

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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our Bodies		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dining		Wish to know more	Wish to do something	Wish to tell family or friends
What Did You Eat Yesterday?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do You Eat Breakfast?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improving Each Life Stage's Dietary Habits Leads to a Healthy Life		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let's Chew Our Food Well While Enjoying Its Taste		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food Is Even More Delicious When Eating Together With Others		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What Foods Are Most Suitable for Each Season, or for Where We Live?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let's Take a Close Look at Food Labels		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How Can We Prevent Food Poisoning at Home?		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preparing for Disasters		Wish to know more	Wish to do something	Wish to tell family or friends
Preparing for Unforeseeable Disasters		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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		
1 ()															
2 ()															
3 ()															
4 ()															
5 ()															
6 ()															
7 ()															
8 ()															
9 ()															
10 ()															
11 ()															
12 ()															
13 ()															
14 ()															
15 ()															
16 ()															
17 ()															
18 ()															
19 ()															
19th is Shokuiku Day, a time to reflect on your diet.															
20 ()															
21 ()															
22 ()															
23 ()															
24 ()															
25 ()															
26 ()															
27 ()															
28 ()															
29 ()															
30 ()															
31 ()															

* 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.



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/eiyousyokuji.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/mezamas.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/kodomoisyokudo.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/eiyuu/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”

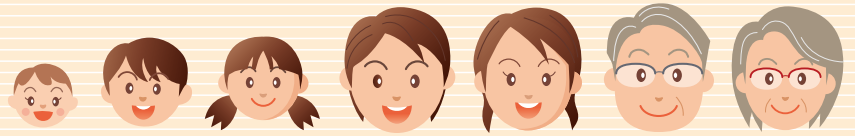
“A Guide to Shokuiku” is designed for people of all stages of life from infancy to seniorhood. Its purpose is for learning how best to design dietary lives that best fit us as we pass through these stages.

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 series of horizontal dashed lines for writing a 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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