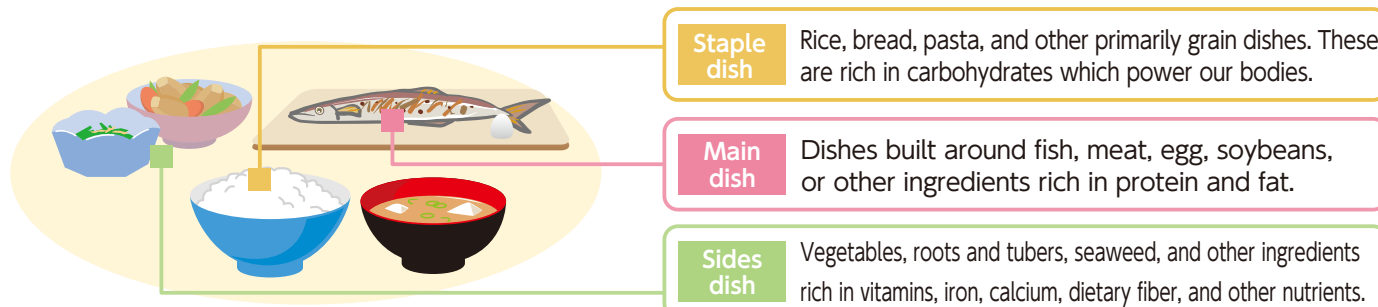
1 meal had 3 dishes

No meals had 3 dishes

7

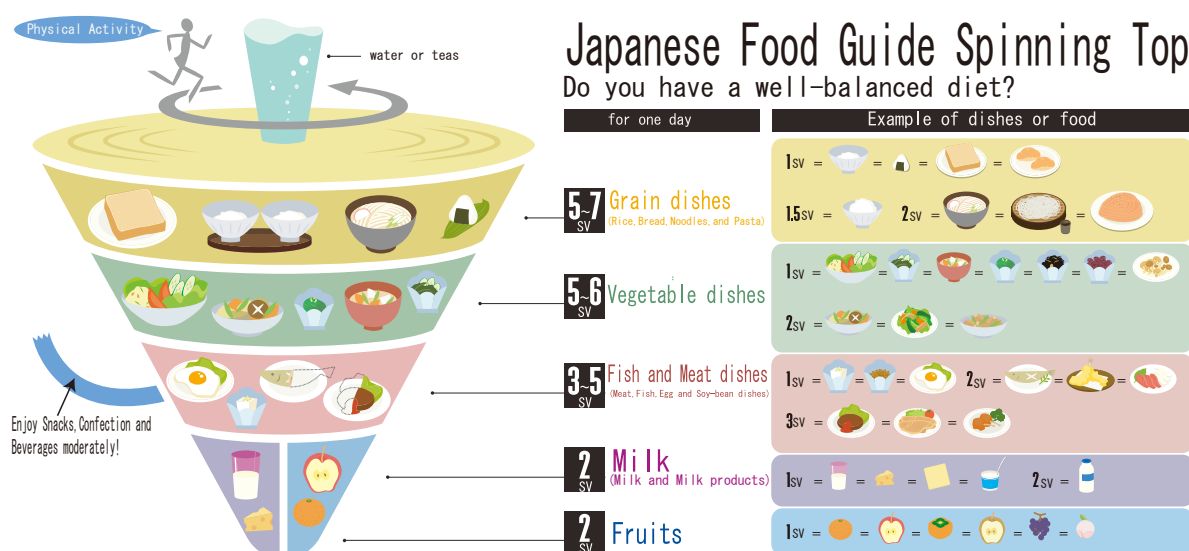
About Staple, Main, and Side Dishes

When planning or choosing a meal, if you are sure to include staple main, and side dishes, you are more likely to have a nutritionally balanced meal that is also pleasing to the eye.



What type of food should we eat?

Let's look at the Japanese Food Guide Spinning Top to see what proportion of staple, main, and side dishes we should eat daily.



※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

Decided by Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries.

Indicator of food intake by user's character and type of dishes

<User>	<Energy> kcal	Unit(s): SV				
		Grain dishes	Vegetable dishes	Fish and Meat dishes	Milk	Fruits
• 6-9 years male/female • 10-11 years female • Low amount of exercise • 12-69 years female • Over 70 years female • Low amount of exercise • over 70 years male	1400 1600 1800 2000	4~5	5~6	3~4	2	2
• 10-11 years male • Low amount of exercise 12-69 years male • Above average of amount of exercise 12-69 years female • Above average of amount of exercise over 70 years male	2200 2400	5~7		3~5		
• Above average of amount of exercise 12-69 years male	2600 2800 3000	6~8	6~7	4~6	2~3	2~3

- To decide daily meal size, enter into consideration of amount of activity (energy), and refer to the indicator of food intake (SV) on each type of dishes.
- For 2200±200 kcal, although amount of Vegetable dishes (5 to 6 SV), Fish and Meat dishes (3 to 5 SV), Milk (2 SV), and Fruits (2 SV) is the same, moderate amount of Grain dishes and type (ingredient and recipe) of Fish and Meat dishes to eat a well-balanced diet.

For more information

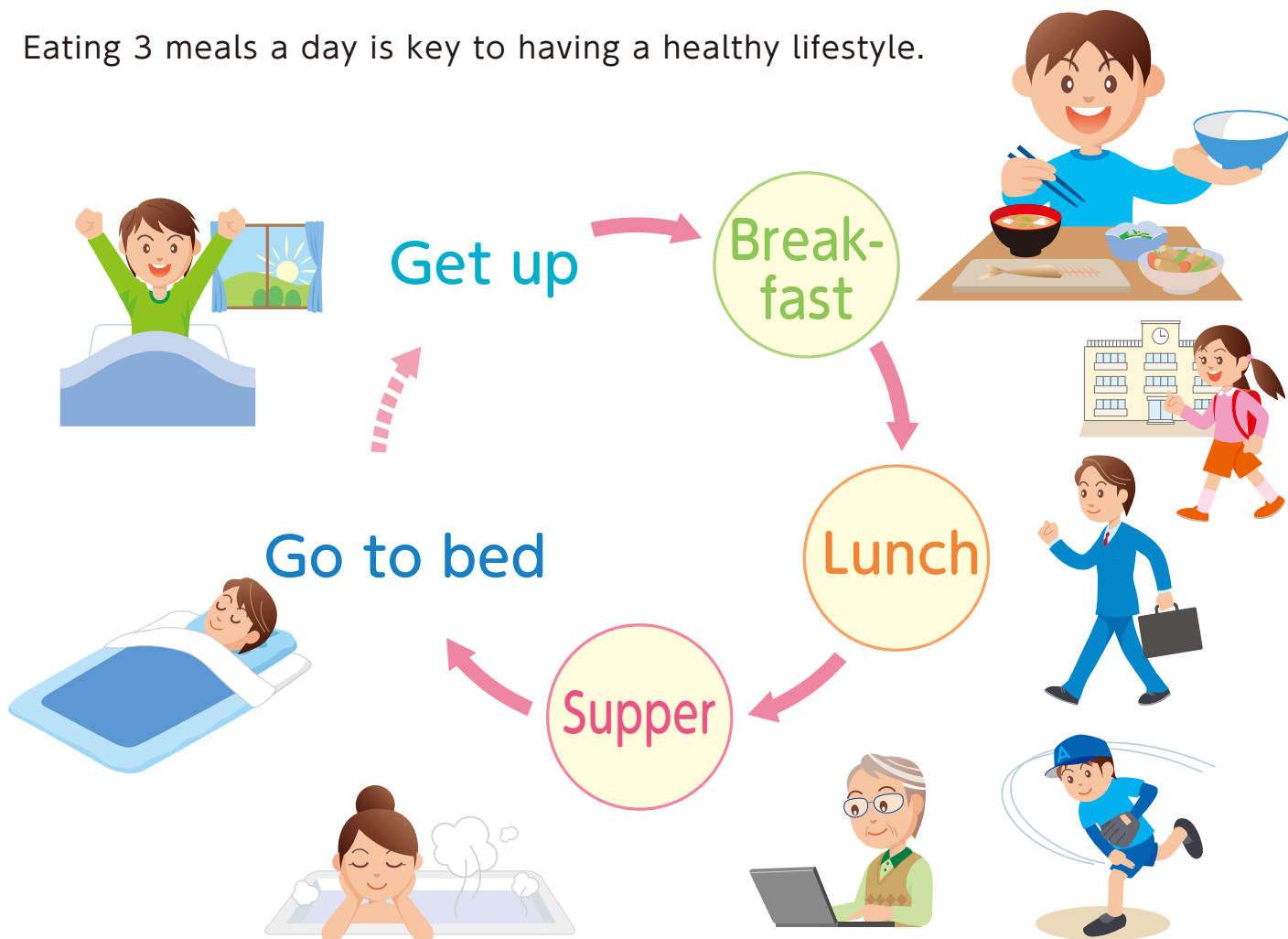


- Japanese Food Guide Spinning Top
[MAFF] [MHLW]

Did You Eat Breakfast?

Did you eat breakfast, the first meal of the day?

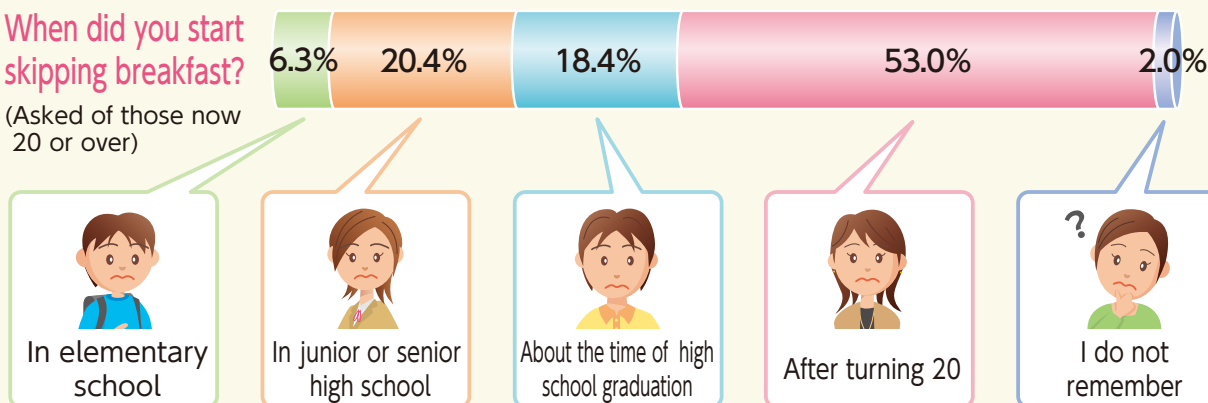
Eating 3 meals a day is key to having a healthy lifestyle.



Of people 20 or over who skip breakfast, about 1/3 developed this habit during their school years.

When did you start skipping breakfast?

(Asked of those now 20 or over)



Source: "The Survey of Attitude toward Shokuiku" (MAFF) (FY 2016)

Eating breakfast gets you off to a good start.

Breakfast gets you fueled up for starting your day.

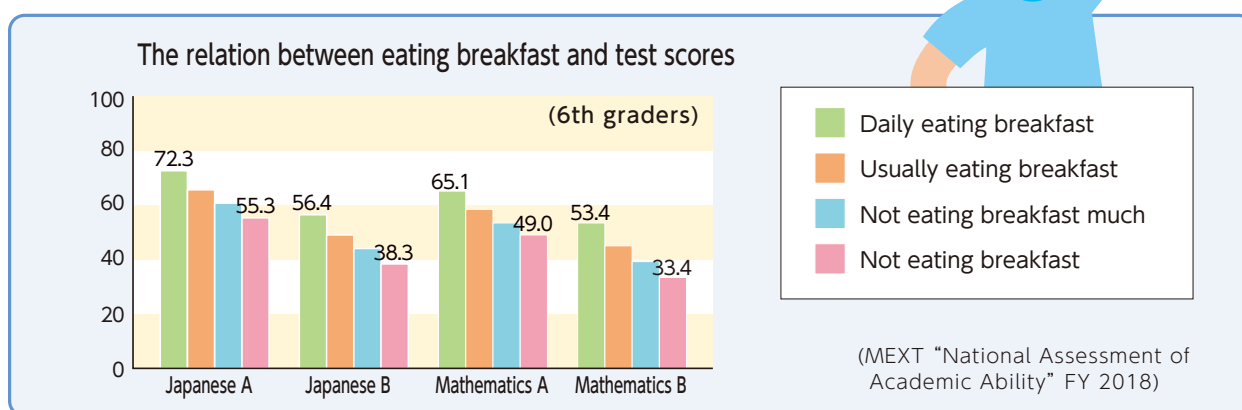
Eating breakfast causes your lower nighttime temperature to rise, and gets your body ready to go.

Your body does not store glucose well, an important fuel for your brain which our body prepares by breaking down carbohydrates in rice, bread, pasta, and so on. If we don't eat breakfast, a lack of energy makes us easily irritated, and makes it difficult for us to concentrate.



Eating breakfast improves our ability to learn.

If we compare children who eat breakfast regularly with those who don't, we can see that the scores of the former are higher.



Skipping breakfast can lead to becoming overweight

By skipping breakfast, we are likely to overeat during our other meals.

This is likely to lead to becoming overweight and developing lifestyle related diseases.



Improving my lifestyle

Eating supper late at night, or having a bedtime snack can lead to a poor appetite the next morning, and no desire for breakfast.

Let's take a look at when you eat breakfast, supper, and bedtime snacks, what time you go to bed, and when you are most active during your day.

From tomorrow, what points would you like to be careful about concerning breakfast, bedtime, and so on?

For more information:



- Early to bed, early to rise, breakfast [MEXT]
- "Mezamashi Gohan" campaign [MAFF]

Improving Each Life Stage's

Combining staple, main, and side dishes for creating a balanced meal, being sure to eat breakfast, and so on, there are different points to be careful about depending on our age.

For expectant mothers

Expectant mothers need to care for their nutritional needs in different ways depending upon their condition. Whether experiencing morning sickness or not, eat as you are able.

- Have good health before becoming pregnant
- Be sure to get most of your calories from staple dish
- Eat enough side dishes for maintaining a good vitamin and mineral intake
- Have enough main dishes for getting sufficient protein
- Have enough dairy products with meals to get enough calcium
- Naturally, your weight will increase as your pregnancy progresses
- Breast feeding mothers need proper nutrition for raising healthy infants

(MHLW "Dietary Guidelines for Pregnant and Lactating Women" 2006)



For families with infants

- Infants gradually develop, acquiring many skills.
Keep a record of your child's height and weight on the growth chart in your Maternal and Child Health Handbook.
- When nursing or bottle-feeding your baby, try to be in a quiet setting, holding your child carefully, and talking gently.
- Show your child different foods, letting him/her touch and taste.
- For more about introducing baby food to your infant, refer to the article about that in your Maternal and Child Health Handbook.
- If you have concerns about feeding your baby, bring up the matter during one of your baby's regular checkups sponsored by your community.



For more information:

- Dietary Guidelines for Pregnant and Lactating Women [MHLW]
- Guidelines for nursing/bottle feeding, and for baby food [MHLW]
- Helping your child develop a love for mealtimes [MHLW]

Dietary Habits Leads to a Healthy Life

For families with elementary or junior high school students

- Eat a good breakfast daily, along with developing other good daily life patterns.
- Manage well the timing, content, and quantity of between meal snacks.



How Our Diet Evolves with Age

For the younger generation (adolescents and young adults)



- A large proportion of young people skip breakfast. Reflect on how healthy your daily habits are.
- Be sure to eat enough vegetables. For example, eat one more side dishes more than you normally would.
- Too many young women are underweight. Dieting without need can invite irregular menstruation, or even result in osteoporosis later in life. Maintain your ideal weight by eating and exercising well.

Dining

For adults who are worried about their expanding waistlines

- It may be a good time to reexamine what you eat and how much, including snacking and alcoholic consumption, and to find what you can best revise.
- Be sure to get enough regular exercise in your daily life.
- Check your weight regularly.
- Keep a record of your diet and weight in the Shokuiku Diary (p. 26).



From Fields/Sea/Etc. to Our Tables

For families with senior citizens

- Take notice if your weight is falling. Your weight will fall if you are not eating enough. Weigh yourself regularly.
- Get enough main dishes and dairy products with your meals.
- Get enough fluids.
- Keep track of your meals and weight using the Shokuiku Diary (p. 26)



Preparing for Disasters

For more information:



- Handbook of Education in the Home [MEXT]
- Smart Life Project [MHLW]

For Further Study

Let's Chew Our Food

How many times do you chew a mouthful of food before you swallow?

Write the guessed and actual numbers below. In the parentheses, write what you were chewing.



Rice

Guessed times

Actual times

Impressions



Main Dishes

()

Guessed times

Actual times

Impressions



Side Dishes

()

Guessed times

Actual times

Impressions

**Chew your food well.
It has many benefits!**



**You can
taste your
food better!**

**The longer you chew
rice, the sweeter
it becomes!**

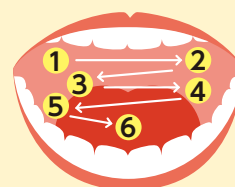
Jaw
develop-
ment

Prevention
of tooth
decay

Less likely
to become
overweight

- ① Chew with your right molars while tasting your food
 - ② Chew with your left molars while tasting your food
 - ③ Chew again with your right molars while tasting your food
 - ④ Chew again with your left molars while tasting your food
 - ⑤ Chew again with your right molars while tasting your food
 - ⑥ Taste your food well with your tongue
- Enjoy the taste while chewing well.

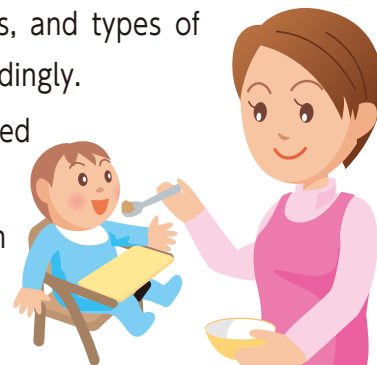
OK! Swallow.



Well While Enjoying Its Taste

Families with infants and preschoolers

- Create a pleasurable eating experience. Having the entire family eat together models the ideal eating environment.
- During infancy, an infant's mind and body are developing markedly. Mouth use and teeth growth vary widely with the infant. The hardness of foods, size of bites, and types of spoons or forks used need to be adjusted to each infant's situation accordingly.
- When it comes time to wean your infant, refer to "Indication of how to proceed weaning" in your Maternal and Child Health Handbook for guidance.
- As a child's sense of taste develops, food likes and dislikes begin appearing. Try to encourage like of all foods without being too forceful.



Chewing food well contributes to weight control

◎Benefits of chewing your food well:

- Easier to feel full
- Your body will better release hormones that suppress your appetite
- Feeling satisfied with more lightly seasoned food, and with less food

Prevent children and the seniors from choking on their food.

Some foods cause choking more easily than others

At risk are children, since their mouths and throats are still developing, and seniors, since their chewing and swallowing ability may be in decline.

How to avoid choking on food

Choose bite sizes appropriate to each food, and chew carefully. Eat with others who can keep an eye out for trouble. Notice any warnings on food packaging concerning choking danger (see illustration).



Causes of choking

- Bite sizes too big (1~5cm in diameter)
- Foods difficult to chew
- Slippery foods
- Foods labeled as bite-sized that are actually too big



Foods that most commonly cause choking

Mochi rice cake, Rice, Candies, Breads, Sushi, Rice gruels, Apples, Mitarashi-dango, Bananas, Jelly with cup

(Foods in red can be hazardous for children under 12 years old)

For more information:

- "Take time to eat" focusing on Middle-Aged and Senior Males; Topics by lifestyle and generation, Shokuiku for All [MAFF]

Food Is Even More Delicious

Do you eat any of your meals alone?

Whether due to the increase in 2-generation households, or due to the many demands of our lifestyle, the number of meals eaten together as a family are declining.



It isn't just eating meals together that benefit us, but also the resulting conversations such as "What menu shall we prepare?", "This tastes good!", and so on. Eating together with someone is more fun than eating alone! **Let's take steps to achieve that.**

Please check the boxes that apply to things you would like to do together with family or friends.



- ☐ Meal planning
- ☐ Preparing ingredients (shopping, harvesting, etc.)
- ☐ Cooking (cooking, dishing out food, etc.)
- ☐ Setting out dishes, getting the table ready, calling people to sit down
- ☐ Eating
- ☐ Cleaning up (Taking dishes to the sink, washing, throwing away scraps, putting away leftovers, etc.)
- ☐ Reflecting together about the just finished meal, asking others about meals (doing what for the next meal, liking or disliking what, etc.)

When Eating Together With Others

To Families with Preschoolers or Children Going to School



One in five elementary school children eat breakfast alone. For junior high students it is one in three.*

Many children who eat alone seem not to be healthy either mentally or physically.

There does not seem to be enough family time at the table. Let's talk together more.

※FY 2010 Survey on Dietary Conditions of School Children (Japan Sport Council)

To Seniors

Do you find that eating alone decreases your appetite?

Is shopping or cooking troublesome for you?

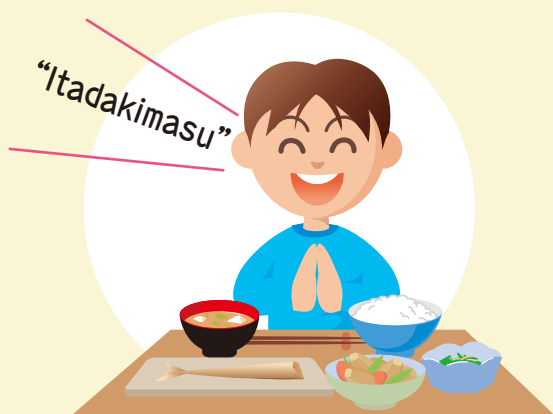
Even if you live alone, how about eating with friends, or even eating with others at local events?



Meal parties/Meal events

Do You Begin and End Your Meals Properly?

"Itadakimasu"



"Itadakimasu"

Itadaku originally meant "to put on your head," but the meaning has changed to "to receive" or "to partake." It expresses our thanks to nature, the farmers who grow our rice, vegetables, and other foods, the people who prepared our food, and so on.

"Gochisosama"

Chiso refers to someone busily preparing a meal. Therefore "Gochisosama" expresses thanks for a meal.

Did You Know?

June is Shokuiku month, and the 19th of each month is Shokuiku Day. On Shokuiku Day, how about reflecting on your food habits, and being sure to dine with your family?

Also, how about participating in local Shokuiku events?

For more information

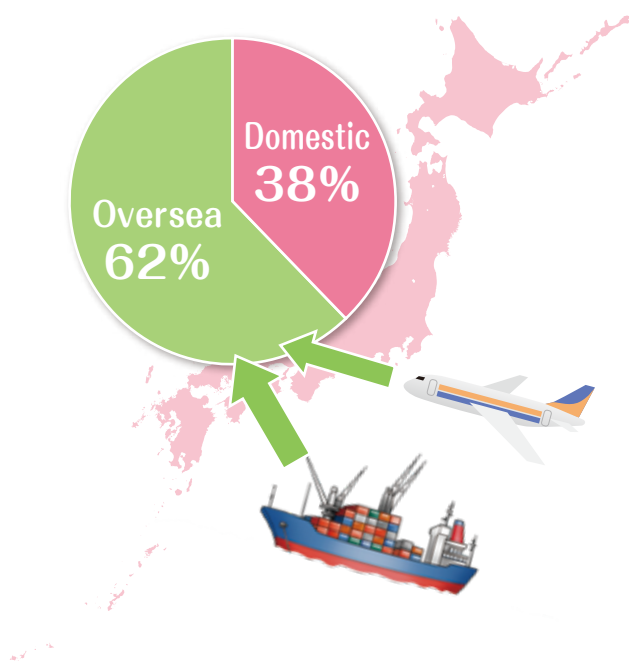


- How good is Shokuiku for us? [MAFF]
- Shokuiku Promotion in the Community; Collaborating with "Children's Cafeteria" [MAFF]

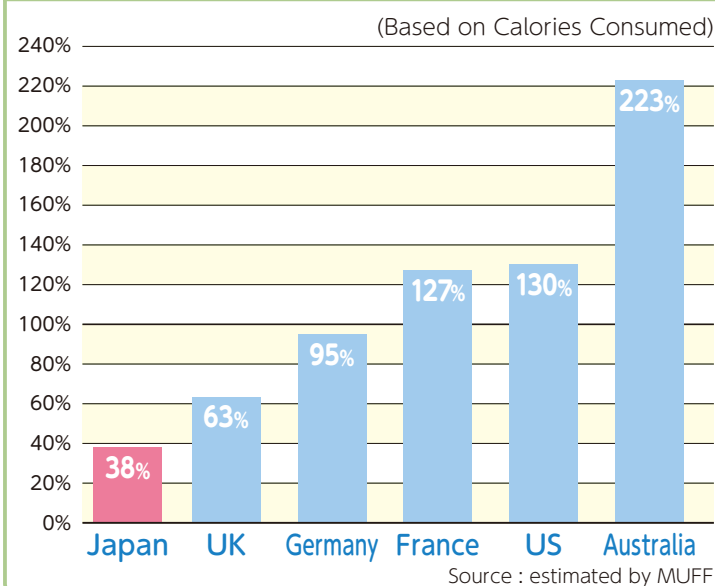
Where Does Our Food

Approximately 38%* of the Calories We Eat are Grown/
Caught/Gathered in Japan and the Rest are Imported

(Based on Calories Consumed in 2017)



Let's Compare Japan's Food Self-Sufficiency Rate with Some Other Countries



※Figures in 2013 (only Japan shows figures in FY 2017)

About 800 Million of the World's People
Suffer from Starvation or Nutrition Shortages.



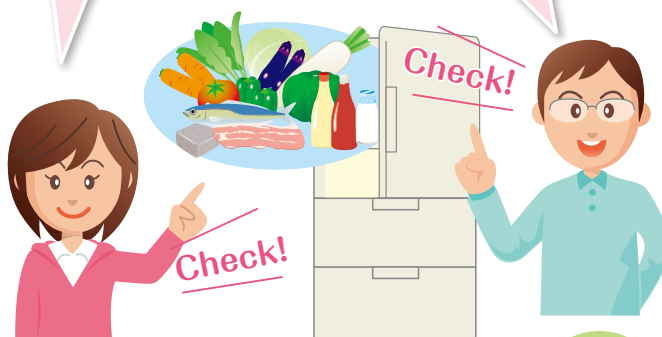
On the one hand, Japan imports most of its food, but on the other hand, Japanese waste 6.46 million tons of food (food that is still edible which is thrown away) per year.



6.46 million
tons per year

Let's Prevent Waste!

Before going shopping, check to see what foods
you already have. Use foods wisely to prevent waste.

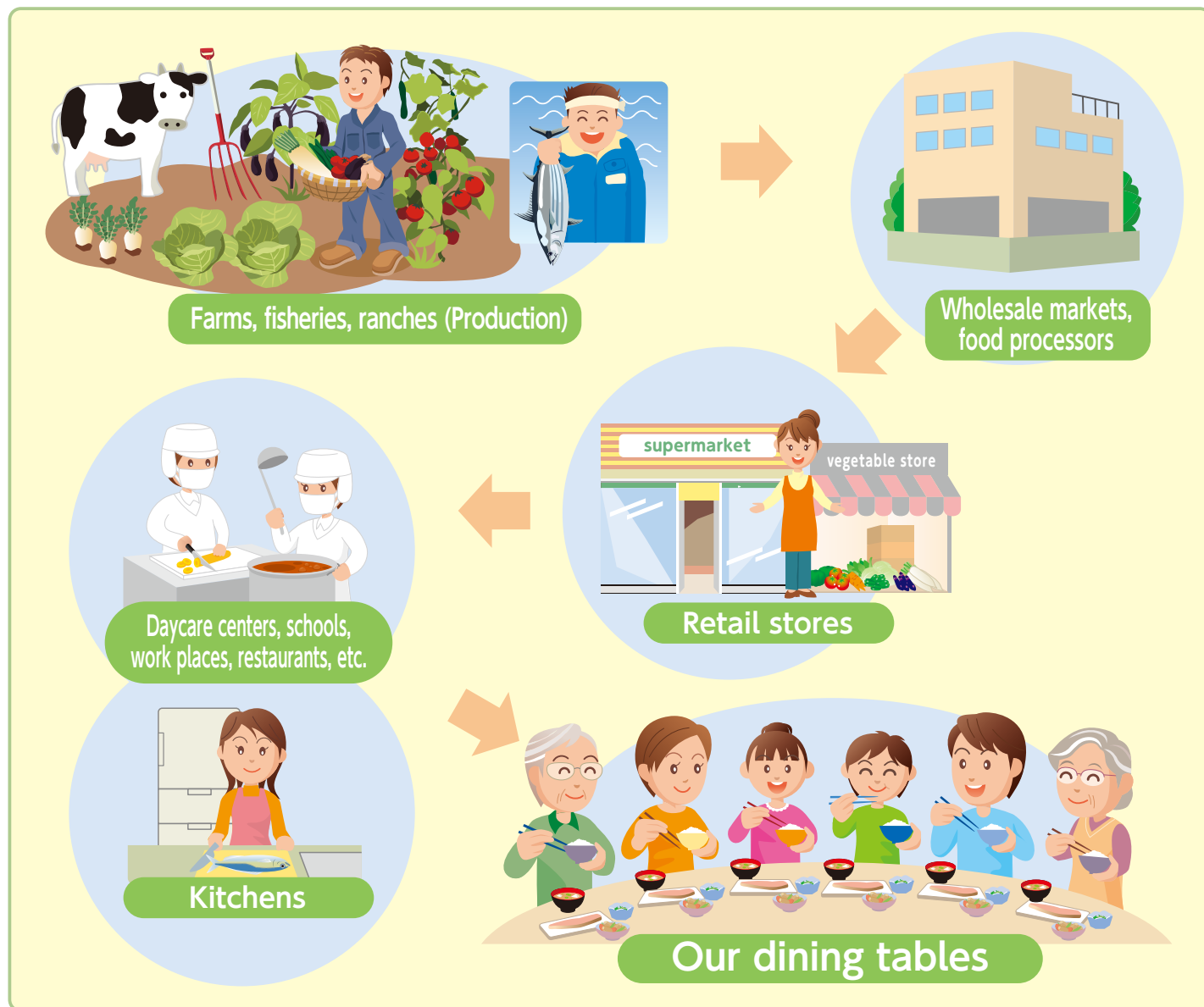


For more information:

- Do you know about the food situation in Japan? [MAFF]
- Food Recycling and Food Loss [MAFF]
- [Reducing Food Loss] A Project for Eliminating Food Waste [CAA]

Come From?

The foods we eat come to us thanks to the efforts of many people in food producing, processing, shipping, and more.



For more information:



- Childrens' exchange project with farming or mountain or fishing villages. [MAFF]
- Promotion of Agricultural, Forestry and Fishery Experience [MAFF]

What Foods Are Most Suitable

From times past, it has been Japanese tradition to celebrate local foods during New Years and other holidays.

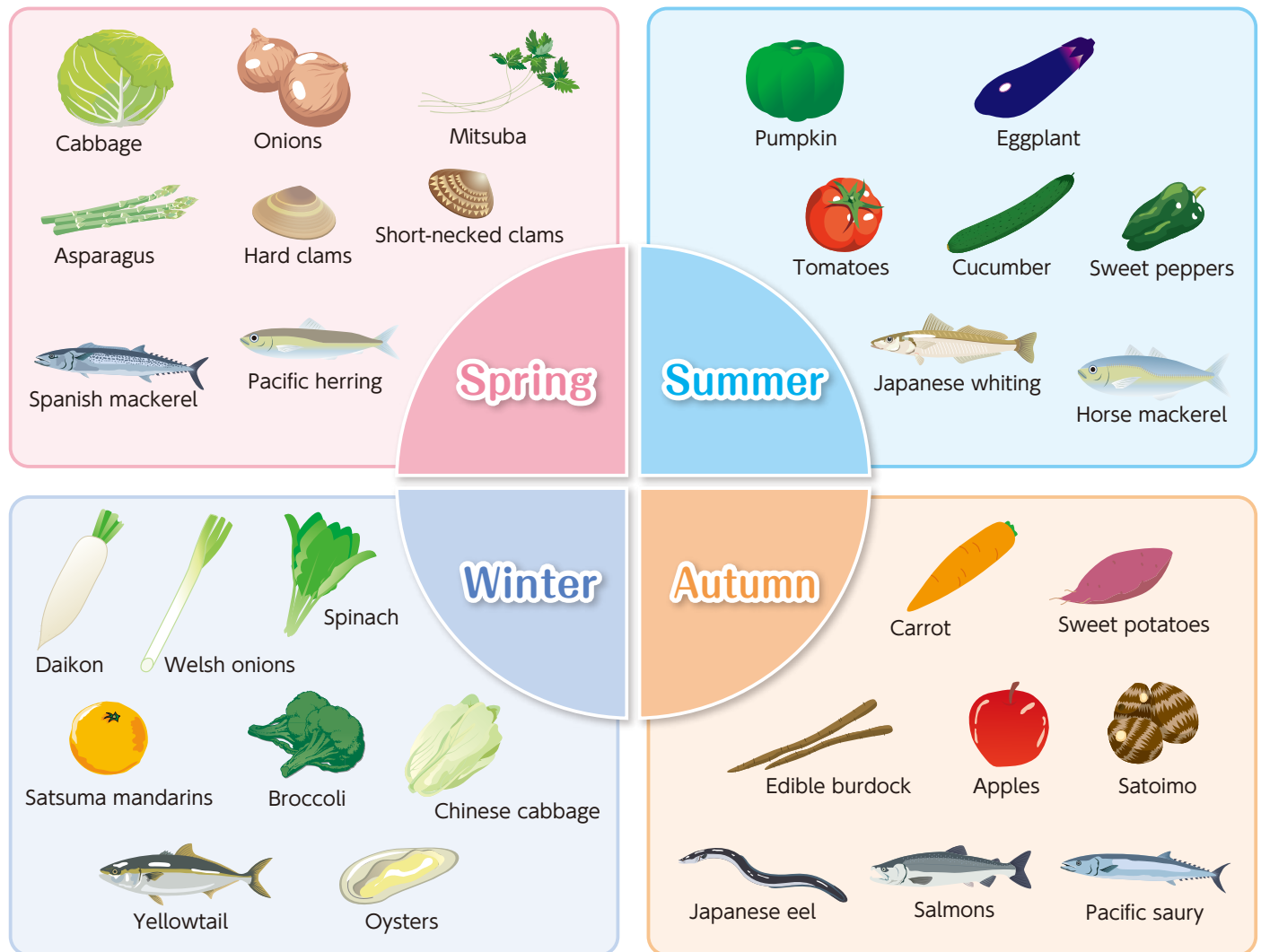
In the calendar below, write foods appropriate for different festivals, including foods unique to your area.

January (Mutsuki)	February (Kisaragi)	March (Yayoi)	April (Uduki)
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

for Each Season, or for Where We Live?

Japan is blessed with four seasons, so we have come to value foods special to each season.

Seasonal foods tend to have a fine taste and smell, as well as being nutritious. Let's make efforts to use seasonal foods in our cooking, and to appreciate their taste. Let's also remember how our area's climate and environment have resulted in the quality of our area's seasonal foods. Put a circle by foods from your area.



Japanese-Style Food Life

Japan's climate and environment is suitable for producing rice for staple dishes, fish, meat, and so on for main dishes, and vegetable, seaweed, legumes, and so on for side dishes. These diverse ingredients combine in different ways to create our Japanese-style food life.

Not only are foods from throughout Japan nutritionally balanced, but eating them together provides a rich food life. This is all connected to improving Japan's food self-sufficiency rate, and continuing the food traditions of local areas in Japan.

Eating locally

This means eating foods grown or caught or gathered in your area. Let's be aware of our local area's foods.

For more information:

- FOOD ACTION NIPPON [MAFF]
- Local Production for Local Consumption/Boosting Consumption of Domestic Agricultural, Forestry and Fishery Products [MAFF]
- Washoku (Japanese cuisine) registered as an example of UNESCO Intangible Cultural Heritage! [MAFF]

Let's Take a Close Look at Food Labels

In general, processed foods, whether boxed, bottled, bagged, etc., have various kinds of information printed on their packaging. Have you ever looked closely?

Let's take a look at what's printed on food packages.

Product name:	Vienna sausage
Ingredients:	Pork (U.S., Japanese, Danish), lard, protein hydrolysate, reduced sugar syrup, salt, spices/flavorings (MSG, etc.), phosphates (Na, K)...
Weight:	150g
Expiration date:	September 30, 2019
Storage:	Keep at 10°C or below.
Manufacturer:	○○○ Food Company +AK ×××-△△△, Chiyoda Ward, Tokyo

Nutrition facts:	per 100g
Energy:	321kca
Protein:	13.2g
Fat:	28.5g
Carbohydrate:	3.0g
Sodium chloride equivalent:	1.9g



Can you answer these questions?

- What is the product's name?
- How much food is in the bag?
- What company manufactured this product?
- How much protein is in the food?



What is the difference between Use By Date and Sell By Date?

Use By Date

The information is displayed on perishable food products such as box lunches or prepared food. Food quality for unopened packages is guaranteed until the date.

Sell By Date

The information is displayed on nonperishable food products such as canned goods or snack foods. They need not be eaten immediately upon reaching the date.

※ Whether a product is labeled with a Use By Date or Sell By Date depends upon the food and how it has been preserved. It is only applicable to unopened packages. If the package has been opened, or if the food has been preserved in a nonstandard way, the food's quality or safety may decline before the posted date.

Food Allergen Labeling

Be sure to carefully read food labels to tell if any foods you are allergic to are included.

These 7 food allergens must be listed on a label if any of them are in a product

Prawns/shrimp, Crab, Wheat, Buckwheat, Eggs, Milk, Peanuts

It is suggested that these 20 food allergens be listed on a label if any of them are in a product

Abalone, Squids and cuttlefishes, Ikura, Oranges, Cashew nuts, Kiwifruit, Beef Cattle, Walnuts, Sesame, Salmons and trouts, Mackerels, Soybeans, Chicken, Bananas, Swine, Matsutake, Peaches, Yams, Apples, Gelatin

※ Labelling requirements for food allergens may change from time to time.

※ Alcohol products are not currently required to declare presence of allergens on their labels.

For more information



- Basic Things About Food Labelling to Know [CAA]

To protect your children, inform your their daycare center or school of any food allergies they may have.

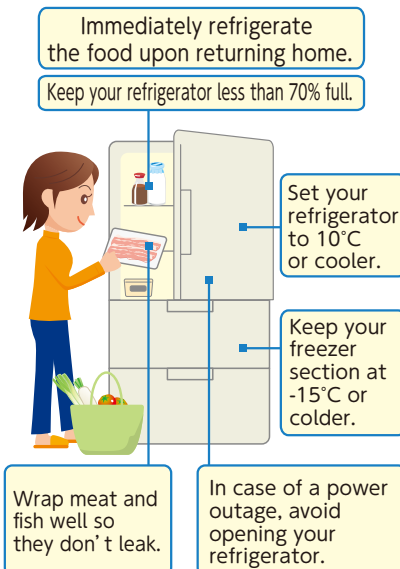
How Can We Prevent Food Poisoning at Home?

Six points for preventing food poisoning at home

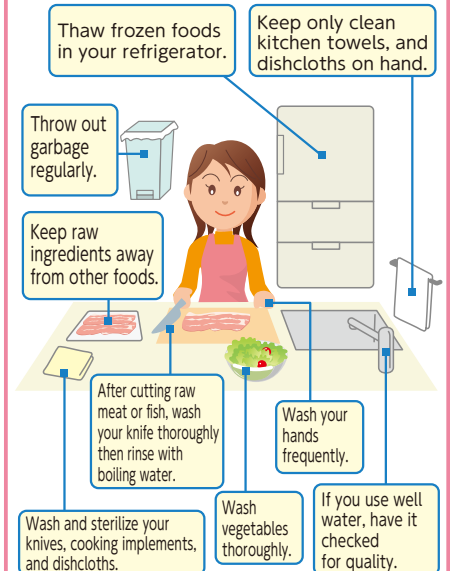
point 1 Buying food



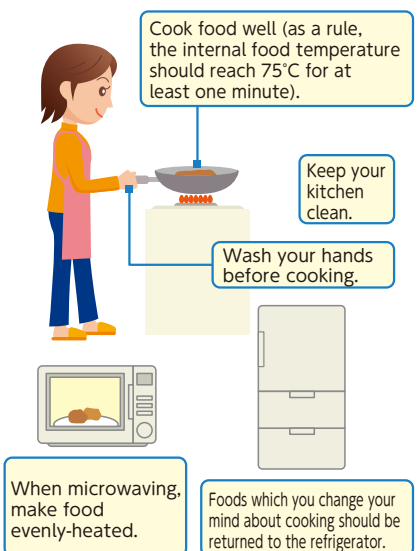
point 2 Storing food at home



point 3 Food preparation



point 4 Cooking



point 5 Eating



point 6 Leftovers



3 rules for preventing food poisoning

Avoid food poisoning by keeping away microorganisms that may cause it, not allowing such organisms to propagate, and fighting off any that are present.

For expectant mothers

Pregnancy weakens a woman's immune system leaving her more susceptible to food poisoning. Take extra care when washing fresh foods, cooking, and handling food.

For more information

- 6 points you can do at home to prevent food poisoning [MHLW]
- Advice for Pregnant Women [MHLW]

Preparing for Unforeseeable

Let's get the task of preparing emergency food supplies underway!

- Be sure to always keep emergency food supplies comprising staples (carbohydrates) and main dishes (protein) to last at least three days and preferably a week.
- Utilities (electricity, gas and water) are likely to be cut off in a disaster, so it is better to keep water, fuel and cooking equipment (gas camping stove, etc.) available for around a week (21 liters of water, six gas cartridges), in supply.

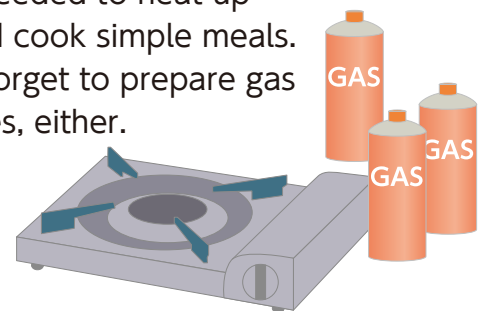
Water

A liter of water per person per day is needed as drinking water. Together with water used for cooking and other purposes, it is better to plan for around three liters of water per person per day.



Gas camping stove

Fuel is needed to heat up food and cook simple meals. Do not forget to prepare gas cartridges, either.

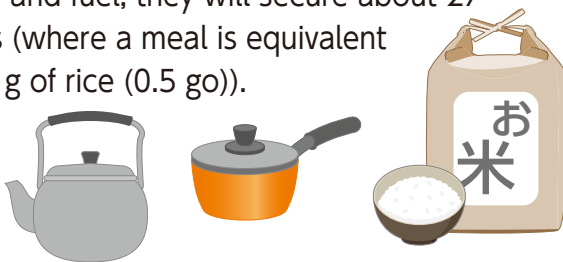


Rice

<Energy and Carbohydrates>

Your key emergency food supply!

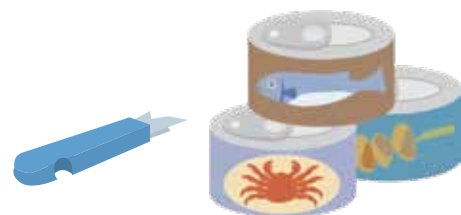
If you keep a two-kilogram bag of rice with water and fuel, they will secure about 27 meals (where a meal is equivalent to 75 g of rice (0.5 go)).



Canned goods

<Protein>

Canned goods consumable as-is without requiring cooking are recommended.



Rolling Stockpile

You can easily prepare emergency food supplies by introducing rolling stockpiles; a method to stock up with slightly more daily food products and restock those you consumed.

Step 1

Stock up with slightly more daily food products than usual (those with a longer shelf life)



Step 2

Prepare a checklist and consume the products based on their best-before dates.



Step 3

Restock cans you have consumed



Disasters

An example of emergency food prepared at home: for two adults for a week

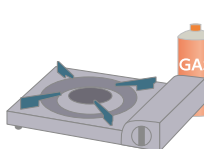
Necessities



•Water

※Around three liters per person per day (for both drinking and cooking)

2 liters × 6 bottles × 4 cases



•Gas camping stove •Gas cartridge

※Around six cartridges per person per week

12 cartridges



Tea of your preference and soft drinks are also convenient items.

Staples (energy and carbohydrates)



•Rice

※Restock another bag when consumed (around 75 g per person per meal)

2 kg × 2 bags



•Cup noodles

6 items



•Instant noodles (dried somen, udon, soba and pasta)

2 bags of somen (300 g/bag)

2 bags of pasta (600 g/bag)



•Precooked rice pack

6 packs



As needed



•Others (breakfast cereal, etc.)

(Long-life milk)

Main dishes (Protein)



•Vacuum packed food product

18 products including precooked beef bowl, curry, etc.
6 packs of pasta sauce



•Canned food

18 cans of your preference

Also important to keep are chocolates, biscuits and other confectionery.



Side dishes/others

As needed



•Vegetables that stay fresh for a longer time (onions, potatoes, etc.)



•Vegetable juice, fruit juice, etc.



•Umeboshi, seaweed, dried wakame seaweed, etc.



•Seasoning such as salt, sugar, soy bean sauce and noodle soup base



•Instant miso soups and soups

Choose emergency food to meet your family's needs

Prepare separately for food products consumable by seniors, infants, preschoolers, those with illnesses, persons requiring nursing care and those with food allergies.

Seniors, infants and preschoolers



*Rice gruel that is easy for seniors to eat



*Non-allergenic powdered milk products

Those with kidney disease



*Low-protein rice for those with kidney disease

Those with food allergies



Free of 27 allergens

*A stew free of 27 specified ingredients

Check List

"Eating" covers everything from food production to placement on our dining table, and how it is used by our bodies to give us energy for living. Tell about these connections to your family and friends. Shokuiku is for linking us to others, and to our community. Won't you give it a try?

Read the following questions, and place a circle in the appropriate boxes in the chart below.

- Q1** What would you like to know more about?
Q2 What action would you like to take?
Q3 What would you like to communicate to your family or friends?

How Our Diet Evolves with Age		Wish to know more	Wish to do something	Wish to tell family or friends
Important Shokuiku Points Change with Age				
Our Bodies				
Dining		Wish to know more	Wish to do something	Wish to tell family or friends
What Did You Eat Yesterday?				
Do You Eat Breakfast?				
Improving Each Life Stage's Dietary Habits Leads to a Healthy Life				
Let's Chew Our Food Well While Enjoying Its Taste				
Food Is Even More Delicious When Eating Together With Others				
From Fields/Sea/Etc. to Our Tables		Wish to know more	Wish to do something	Wish to tell family or friends
Where Does Our Food Come From?				
What Foods Are Most Suitable for Each Season, or for Where We Live?				
Let's Take a Close Look at Food Labels				
How Can We Prevent Food Poisoning at Home?				
Preparing for Disasters		Wish to know more	Wish to do something	Wish to tell family or friends
Preparing for Unforeseeable Disasters				

Let's start with what we can most easily do!

Write a plan on how you can investigate a topic.

Shokuiku Diary

month				breakfast				lunch				supper				other foods	memo (Ate with who? Was it fun? Etc.)
date/day	weight (kg)	condition	staple dish	main dish	side dishes	soup	staple dish	main dish	side dishes	soup	staple dish	main dish	side dishes	soup			
1 ()																	
2 ()																	
3 ()																	
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19th is Shokuiku Day, a time to reflect on your diet.

* In the columns for breakfast, lunch, supper, place a circle under [staple dish], [main dish], [side dishes] if you had any of these.

* Place a check mark in the "other foods" column if you had a snack or alcoholic beverage, etc., that day.

* In the memo column, note who you ate with, whether the meal was fun, something you have actualized from your self check chart (see p. 25), etc.

How Our Diet Evolves with Age

Dining

From Fields/Sea/Etc. to Our Tables

Preparing for Disasters

For Further Study



Further Information

Our Bodies

P4~6

- Let's record our growth pattern 【MHLW】 <http://www.mhlw.go.jp/shingi/2004/02/dl/s0219-3b.pdf>

What Did You Eat Yesterday?

P7~8

- Japanese Food Guide Spinning Top 【MHLW】 <http://www.mhlw.go.jp/bunya/kenkou/eiyou-syokuji.html>
- Japanese Food Guide Spinning Top 【MAFF】 http://www.maff.go.jp/j/balance_guide/index.html

Did You Eat Breakfast?

P9~10

- Early to bed, early to rise, breakfast 【MEXT】 <http://www.hayanehayaoki.jp/>
- "Mezamashi Gohan" campaign 【MAFF】 <http://www.maff.go.jp/j/seisan/kakou/mezamasai.html>

Improving each life stage's dietary habits leads to a healthy life

P11~12

- Dietary Guidelines for Pregnant and Lactating Women 【MHLW】 <http://www.mhlw.go.jp/houdou/2006/02/h0201-3a.html>
- Guidelines for nursing/bottle feeding, and for baby food 【MHLW】
<http://www.mhlw.go.jp/shingi/2007/03/s0314-17.html>
- Helping your child develop a love for mealtimes 【MHLW】 <http://www.mhlw.go.jp/shingi/2004/02/dl/s0219-3a.pdf>
- Handbook of Education in the Home 【MEXT】 http://www.mext.go.jp/a_menu/shougai/katei/main8_a1.htm
- Smart Life Project 【MHLW】 <http://www.smartlife.go.jp/>

Let's Chew Our Food Well While Enjoying Its Taste

P13~14

- "Take time to eat" focusing on Middle-Aged and Senior Males;
Topics by lifestyle and generation Shokuiku for All 【MAFF】
http://www.maff.go.jp/j/syokuiku/minna_navi/topics/topics4_02.html

Food Is Even More Delicious When Eating Together With Others

P15~16

- How good is Shokuiku for us? 【MAFF】 <http://www.maff.go.jp/j/syokuiku/evidence/index.html>
- Shokuiku Promotion in the Community; Collaborating with "Children's Cafeteria" 【MAFF】
<http://www.maff.go.jp/j/syokuiku/kodomosyokudo.html>

Where Does Our Food Come From?

P17~18

- Do you know about the food situation in Japan? 【MAFF】 <http://www.maff.go.jp/j/zyukyu/>
- Food Recycling and Food Loss 【MAFF】 http://www.maff.go.jp/j/shokusan/recycle/syoku_loss/
- [Reducing Food Loss] A Project for Eliminating Food Waste 【CAA】
https://www.caa.go.jp/policies/policy/consumer_policy/information/food_loss/
- Childrens' exchange project with farming or mountain or fishing villages. 【MAFF】 <http://www.maff.go.jp/j/nousin/kouryu/kodomo/>
- Promotion of Agricultural, Forestry and Fishery Experience 【MAFF】
http://www.maff.go.jp/j/syokuiku/s_edufarm/index3.html

What Foods Are Most Suitable for Each Season, or for Where We Live?

P19~20

- FOOD ACTION NIPPON 【MAFF】 <http://syokuryo.jp/index.html>
- Local Production for Local Consumption/Boosting Consumption of Domestic Agricultural, Forestry and Fishery Products 【MAFF】
http://www.maff.go.jp/j/shokusan/gizyutu/tisan_tisyo/index.html
- Washoku (Japanese cuisine) registered as an example of UNESCO Intangible Cultural Heritage! 【MAFF】
<http://www.maff.go.jp/j/keikaku/syokubunka/ich/index.html>

Let's take a close look at food labels

P21

- Food Labelling 【CAA】
https://www.caa.go.jp/policies/policy/food_labeling/information/pamphlets/pdf/pamphlets_181026_0001.pdf

Preventing food poisoning at home

P22

- 6 points you can do at home to prevent food poisoning 【MHLW】 <http://www.mhlw.go.jp/topics/syokuchu/dl/point0709.pdf>
- Advice for Pregnant Women 【MHLW】 <http://www.mhlw.go.jp/topics/syokuchu/06.html>

Preparing for disasters

P23~24

- A Leaflet on Emergency Food Stockpiling at Home 【MAFF】
<http://www.maff.go.jp/j/zyukyu/anpo/gaido-kinkyu.html>

Website of related government agencies

Consumer Affairs Agency, Government of Japan 【CAA】	https://www.caa.go.jp/
Food Safety Commission of Japan 【FSC】	http://www.fsc.go.jp/
Ministry of Education, Culture, Sports, Science and Technology 【MEXT】	http://www.mext.go.jp/a_menu/sports/syokuiku/index.htm
Ministry of Health, Labour and Welfare 【MHLW】	https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/eiyou/index.html
Ministry of Agriculture, Forestry and Fisheries 【MAFF】	http://www.maff.go.jp/j/syokuiku/index.html

(Accessed in January 2019)

About “A Guide to Shokuiku”

“A Guide to Shokuiku” is designed for people of all stages of life from infancy to seniorhood. Its purpose is for learning how best to design dietary lives that best fit us as we pass through these stages.

The first step is to start with what you can most easily do.

This guide is written in an easy to understand style for people at all stages of life to not only help themselves, but to better understand the situations of people at different stages, too, so that each can help others.

Start this guide at whatever part most interests you. Then, with family, friends, and neighbors, use this guide to discover “Circles of Shokuiku” used in your area for festivals, and so on, as a way of bringing people in you area together.





Memo

"A Guide to Shokuiku" can be freely downloaded from "Promotion of Shokuiku" on the Ministry of Agriculture, Forestry and Fisheries' website.

<http://www.maff.go.jp/j/syokuiku/index.html>



A Guide to Shokuiku

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