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.
Expanding the Circles of Shokuiku Practice

How Our Diet Evolves with Age
- Puberty
- Childhood • Adolescence
- Infancy
- Pregnancy
- Seniorhood
- Next Generation

Cultivate a healthy mind and body and foster a rich humanity with age

Extending healthy life expectancy

Promoting healthy diet

From Fields/Sea/Etc. to Our Tables (Food Cycle)
- Home (food waste, preservation, recycle)
- Farm • Fishery • Ranch
- Wholesale Market • Food Processor
- Retail Food Outlet
- Restaurants
- Daycare Center • School
- Kitchen
- Meals

Healthy diet

Food Tying a Community Together
(In our community: socializing and food information)
- National/ local governments
- Shokuiku opportunities offered by volunteers, etc.

Nature • Culture • Society Economy
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**

- **Puberty Adulthood**
  Following a healthy diet while developing the next generation’s dietary life.

- **Old Age**
  Using food to have a fulfilling life while helping develop the next generation’s dietary life, and passing on food culture knowledge and experiences.

- **Childhood • Adolescence**
  Expanding our food experiences while tailoring our diet to individual needs.

- **Infancy**
  Developing good eating habits while whetting our appetites to try new foods.

**Helping Shokuiku Develop Well**

- Maintaining healthy minds and bodies
- Understanding the enjoyment and importance of meals
- Choosing healthy foods, and preparing them for eating
- Understanding Japanese food culture traditions, and passing these to others
- Thankfulness
- People we would like to eat with (socializing)
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?

<table>
<thead>
<tr>
<th>Height</th>
<th>cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Kg</td>
</tr>
</tbody>
</table>

© 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.
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 closely how 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?

(MHLW “Let’s record our growth pattern” 2004)
During Adulthood

What is your ideal weight?

Ideal weight = \( \text{height} \cdot \text{m} \times \text{height} \cdot \text{m} \times 22 = \text{Kg} \)

Are you underweight, or overweight? Let’s calculate your BMI\(^*\).

My BMI = \( \frac{\text{weight}}{\text{Kg}} \div \text{height} \cdot \text{m} \div \text{height} \cdot \text{m} = \) \( \text{Kg/m}^2 \)

<table>
<thead>
<tr>
<th>BMI</th>
<th>&lt;18.5</th>
<th>underweight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18.5~25</td>
<td>normal range</td>
</tr>
<tr>
<td></td>
<td>&gt;25</td>
<td>overweight</td>
</tr>
</tbody>
</table>

\(^*\)BMI = Body Mass Index

![BMI Chart (adulthood)](image)