



Current Dietary Situation in Japan and Promotion of Shokuiku (Food and Nutrition Education)

July 2023

The Ministry of Agriculture, Forestry and Fisheries (MAFF)

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1. Basic frameworks for Measures to Promote Shokuiku

○ Basic Act on Shokuiku (Food and Nutrition Education) (Act No. 63 of 2005)

- This Act was promulgated in June 2005 and enforced in July of the same year. Its purposes are to promote shokuiku in a comprehensive and strategic manner, and to contribute to bringing about a healthy and cultural life for citizens and a rich and vibrant society for the present and in the future.
- It is required that shokuiku be certainly positioned as the basis of life and be fundamental to intellectual education, moral education, and physical education. It aims to foster people who can put into practice healthy eating habits by providing them various experience opportunities where they can acquire knowledge about “food and nutrition” and the ability to choose appropriate “food and nutrition” as to what they eat.
- In promoting shokuiku, it is important that each and every citizen has the opportunity to raise their awareness once again about “food and nutrition” and acquire the ability to make appropriate decisions on “food and nutrition” based on reliable information, which will allow them to adopt healthy dietary habits that will promote their physical and mental health. It is also necessary that shokuiku programs help citizens deepen their gratitude and understanding of the fact that their diet is founded on the blessings of nature and supported by various activities engaged by people involved in “food and nutrition.”

○ Basic Plan for the Promotion of Shokuiku

- In March of 2021, the Council for the Promotion of Shokuiku adopted the “Fourth Basic Plan for the Promotion of Shokuiku,” which covers approximately 5 years from FY2021 to FY2025 and stipulates new priority items to be addressed in the promotion of shokuiku.
- The Fourth Basic Plan stipulates the following three priority items in light of the situation surrounding shokuiku, including the health of citizens, changes in the food environment, and the digitalization of society.
 - (1) Promotion of shokuiku supporting lifetime physical and mental health
 - (2) Promotion of shokuiku supporting sustainable food and nutrition
 - (3) Promotion of shokuiku in response to the “new normal” and digitalization

2. Schemes for Promoting Shokuiku (1) Entire Structure

○ In order to roll out shokuiku as a national campaign, Japan promotes close cooperation and collaboration among various community-level stakeholders, including schools, day care centers, persons engaged in agriculture, forestry and fisheries, food-related businesses and volunteers, in addition to the national and local governments' efforts.

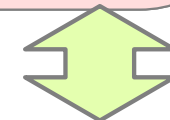
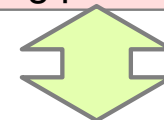
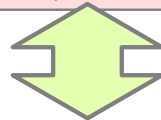
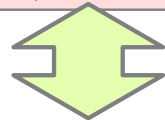
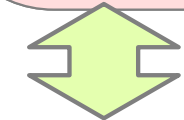
Helping Citizens to Develop a Healthy Body and Mind and Cultivate Humanity



2. Schemes for Promoting Shokuiku (2) Shokuiku Promotion System of the Government

Ministry of Agriculture, Forestry and Fisheries (MAFF)

- Administrating the Council for the Promotion of Shokuiku and coordinating the activities of the ministries and agencies involved in shokuiku
 - Formulating the Basic Plan for the Promotion of Shokuiku based on the Basic Act on Shokuiku and promoting its implementation
 - Deliberating the priority issues for promotion of shokuiku, and promoting measures for shokuiku
- Creating White Paper on Shokuiku
- Establishing a cooperation and collaboration system for the people involved
 - Managing the National Network for Shokuiku Promotion
- Holding National Convention on Promotion of Shokuiku
 - Presenting Shokuiku Activity Awards
 - Creating brochures, educational materials, etc. and conducting public relation activities



MAFF

Improvement of the food self-sufficiency ratio, expansion of the market of domestic agricultural products, etc.

Ministry of Education, Culture, Sports, Science and Technologies (MEXT)

Development of desirable dietary habits through school education, etc.

Ministry of Health, Labour and Welfare (MHLW)

Prevention of lifestyle diseases through community health activities, etc.

Children and Families Agency

Promotion of shokuiku for children

Food Safety Commission of Japan (FSCJ)

Food safety, etc.

Consumer Affairs Agency (CAA)

Food loss and waste, etc.

Other relevant ministries and agencies

Promoting shokuiku by the entire government

Individual shokuiku promotion activities

I. Frameworks and Schemes for Promoting Shokuiku

3. Fourth Basic Plan for the Promotion of Shokuiku

Basic Act on Shokuiku (Food and Nutrition Education)
 (Act No. 63 of 2005 (Bill of the House of Representatives))
 Purpose: To promote measures for shokuiku in a comprehensive and systematic manner, and thereby contribute to bringing about a healthy and cultural life for citizens and a rich and vibrant society for the present and in the future.

Council for the Promotion of Shokuiku
 (Article 26 of the Basic Act on Shokuiku)
 Chairperson: Minister of Agriculture, Forestry and Fisheries
 Members: Minister of State concerned
 Experts from the private sector

Shokuiku Promotion Review Committee
 (Decision of the Chairperson of the Council for the Promotion of Shokuiku)
 Members: Experts from the private sector who are members of the Council for the Promotion of Shokuiku

Basic Plan for the Promotion of Shokuiku
 (Article 16 of the Basic Act on Shokuiku)
 This Plan sets out basic matters necessary for comprehensively and systematically implementing measures for the promotion of shokuiku

<Current situation and issues surrounding food>

- Aging and declining populations among agricultural, forestry, and fishery workers and rural communities
- Manifestation of global climate change impacts
- Food loss (estimated): Approximately 5.22 million tons (FY2020)
- Response to the “new normal” brought by COVID-19
- Digitization of society
- Commitment to the Sustainable Development Goals (SDGs)

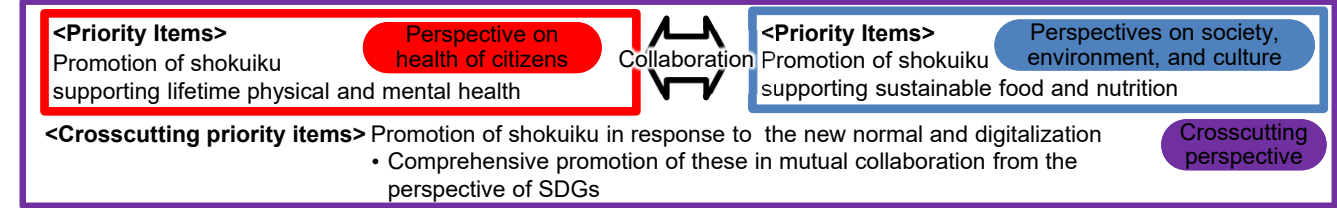
The Fourth Basic Plan for the Promotion of Shokuiku (FY2021 to FY2025)
 Decision of the Council for the Promotion of Shokuiku of March 31, 2021

Introduction

No. 1 Basic Policies on Measures to Promote Shokuiku

- Comprehensive promotion through mutual cooperation and collaboration among various stakeholders based on the concept of SDGs

1. **Priority Items**



2. Basic Policies

No. 2 Matters Related to the Goals for the Promotion of Shokuiku

1. Concepts and Ideas Underlying the Goals 2. **Goals** for the Promotion of Shokuiku **(16 Goals and 24 Targets)**

No. 3 Items or the Comprehensive Promotion of Shokuiku **Specific measures**

- Promotion of shokuiku at home:**
 - Formation of basic lifestyle habits in children
 - Promotion of shokuiku by utilizing time spent at home
- Promotion of shokuiku in schools and day care centers for children:**
 - Promotion of further placement of nutrition educators
 - Cooperation and collaboration to promote the use of local products for school lunches
- Promotion of shokuiku in local communities:**
 - Promotion of shokuiku that leads to extension of healthy life expectancy
 - Promotion of kyoshoku in local communities
 - Promotion of practice of a Japanese-style dietary habits
 - Promotion of shokuiku for children in poverty, etc.
- Expansion of the campaign promoting shokuiku:** Shokuiku activity awards, utilization of the National Network for Shokuiku Promotion, and accommodating digitization
- Promotion of exchanges between producers and consumers, invigoration of environmentally friendly agriculture, forestry, and fisheries, etc.:**
 - Promotion of agriculture, forestry, or fishery experience and local production for local consumption
 - Promotion of environmentally friendly consumption leading to sustainable food and nutrition
 - Development of a national campaign aiming to reduce food loss
- Support for activities to pass down food culture, etc.:**
 - Promotion of shokuiku that leads to the inheritance of diverse local food cultures, including the development of core human resources, the creation of a database of local cuisine, and the dissemination of information in Japan and overseas
 - Promotion of initiatives to learn about the history of local cuisine, its connections, and its ingredients even during school lunches
- Promotion of research, study, provision of Information and international exchange on food safety, nutrition, and other dietary habits:**
 - Provision of information on food safety and nutrition
 - Promotion of food labelling comprehension

No. 4 Matters Necessary for Comprehensively and Strategically Promoting Measures for Promoting Shokuiku

I. Frameworks and Schemes for Promoting Shokuiku — 3. The Fourth Basic Plan for the Promotion of Shokuiku
Basic Policies (Priority Items) of the Fourth Basic Plan for the Promotion of Shokuiku and Major Relevant Initiatives

<Priority Items> Perspective on health of citizens

Promotion of shokuiku supporting lifetime physical and mental health

<Major Relevant Initiatives>

- (Formation of basic lifestyle habits of children)
- Promoting public awareness through a national campaign of “early to bed, early to rise breakfast,” etc.
- (Promotion of shokuiku in schools, day care centers, etc.)
- Promoting systematic and continuous shokuiku in collaboration with stakeholders centering on nutrition educators and registered dietitians
- (Promotion of shokuiku that leads to the extension of healthy life expectancy)
- Promotion of “Healthy Japan 21 (second stage)” and “Smart Life Project,” etc., and promotion of shokuiku that leads to healthy eating habits
 - Promoting an increase in consumption of vegetables and fruits through activities such as the “200 Grams of Fruits Every Day Campaign” and support for their production and distribution.
 - Cooperation between industry, academia, and government to promote the creation of a food environment that allows citizens to be naturally healthy, including awareness-raising for generations who are indifferent to shokuiku and appropriate methods to provide information.
 - Promoting private-sector-led initiatives such as “nutrition care stations” as well as activities of diet improvement promoters and shokuiku volunteers, etc.
- (Promotion of shokuiku for children in poverty, etc.)
- Support for ensuring the dietary and nutritional status of children and promoting shokuiku in cooperation with food banks, etc. based on the “General Principles of Policy on Poverty among Children”
 - Supporting NPOs, including children’s cafeterias, that provide meals to children living in poverty through the “National Campaign to Support Children’s Future”
 - Supporting meal delivery services for children, etc. to deliver food to economically challenged families



Healthy Japan 21



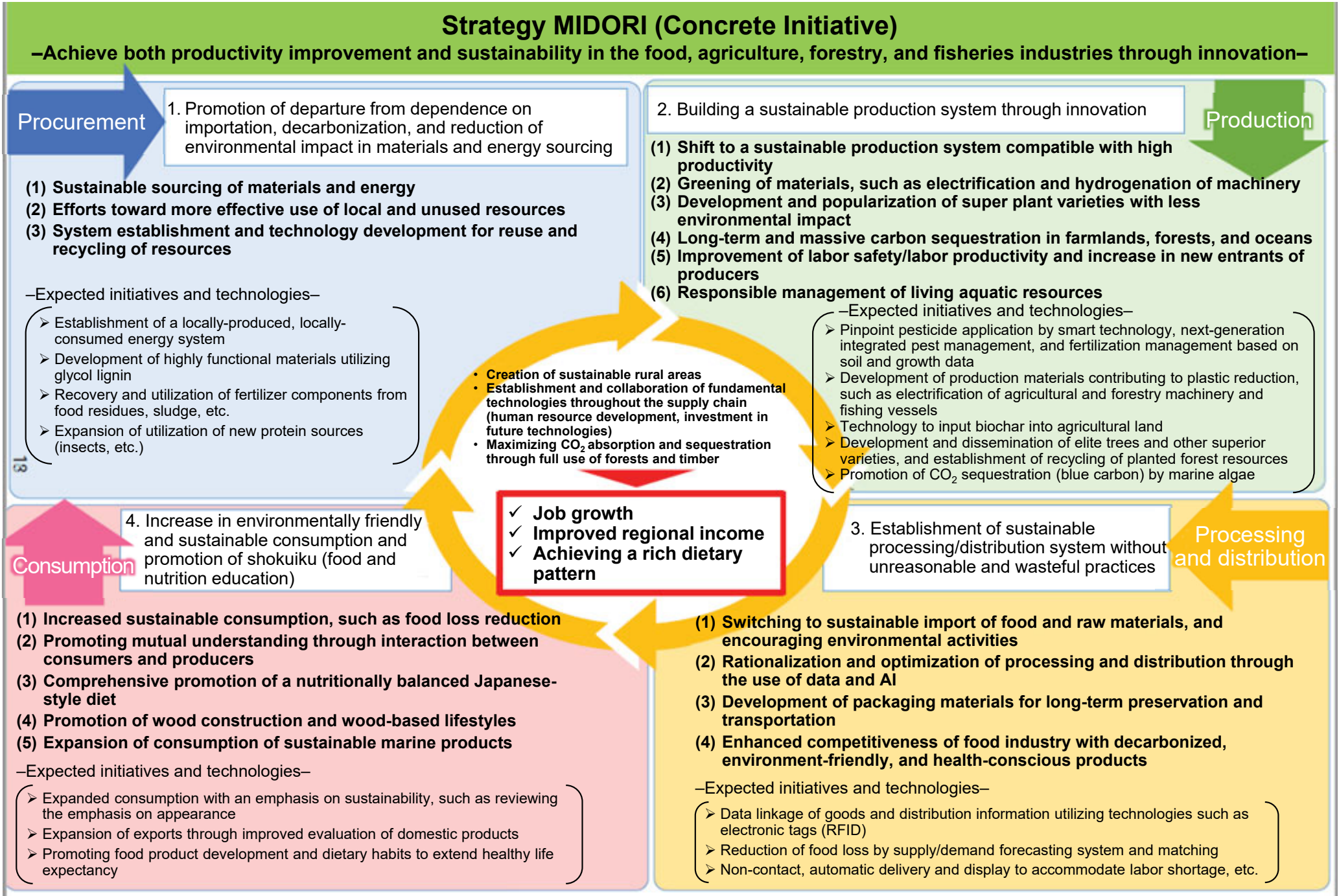
I. Frameworks and Schemes for Promoting Shokuiku — 3. The Fourth Basic Plan for the Promotion of Shokuiku
Basic Policies (Priority Items) of the Fourth Basic Plan for the Promotion of Shokuiku and Major Relevant Initiatives

<Priority Items>
 Perspectives on society, environment, and culture
 Promotion of shokuiku supporting sustainable food and nutrition

- <Major Relevant Initiatives>**
- [Harmony between food and the environment: Wa (the circle) of the environment]**
- The “Strategy MIDORI” was formulated to realize both productivity improvement and sustainability of Japan’s food, agriculture, forestry, and fisheries industries through innovation (adopted by the MIDORI Sustainable Food Systems Strategy Division on May 12, 2021)
 - Promoting public awareness to increase citizens’ understanding and interest in sustainable agricultural production, including organic farming, and sustainable fishery resource management
 - Promotion of food loss reduction as a national campaign based on the Act on Promotion of Food Loss and Waste Reduction
- [Deepening connections with the diverse entities that support agriculture, forestry, and fisheries, and rural areas whose economy is based on agriculture, forestry, or fisheries: Wa (the ring) of people]**
- Promoting activities of agriculture, forestry, or fishery experience to deepen citizens’ interest in and understanding of food
 - As part of the “Exchange Project for Children to Experience Farming and Rural Lives” based on the “Comprehensive Strategy for Town, People, and Job Creation,” promoting support for activities and the dissemination information to providers (schools, etc.) and support for the system development of receivers (rural areas whose economy is based on agriculture, forestry, or fisheries)
 - Promoting the following: understanding of the food supply and demand in Japan, local production for local consumption, exchanges between producers and consumers, and shokuiku that broadens and deepens connections among the diverse players
- [Protecting and passing on Japan’s traditional washoku culture: Wa (the harmony) of washoku culture]**
- It is expected that the protection and inheritance of washoku culture, which taps into the local climate, will contribute to the regional revitalization and the reduction in environmental impact, thus contributing to sustainable food and nutrition
 - Protection and inheritance of diverse local food cultures based on the purpose of UNESCO Intangible Cultural Heritage registration of “Washoku, traditional dietary cultures of the Japanese”
 - Promotion of the database of local cuisine and the use of digital tools by establishing and utilizing prefectural systems consisting of local governments, educators, food-related businesses, etc.
 - Promotion of initiatives to learn about the history of local cuisine in communities, its connections, and its ingredients through school lunches, etc.



I. Frameworks and Schemes for Promoting Shokuiku — 3. The Fourth Basic Plan for the Promotion of Shokuiku Basic Policies (Priority Items) of the Fourth Basic Plan for the Promotion of Shokuiku and Major Relevant Initiatives (Reference) Strategy MIDORI (adopted by the MIDORI Sustainable Food Systems Strategy Division on May 12, 2021)



I. Frameworks and Schemes for Promoting Shokuiku — 3. The Fourth Basic Plan for the Promotion of Shokuiku

Basic Policies (Priority Items) of the Fourth Basic Plan for the Promotion of Shokuiku and Major Relevant Initiatives

<Crosscutting Priority Item> Crosscutting perspective
 Promotion of shokuiku in response to the new normal and digitalization

- <Major Relevant Initiatives>**
- Steadily implementing shokuiku even in the “new normal” and promoting shokuiku to accommodate digitalization that creates a new spread by effectively utilizing digital technologies such as ICT to effectively disseminate information (it is also necessary to provide information in consideration of the elderly, etc., who have difficulty adapting to digitalization)
 - Promoting shokuiku to raise awareness of food, since the opportunities for cooking and eating at home are increasing and also serve as opportunities to review dietary habits
 - Utilizing the National Network for Shokuiku Promotion to share information on the latest shokuiku activities and knowledge among those involved in shokuiku

全国食育推進ネットワーク「みんなの食育」

トップページ	食育とは	加入フォーム・規約 会員名簿	事例紹介	食育動画 デジタル食育ガイドブック	食育ピクトグラム 及び食育マーク
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全国食育推進ネットワーク みんなの食育

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～食育キーパーソンに学ぶ！
これからの食育とその実践～

参加無料

令和3年3月に第4次食育推進基本計画が策定された後も国内外の経済社会情勢は変化し続けており、ウィズコロナの下、社会経済活動の正常化が進みつつある一方、エネルギー・食料品等の価格上昇が続いており、国民の健康や食を取り巻く環境にも様々な影響を与えています。農林水産省は、これらの状況を踏まえたこれからの食育の在り方とその実践について、基調講演及び事例報告、パネルディスカッションを通じて学ぶことを目的として、食育推進フォーラムを開催します。全国の皆さまの参加をお待ちしております。

- 開催日時 令和5年2月20日(月) 14:00～16:00
- 開催方法 オンライン参加(先着500名) 対面参加(先着50名)
- 開催会場 AP虎ノ門(東京都港区西新橋1-6-15 NS虎ノ門ビル11F)
- 申込方法 お申し込みは下記アドレス又はQRコードから
<https://www.secure-cloud.jp/sf/1673909605IUAdUysf>

基調講演
 服部 幸徳氏(学校法人服部学園 理事長)
 「食育は世界を救う」(仮)(ビデオ出演)

事例紹介
 和田 明日香氏(料理家、食育インストラクター)

パネルディスカッション
 ファシリテーター
 内野 美恵氏(東京家政大学ヒューマンライフ支援センター 准教授)
 パネリスト
 和田 明日香氏(料理家、食育インストラクター)
 上田 史恵氏(キュービー株式会社 広報・グループコミュニケーション室)
 滝村 雅晴氏(料理研究家、株式会社ピストロバ(代表))
 近藤 剛氏(近藤ファーム 代表)

【お問合せ先】 消費・安全局 消費客行政・食育課(坂橋・鶴岡) ☎03-3502-5723

農林水産省

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

Goals and Evaluating Progress of Shokuiku Promotion Efforts

Target			
Specific target	Value as of the time of development of the Fourth Basic Plan (FY2020)	Current value (FY2022)	Target (FY2025)
1 Increase the number of citizens who are interested in shokuiku			
(1) Percentage of citizens who are interested in shokuiku	83.2%	78.9%	90% or higher
2 Increase the number of “kyoshoku” occasions for breakfasts or dinners with family members			
(2) Number of kyoshoku occasions [breakfast or dinner eaten together with family members]	9.6 times a week	9.6 times a week	More than 11 times a week
3 Increase the percentage of citizens participating in kyoshoku in communities as they hope to			
(3) Percentage of citizens participating in kyoshoku in communities as they hope to	70.7%	57.8%	75% or higher
4 Decrease the percentage of citizens skipping breakfast			
(4) Percentage of children skipping breakfast	4.6% (FY2019)	5.6%	0%
(5) Percentage of young people skipping breakfast	21.5%	26.7%	15% or lower
5 Increase efforts to use local products in school lunches, etc.			
(6) Average number of times nutrition educators provided instruction on food related to locally produced food	9.1 times a month (FY2019)	10.5 times a month	More than 12 times a month
(7) Percentage of prefectures that have maintained or improved the ratio (in monetary terms) of locally produced food used in school lunches from the current value (FY2019)	—	76.6%	90% or higher
(8) Percentage of prefectures that have maintained or improved the ratio (in monetary terms) of domestically produced ingredients used in school lunches from the current value (FY2019)	—	78.7%	90% or higher
6 Increase the number of citizens who adopt dietary habits that in consideration of balanced nutrition			
(9) Percentage of citizens who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day	36.4%	40.6%	50% or higher
(10) Percentage of young people who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day	27.4%	28.4%	40% or higher
(11) Average daily salt intake	10.1 g (FY2019)	10.1 g (FY2019)	8 g or less
(12) Average daily vegetable intake	280.5 g (FY2019)	280.5 g (FY2019)	350 g or more
(13) Percentage of those who consume less than 100 grams per day	61.6% (FY2019)	61.6% (FY2019)	30% or lower
7 Increase the percentage of citizens who put into practice a healthy diet from day to day where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases			
(14) Percentage of citizens who put into practice a healthy diet from day to day where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases	64.3%	66.5%	75% or higher

Target			
Specific target	Value as of the time of development of the Fourth Basic Plan (FY2020)	Current value (FY2022)	Target (FY2025)
8 Increase the percentage of citizens who take time to eat and chew well			
(15) Percentage of citizens who take time to eat and chew well	47.3%	46.8%	55% or higher
9 Increase the number of volunteers engaging in the promotion of shokuiku			
(16) Number of citizens participating in volunteer groups that promote shokuiku	362,000 (FY2019)	331,000 (FY2021)	370,000 or more
10 Increase the number of citizens who have agriculture, forestry, or fishery experience			
(17) Percentage of citizens (households) who have agriculture, forestry, or fishery experience	65.7%	62.4%	70% or higher
11 Increase the number of citizens who choose agricultural, forestry, and fishery products and foods with an awareness of production area and the producer			
(18) Percentage of citizens who choose agricultural, forestry, and fishery products and food products in consideration of production areas and producers	73.5%	69.8%	80% or higher
12 Increase the number of citizens who choose environmentally friendly agricultural, forestry and fishery products and foods			
(19) Percentage of citizens who choose environmentally friendly agricultural, forestry, fishery, and food products	67.1%	61.7%	75% or higher
13 Increase the number of citizens who take action to reduce food loss and waste			
(20) Percentage of citizens who take action to reduce food loss	76.5% (FY2019)	76.9%	80% or higher
14 Increase the percentage of citizens who have received and pass on traditional cuisines and table manners, etc. from their communities or families			
(21) Percentage of citizens who have received and pass on traditional cuisine and table manners from their communities or families	50.4%	44.0%	55% or higher
(22) Percentage of citizens who eat local or traditional dishes at least once a month	44.6%	63.1%	50% or higher
15 Increase the percentage of citizens who have basic knowledge on food safety and are able to make appropriate decisions based on it			
(23) Percentage of citizens who have basic knowledge on food safety and are able to make appropriate decisions based on it	75.2%	77.5%	80% or higher
16 Increase the percentage of municipalities that have created and implemented the Municipal Plan for the Promotion of Shokuiku			
(24) Percentage of municipalities that have created and implemented the Municipal Plan for the Promotion of Shokuiku	87.5% (FY2019)	90.5%	100%

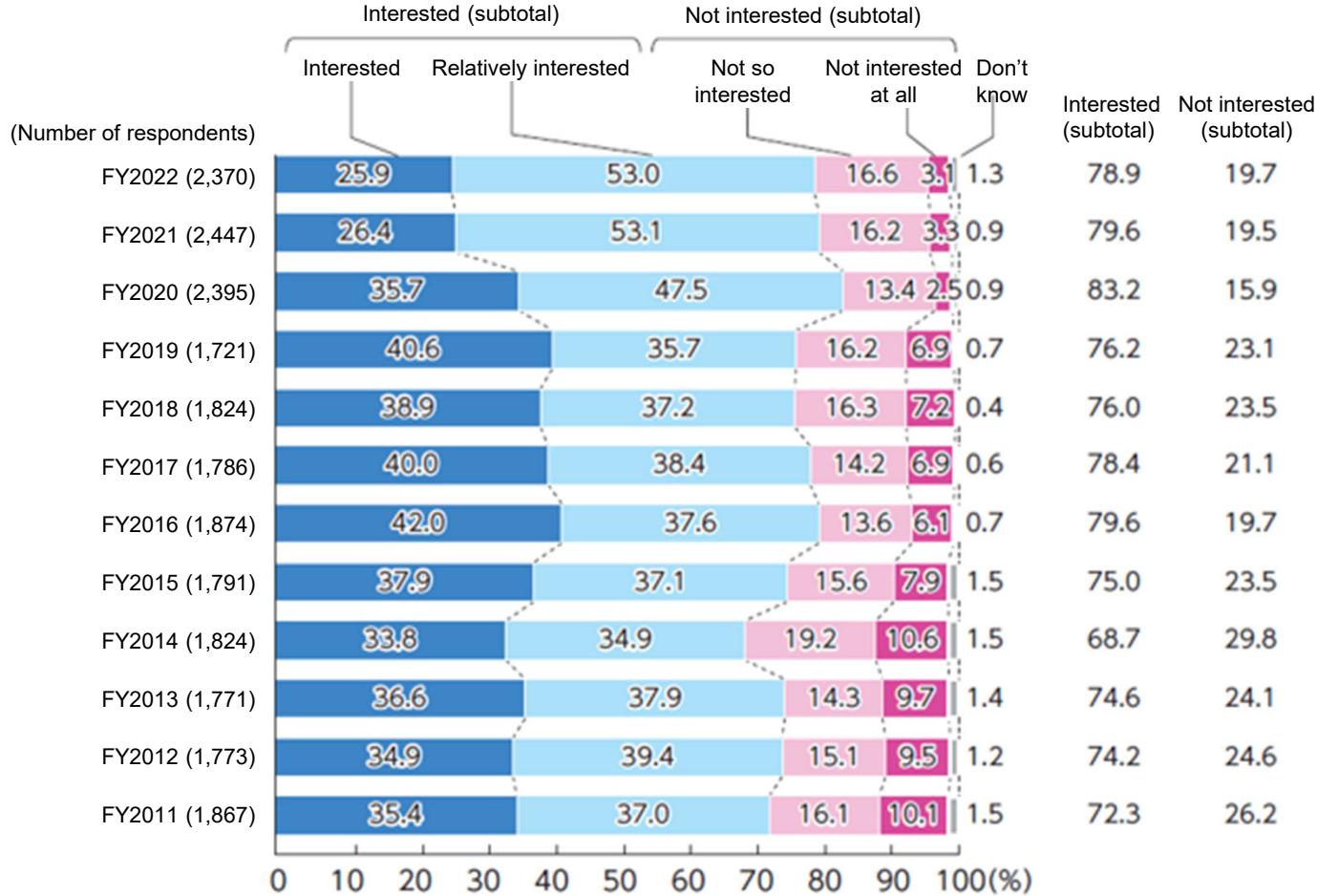
Source: (1)–(3), (5), (9), (10), (14), (15), (17)–(19), (21)–(23) “Survey on Attitudes Towards Shokuiku” (Annual). (MAFF)
 (4) “National Academic Ability and Learning Status Survey” (MEXT)
 (6) “Survey on Efforts to Teach about Local Products in Schools” (MEXT)
 (7), (8) “Survey on the Use of Local Products and Domestic Food Stuffs in School Lunches” (MEXT)
 (11)–(13) “National Health and Nutrition Survey” (MHLW)
 (16), (24) Consumer Affairs and Shokuiku Division, Food Safety and Consumer Affairs Bureau, MAFF
 (20) The values of fiscal 2019 are based on the “Survey of Consumer Attitudes: Survey on Awareness and Efforts Taken for the Food Loss and Waste Reduction (CAA).” The values of fiscal 2022 are based on “FY2022 Survey on Attitude and Awareness in Consumer Life (Second Survey) (CAA).”

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(1) Percentage of citizens who are interested in shokuiku

○ The percentage of citizens who are interested in shokuiku (those who responded that they were “interested” or “relatively interested” in shokuiku) was 78.9% (survey result at the time of development of the Fourth Basic Plan was 83.2%)

Changes in the percentage of citizens who are interested in shokuiku



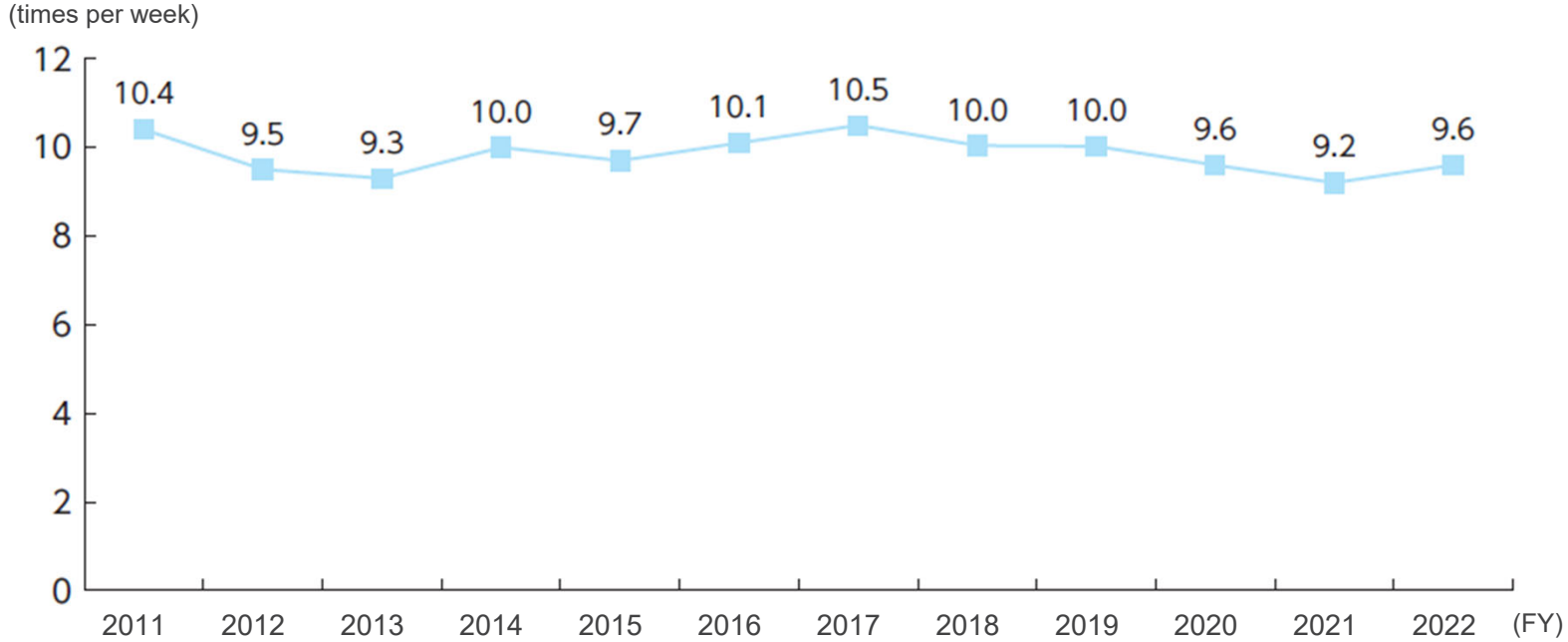
Source: “Survey on Attitudes Towards Shokuiku” (MAFF) (data up to FY2015: Cabinet Office)
 Note: “No answer” was taken as “Don’t know” in FY2020, FY2021, and FY2022

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(2) Number of kyōshoku occasions [breakfast or dinner with family members]

- The number of kyōshoku occasions per week was 9.6 times a week (4.0 times for breakfast and 5.6 times for dinner) (survey results at the time of development of the Fourth Basic Plan were 9.6 times a week: 4.1 times for breakfast and 5.5 times for dinner)
- The percentage of those who eat breakfast or dinner with their families “almost every day” was 48.1% for breakfast and 68.7% for dinner (survey results at the time of development of the Fourth Basic Plan were 49.7% for breakfast and 67.7% for dinner)

Changes in the number of kyōshoku occasions [breakfast or dinner with family members]



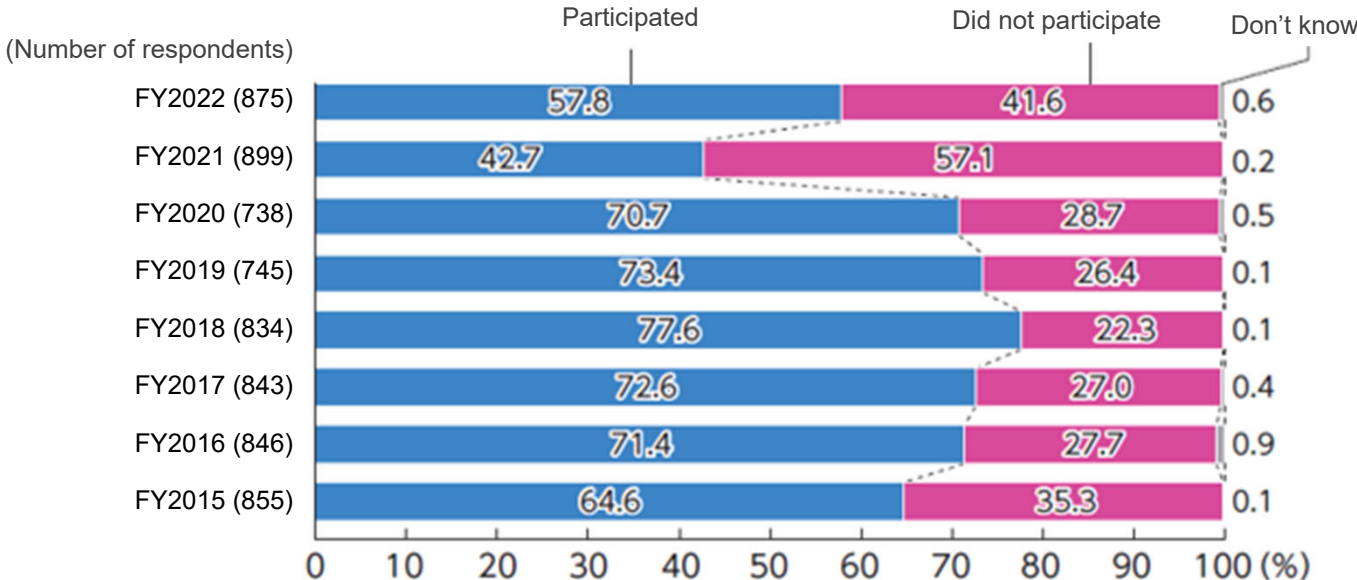
Source: “Survey on Attitudes Towards Shokuiku” (MAFF) (data up to FY2015: Cabinet Office)

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(3) Percentage of citizens participating in kyoshoku in communities as they hope to

○ Among those who answered that they would like to have meals with people in their local and other communities (including their workplaces) if they had any such opportunities (such as dinner parties) (those who responded “very much” or “I would like to”), the proportion of those who responded that they have actually “participated” in any kyoshoku opportunities in their communities over the past year was 57.8% (survey result at the time of development of the Fourth Basic Plan was 70.7%)

Changes in the percentage of citizens participating in kyoshoku in communities as they hope to



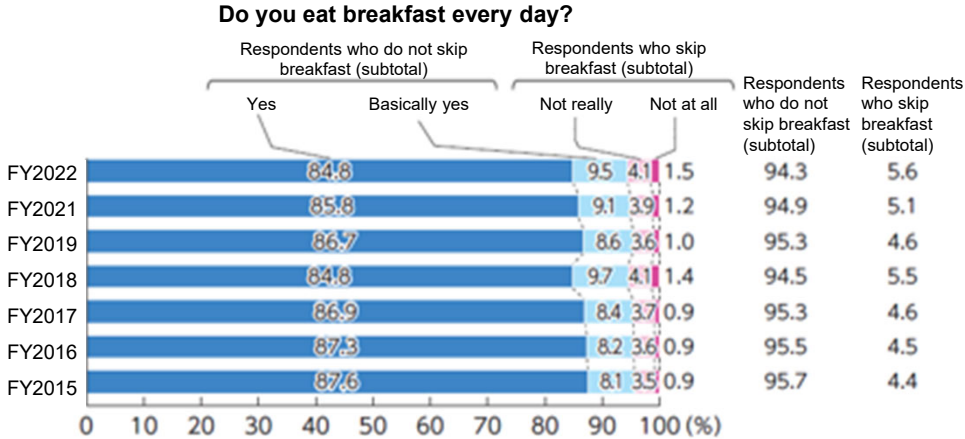
Source: “Survey on Attitudes Towards Shokuiku” (MAFF) (data up to FY2015: Cabinet Office)
 Note: Subject to respondents who answered that they would like to have meals with people in their local and other communities (including their workplaces) if they had any such opportunities (such as dinner parties) (those who responded “very much” or “I would like to”)
 Note: As for the surveys in FY2020, FY2021, and FY2022, a sentence stating “Please answer the questionnaire on the assumption that measures to prevent the infection of COVID-19 are sufficiently taken.” was added.
 Note: “No answer” was taken as “Don't know” in FY2015, FY2020, FY2021, and FY2022

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(4) Percentage of children skipping breakfast / (5) Percentage of young people skipping breakfast

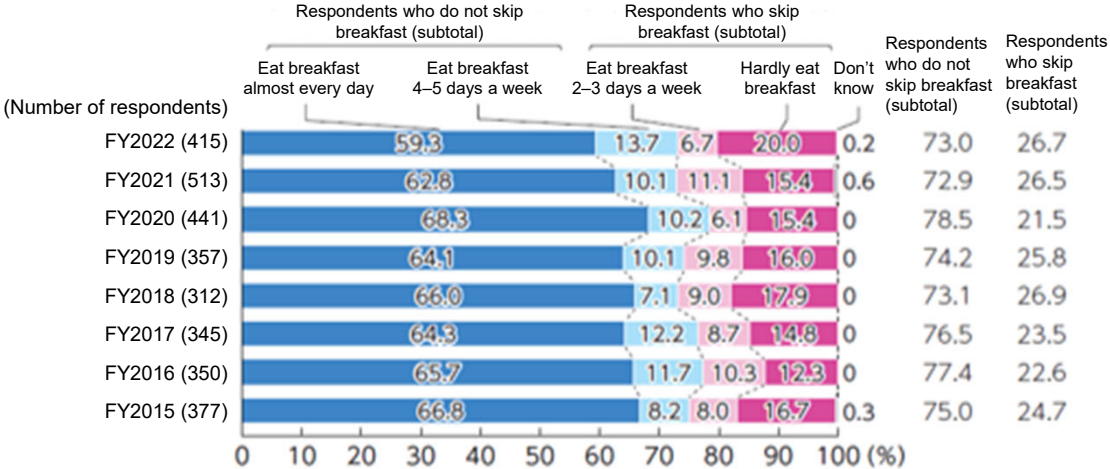
- The percentage of children who skip breakfast (6th graders in elementary school who answered that they “never” or “seldom” eat breakfast) was 5.6% (survey result at the time of development of the Fourth Basic Plan was 4.6%)
- The percentage of young people who skip breakfast (those who “eat breakfast a few days a week” and those who “hardly eat breakfast”) was 26.7% (survey result at the time of development of the Fourth Basic Plan was 21.5%)

Changes in the percentage of children skipping breakfast



Source: “National Academic Ability and Learning Status Survey” (MEXT)
 Note: The respondents are 6th graders in elementary school
 Note: The survey was skipped in FY2020 due to the impact of COVID-19

Changes in the percentage of young people skipping breakfast



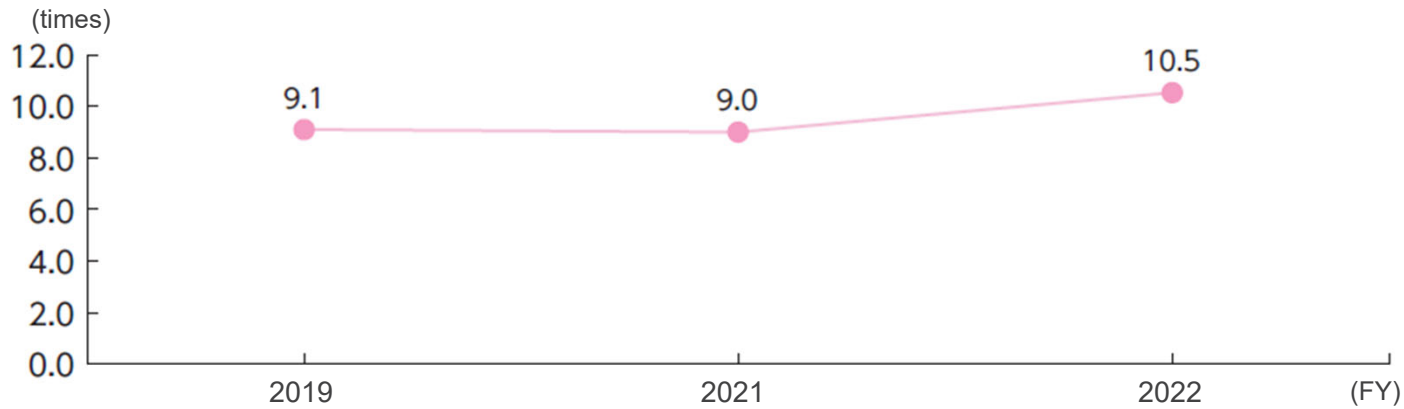
Source: “Survey on Attitudes Towards Shokuiku” (MAFF)
 (data up to FY2015: Cabinet Office)
 Note: The respondents are aged 20-39.
 Note: “No answer” was taken as “Don't know” in FY2015, FY2020, FY2021, and FY2022

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

- (6) Average number of times nutrition educators provided instruction on food related to locally produced food
- (7) Percentage of prefectures that have maintained or improved the ratio (in monetary terms) of local products used in school lunches from the current value (FY2019)
- (8) Percentage of prefectures that have maintained or improved the ratio (in monetary terms) of domestically produced ingredients used in school lunches from the current value (FY2019)

○ The average number of times nutrition educators provided instruction on food related to locally produced food was 10.5 times a month (survey result at the time of development of the Fourth Basic Plan was 9.1 times a month)

Changes in the average number of times nutrition educators provided instruction on food related to locally produced food



Source: "Survey on Status of Food Guidance Related to Local Products in Schools" (MEXT)
Note: The survey was skipped in FY2020 due to the impact of COVID-19

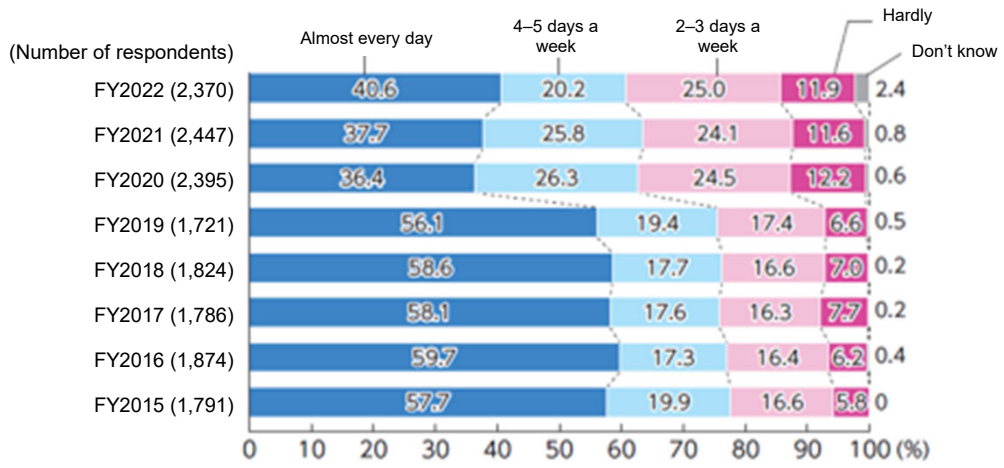
○ 76.6% of prefectures have maintained or improved the ratio (in monetary terms) of local products used in school lunches from the current level (FY2019)
○ 78.8% of prefectures have maintained or improved the ratio (in monetary terms) of domestically produced ingredients used in school lunches from the current level (FY2019)
Source (both): "Survey on Use of Locally and Domestically Produced Ingredients in School Lunches in FY2021" (MEXT)

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

- (9) Percentage of citizens who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day
- (10) Percentage of young people who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day
- (11) Average daily salt intake / (12) Average daily vegetable intake
- (13) Percentage of those who consume less than 100 grams per day

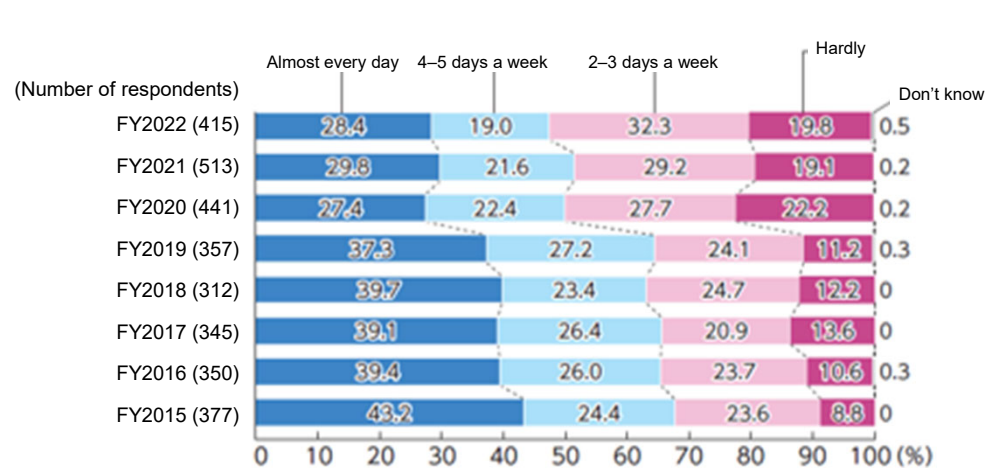
- The percentage of citizens who reported eating at least two well-balanced meals consisting of a staple food, a main dish, and side dishes “almost every day” was 40.6% (survey result at the time of development of the Fourth Basic Plan was 36.4%)
- The percentage of young people who reported eating at least two well-balanced meals consisting of a staple food, a main dish, and side dishes “almost every day” was 28.4% (survey result at the time of development of the Fourth Basic Plan was 27.4%)

Changes in the percentage of citizens who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day



Source: “Survey on Attitudes Towards Shokuiku” (MAFF)
 (data up to FY2015: Cabinet Office)
 Note: “No answer” was taken as “Don’t know” in FY2020, FY2021, and FY2022

Changes in the percentage of young people who eat at least two well-balanced meals consisting of a staple food, a main dish, and side dishes almost every day



Source: “Survey on Attitudes Towards Shokuiku” (MAFF)
 (data up to FY2015: Cabinet Office)
 Note: The respondents are aged 20-39.
 Note: “No answer” was taken as “Don’t know” in FY2020, FY2021, and FY2022

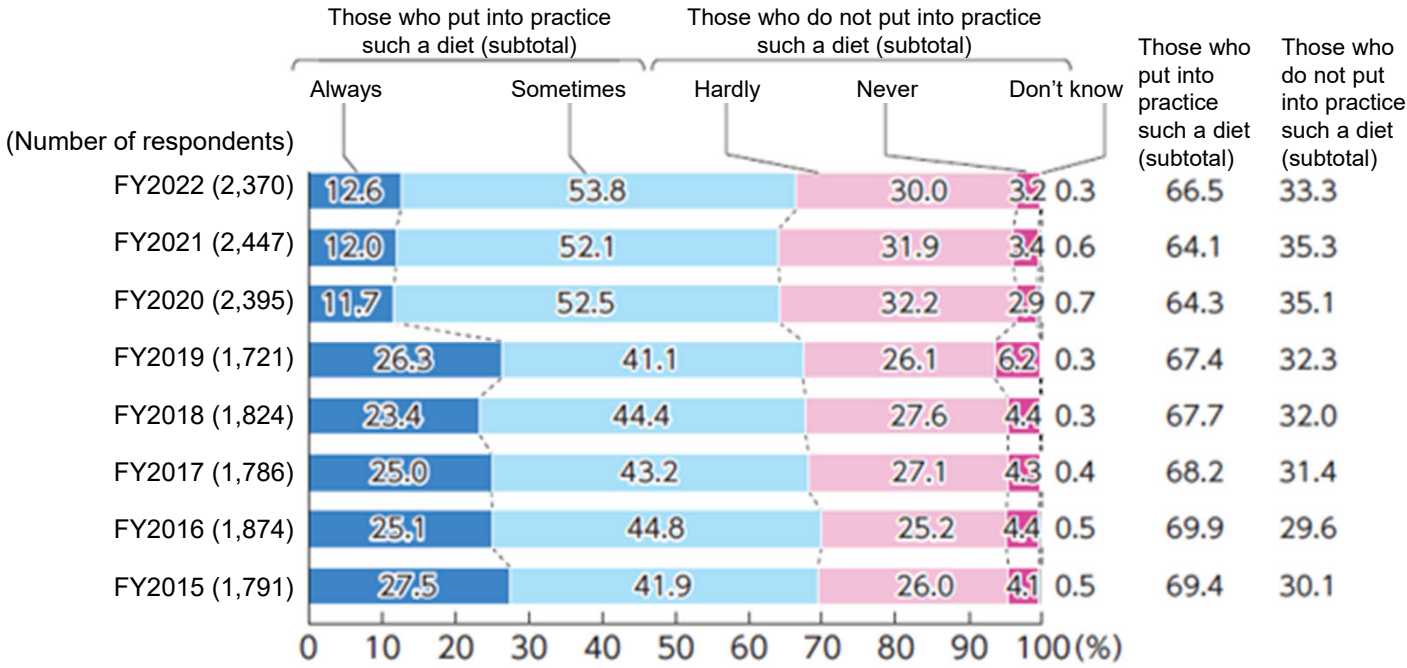
- The average daily salt intake was 10.1 g (“FY2019 National Health and Nutrition Survey” MHLW)
- The average daily vegetable intake was 280.5 g (“FY2019 National Health and Nutrition Survey” MHLW)
- Percentage of those who consume less than 100 g of fruits per day was 61.6% (“FY2019 National Health and Nutrition Survey” MHLW)

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(14) Percentage of citizens who put into practice a healthy diet from day to day where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases

○ The percentage of citizens who “put into practice” a healthy diet from day to day where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases (those who responded “always” and “sometimes”) was 66.5% (survey result at the time of development of the Fourth Basic Plan was 64.3%)

Changes in the percentage of citizens who put into practice a healthy diet from day to day where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases



Source: “Survey on Attitudes Towards Shokuiku” (MAFF) (data up to FY2015: Cabinet Office)

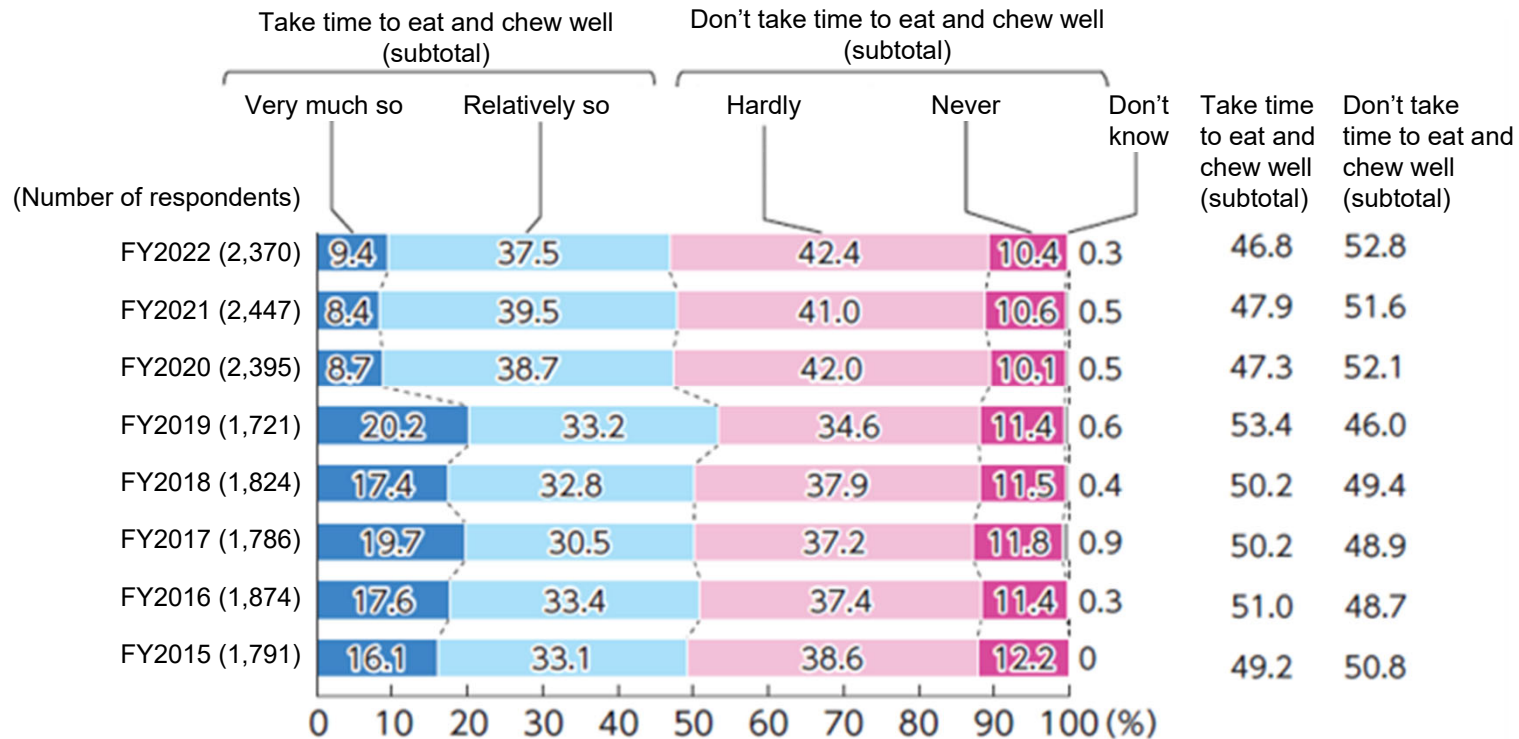
Note: “No answer” was taken as “Don’t know” in FY2020, FY2021, and FY2022

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(15) Percentage of citizens who take time to eat and chew well

○ The percentage of citizens who responded that they take time to eat and chew well (those who responded, “very much so” and “relatively so”) was 46.8% (survey result at the time of development of the Fourth Basic Plan was 47.3%)

Changes in the percentage of citizens who take time to eat and chew well



Source: “Survey on Attitudes Towards Shokuiku” (MAFF) (data up to FY2015: Cabinet Office)

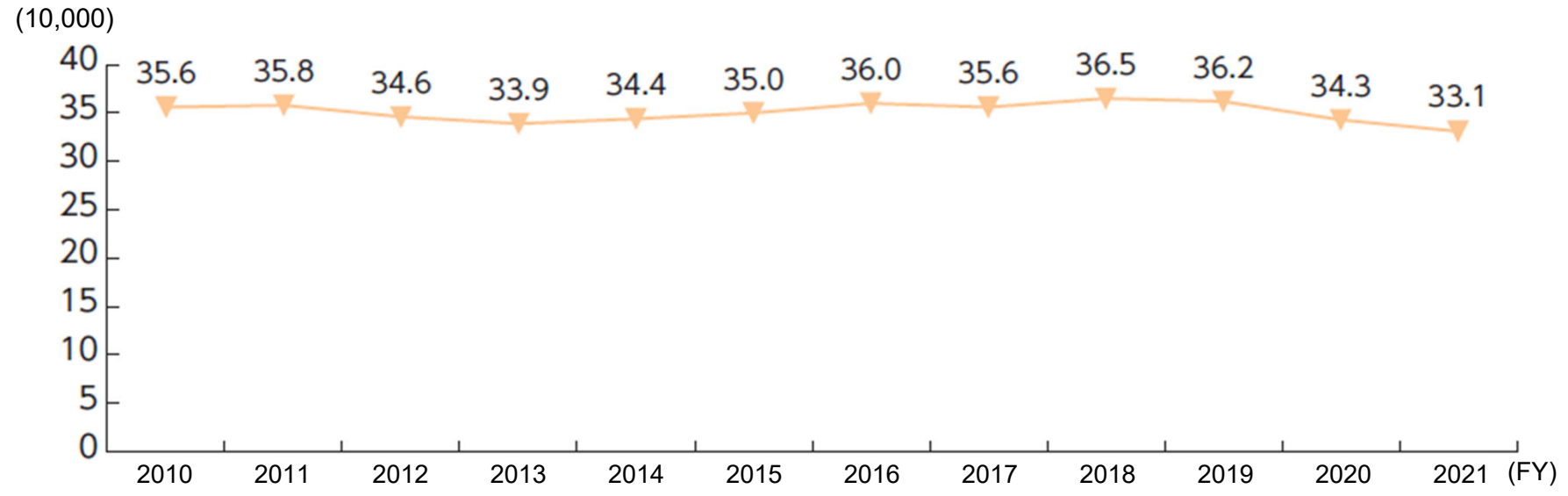
Note: “No answer” was taken as “Don't know” in FY2015, FY2020, FY2021, and FY2022

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(16) Number of citizens participating in volunteer groups that promote shokuiku

○ The number of citizens participating in volunteer groups that promote shokuiku was 331,000 in FY2021 (survey result at the time of development of the Fourth Basic Plan was 362,000)

Changes in the number of citizens participating in volunteer groups that promote shokuiku



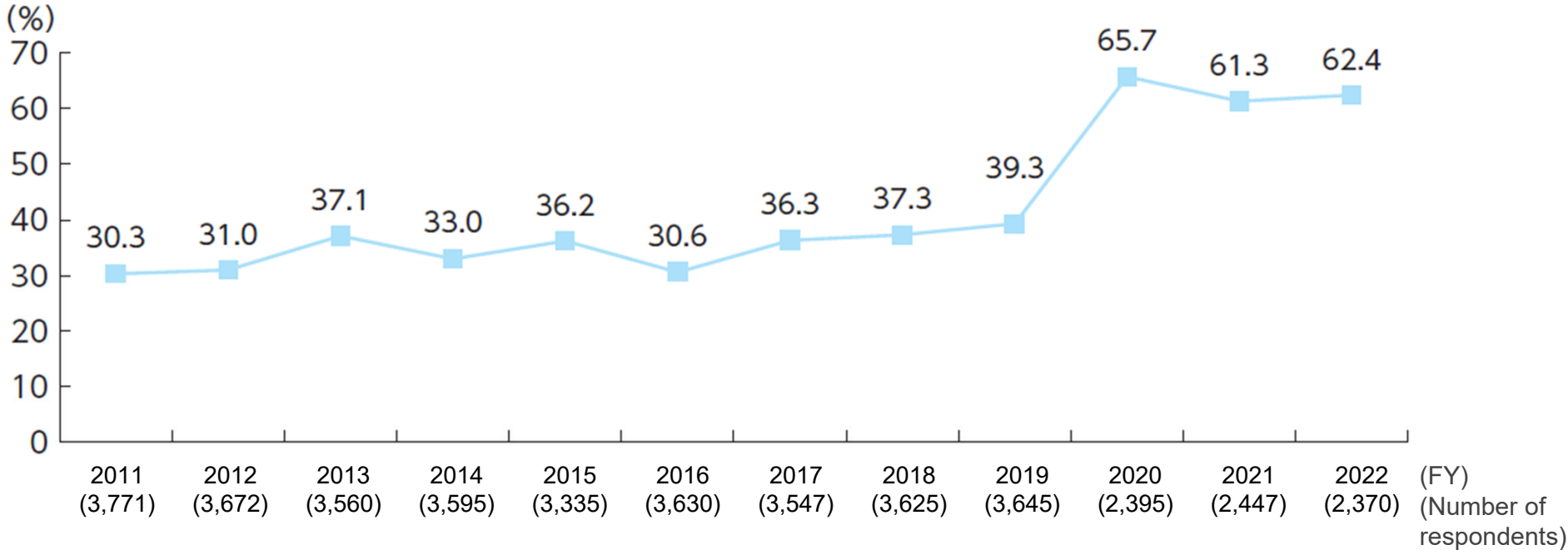
Source: Survey by the Consumer Affairs and Shokuiku (Food and Nutrition Education) Division, Food Safety and Consumer Affairs Bureau, MAFF (data up to FY2014: Cabinet Office)

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(17) Percentage of citizens (households) who have agriculture, forestry, or fishery experience

○ The percentage of citizens (households) who have agriculture, forestry, or fishery experience (the proportion of respondents who have participated in such experience or have a family member who has participated in such experience) was 62.4% (survey result at the time of development of the Fourth Basic Plan was 65.7%)

Changes in the percentage of citizens (households) who have agriculture, forestry, or fishery experience



Source: “Survey on Attitudes Towards Shokuiku” (MAFF)

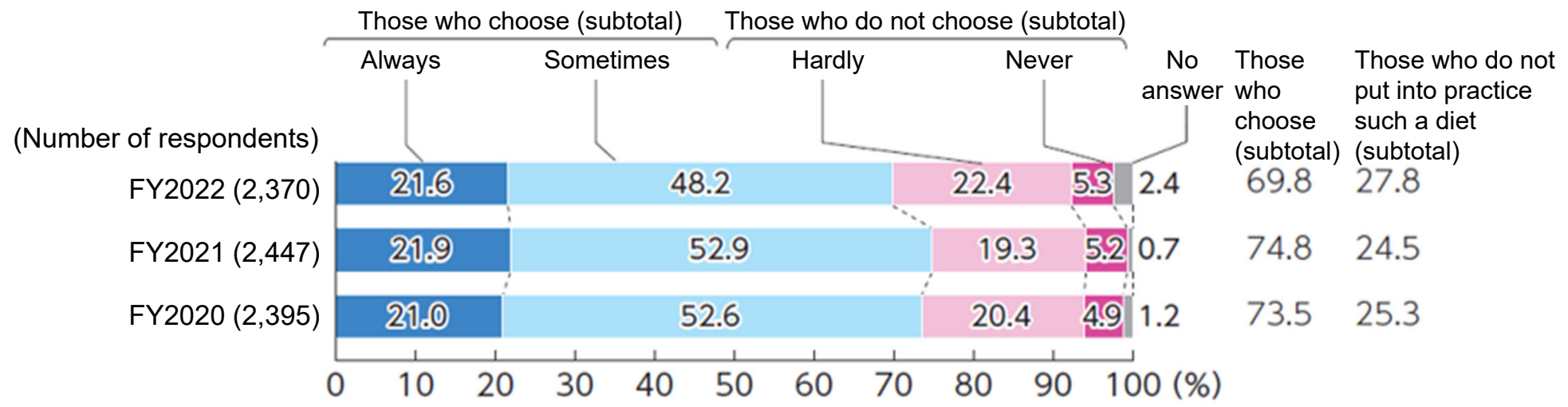
Note: It was a “Survey on Eating Habits and Agriculture, Forestry and Fishery Experience” up to FY2019

II. Targets Set out in the Fourth Basic Plan for the Promotion of Shokuiku and Current Values

(18) Percentage of citizens who choose agricultural, forestry, fishery, and food products in consideration of production areas and producers

○ The percentage of respondents who “choose” agricultural, forestry, fishery and food products in consideration of production areas and producers (awareness of local products, local products that they want to support such as products from disaster-stricken areas, as well as producers whom they want to support) (“I always choose” and “I sometimes choose”) was 69.8% (survey result at the time of development of the Fourth Basic Plan was 73.5%)

Changes in the percentage of citizens who choose agricultural, forestry, fishery, and food products in consideration of production areas and producers



Source: “Survey on Attitudes Towards Shokuiku” (MAFF)