

Let's Get Started!

A Guide to Shokuiku*

*Shokuiku = Food and Nutrition Education/Promotion



MAFF

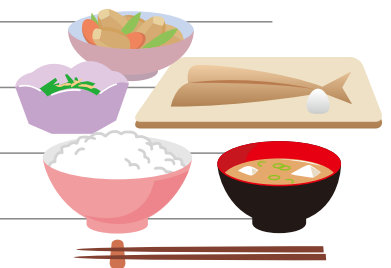


We Are What We Eat

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.



Contents

How Our Diet Evolves with Age

Dining



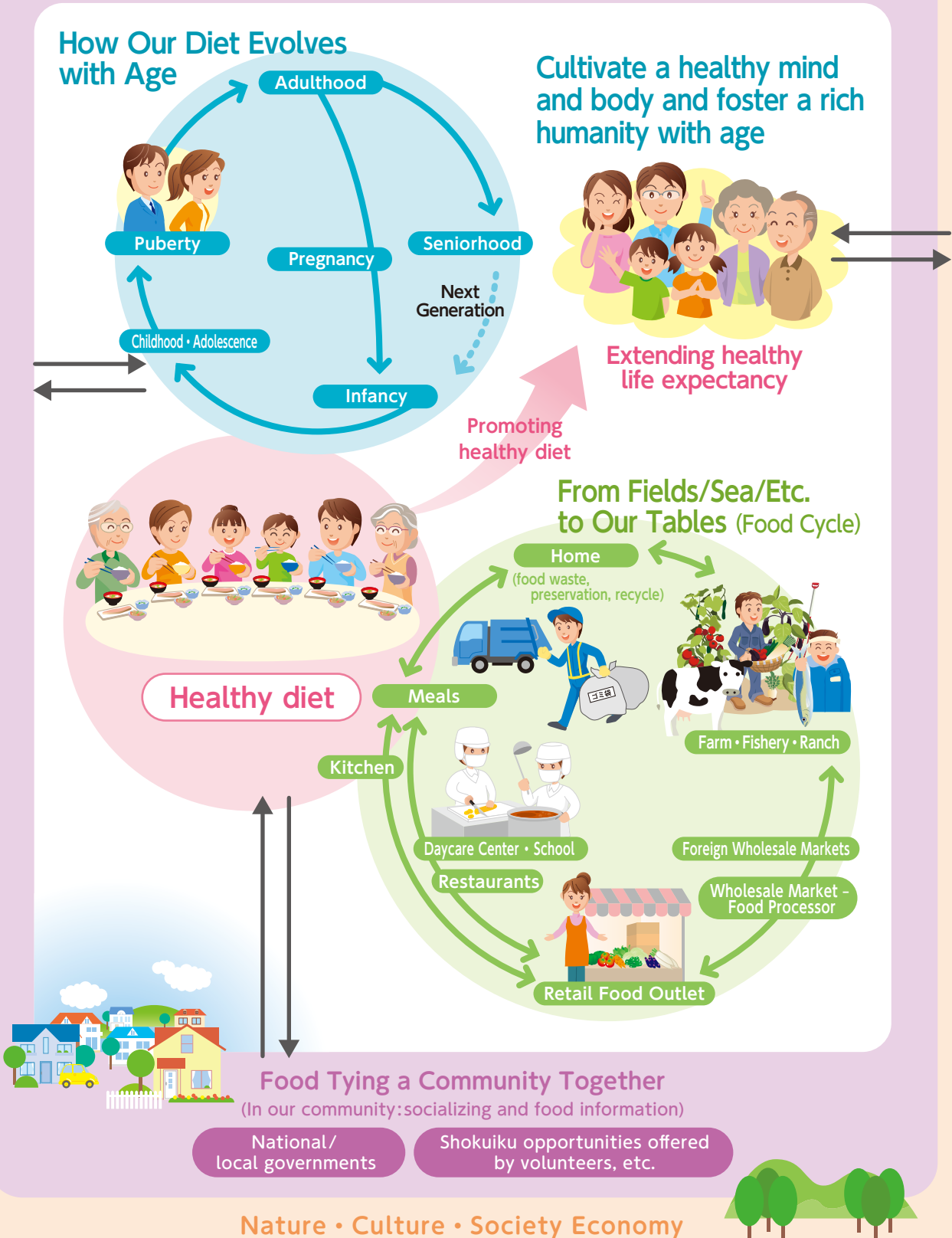
From Fields/Sea/Etc. to Our Tables

Preparing for Disasters

For Further Study

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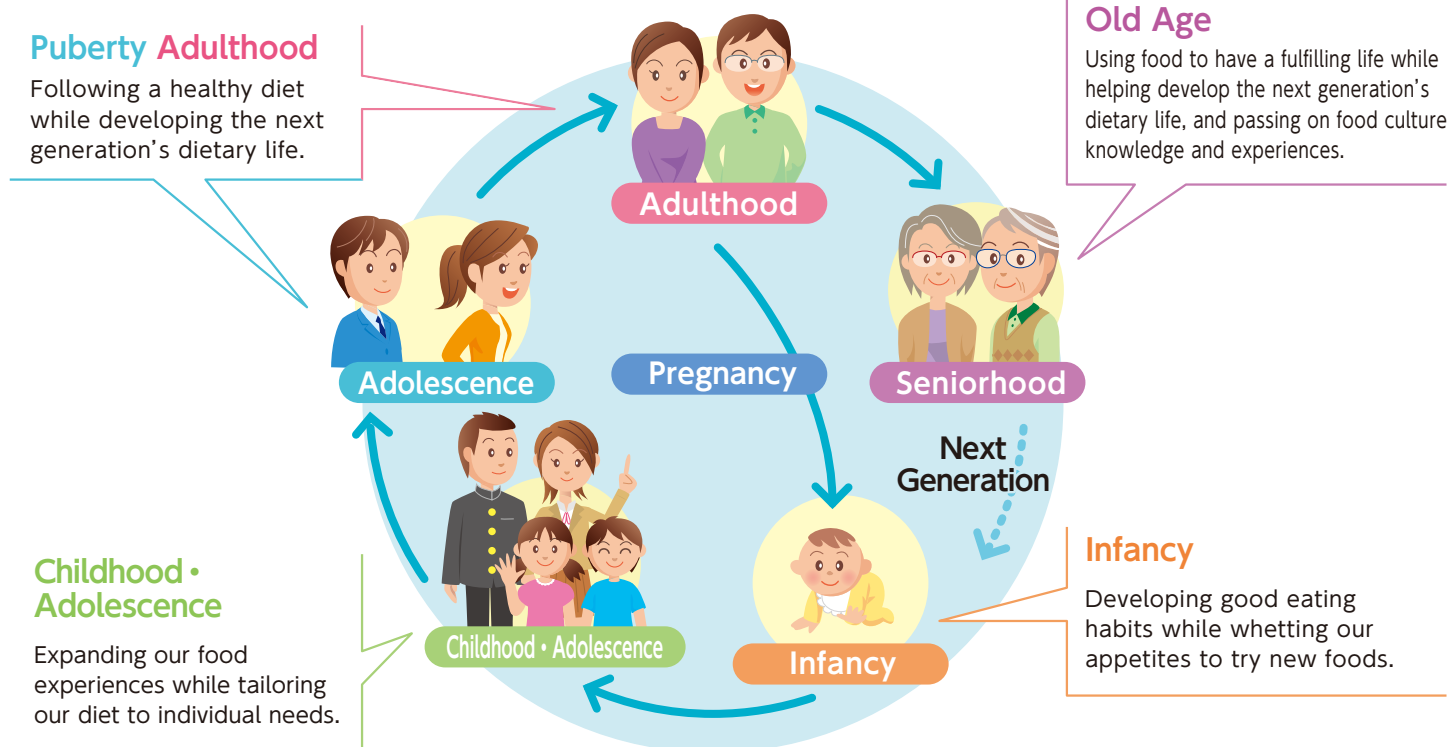
Expabnd the Circles of Shokuiku Practice



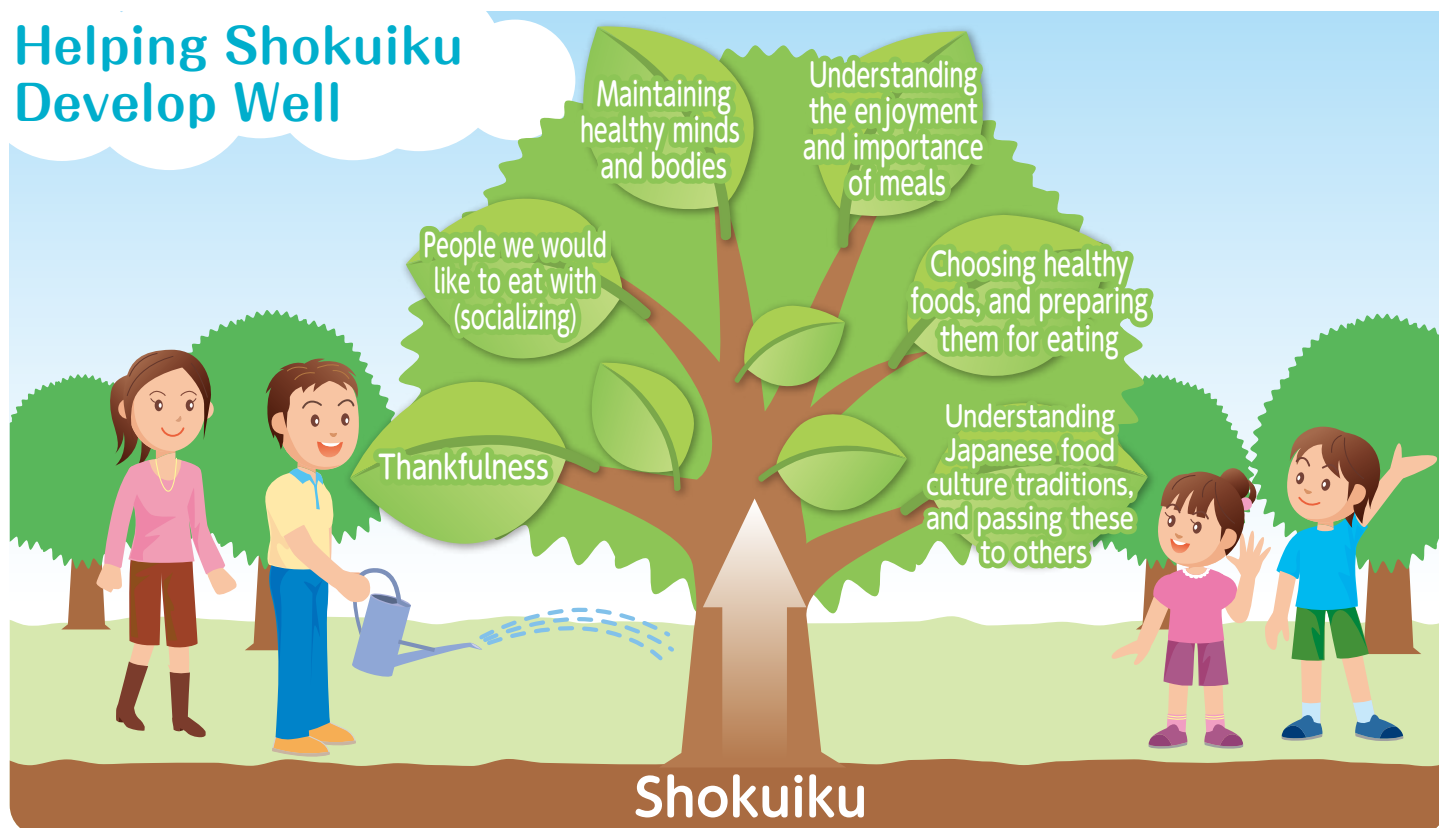
Everyone eats every day of their lives.

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

Important Shokuiku Stages of Our Lives



Helping Shokuiku Develop Well

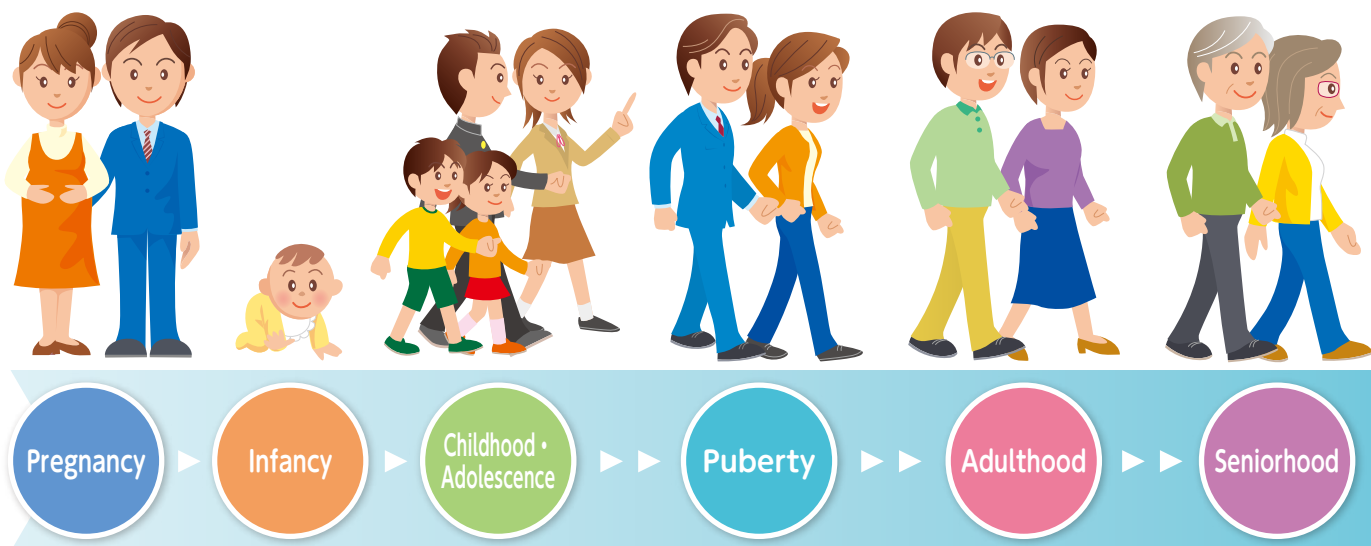


Our Bodies

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

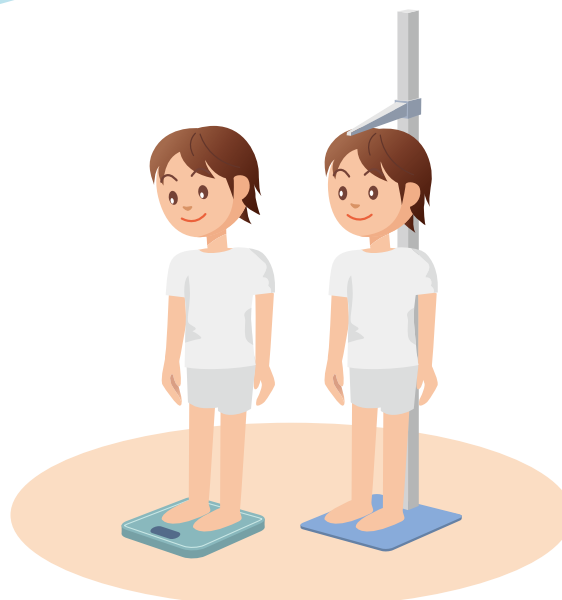
Whether we are underweight or overweight is connected with what we eat.

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?

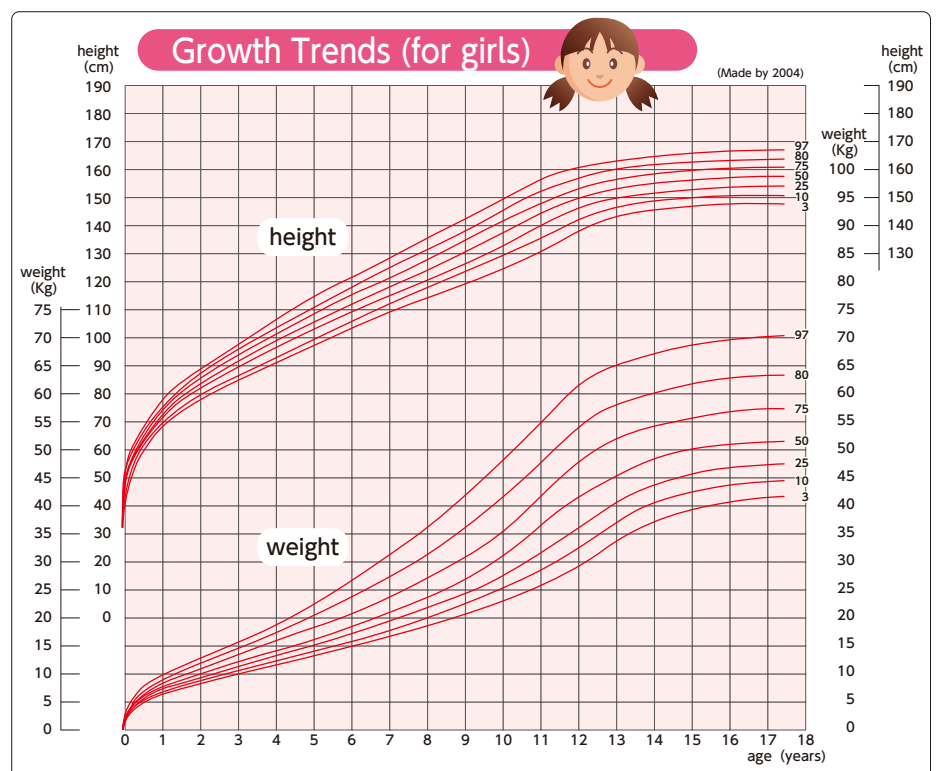
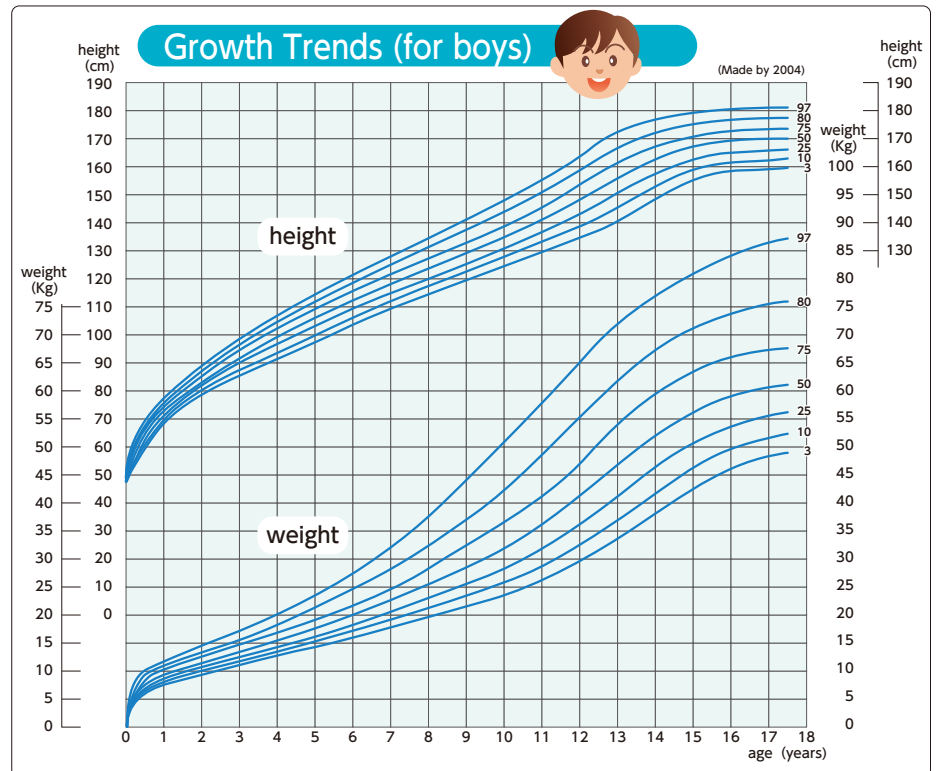


For more information



● Let's record our growth pattern
[MHLW]

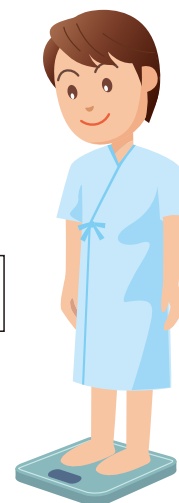
(MHLW "Let's record our growth pattern" 2004)



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

