



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

July 2019

農林水産省

[Contents]

I. Frameworks and Schemes for Promoting Shokuiku	1
1. Basic Frameworks for Measures to Promote Shokuiku	1
2. Third Basic Plan for the Promotion of Shokuiku	2
(1) Priorities	3
(2) Measures	4
3. Schemes for Promoting Shokuiku	6
II. Targets Set out in the Third Basic Plan for the Promotion of Shokuiku and Current Values	8

III. Shokuiku Initiatives by MAFF	25
1. Shokuiku Month	25
2. National Convention on Shokuiku Promotion	26
3. Commendation of Shokuiku Activities	27
4. White Paper on Shokuiku	30
5. Dietary Guidelines for Japanese	31
6. Japanese Food Guide Spinning Top	32
7. Promotion of Evidence-Based Shokuiku	33
8. Promotion of Shokuiku in Communities in Cooperation with Kodomo Shokudo (children's cafeteria)	34
9. Promotion of a Japanese-Style Diet That Is Easy to Understand and Highly Effective	35
10. Promotion of Shokuiku through Agriculture, Forestry or Fishery Experience (Education Farm)	36
11. Promotion of Local Production for Local Consumption	37
12. Inheritance of Food Culture	40
13. Projects for Promotion of Shokuiku	46

I. Frameworks and Schemes for Promoting Shokuiku

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 all people and a rich and vibrant society for the present and in the future.
- Shokuiku is the basis of life and the foundation of intellectual education, moral education and physical education. It aims to foster people who can put into practice healthy eating habits by providing them with various experience opportunities where they can acquire knowledge about “food and nutrition” and 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 food awareness 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 people understand and appreciate the fact that their diet is possible thanks to deepening their gratitude and understanding towards nature as well as towards various activities that people involved in “food and nutrition” engage in.

○Basic Plan for the Promotion of Shokuiku

- In March 2016, the Third Basic Plan for the Promotion of Shokuiku was adopted based on the results of past efforts concerning shokuiku and challenges identified over the past five years. The above Plan sets out basic policies, targets, and measures to address matters that are necessary for the comprehensive promotion of shokuiku for the five years from 2016 to 2020.
- The following five priorities are set out as basic policies.
 - (1) Promotion of shokuiku focused on the younger generation
 - (2) Promotion of shokuiku encompassing various lifestyles
 - (3) Promotion of shokuiku for the extension of healthy life expectancy
 - (4) Promotion of shokuiku that also considers the food cycle and environment
 - (5) Promotion of shokuiku with an eye to passing down food culture to younger generations

I. Frameworks and Schemes for Promoting Shokuiku

2. Third Basic Plan for the Promotion of Shokuiku

Basic Act on Shokuiku (Food and Nutrition Education)
(Act No. 63 of June 17, 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 all people 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: Persons designated by the Prime Minister from among the Ministers of State upon request from the Minister of Agriculture, Forestry and Fisheries, and experts from the private sector appointed by the Minister of Agriculture, Forestry and Fisheries

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
Special members of 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

Third Basic Plan for the Promotion of Shokuiku (FY2016 to 2020)

Decision of the Council for the Promotion of Shokuiku of March 18, 2016

Introduction

1. Current Dietary Situation in Japan
2. Past Initiatives and Measures for the Future

No. 1 Basic Policies on the Promotion of Shokuiku

1. **Priorities**
2. Basic Policies
 - (1) Promotion of shokuiku focused on the younger generation
 - (2) Promotion of shokuiku encompassing various lifestyles
 - (3) Promotion of shokuiku for the extension of healthy life expectancy
 - (4) Promotion of shokuiku that also considers the food cycle and environment
 - (5) Promotion of shokuiku with an eye to passing down food culture to younger generations

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

No. 3 Items for the Comprehensive Promotion of Shokuiku

Measures

1. Promotion of shokuiku at home
2. Promotion of shokuiku at schools, nurseries, etc.
3. Promotion of shokuiku in communities
4. Implementation of shokuiku promotion campaigns
5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.
6. Support for activities to pass down food culture to younger generations
7. Investigation, research, provision of information on food safety, nutrition and eating habits and promotion of international exchange

*The Plan sets out the following for each of the above items:

- (1) Current situation and future policy, and (2) measures to be taken

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

I. Frameworks and Schemes for Promoting Shokuiku—2. Third Basic Plan for the Promotion of Shokuiku

(1) Priorities

Third Basic Plan for the Promotion of Shokuiku

Past initiatives

Shokuiku has been promoted at home and in school and communities based on the Second Basic Plan for the Promotion of Shokuiku (FY2011 to FY2015)

Changes surrounding the dietary situation in Japan

- (1) Improvement and enhancement of shokuiku practices for younger generations
- (2) Changes in household structure
- (3) Promotion of support for children in poverty
- (4) Inclusion of the extension of healthy life expectancy in the new growth strategy
- (5) Starting a national campaign to reduce food loss
- (6) Registration of washoku (Japanese cuisine) as UNESCO Intangible Cultural Heritage
- (7) Challenges concerning the ratio of municipalities that have prepared Municipal Plan for the Promotion of Shokuiku

Priorities

- <1> Promotion of shokuiku focused on the younger generation**
 - Promote shokuiku that young people work on at their own initiative, promotion of shokuiku that can be passed down to the next generation
- <2> Promotion of shokuiku encompassing various lifestyles (new item)**
 - Provide food experiences and kyōshoku [meaning eating with someone] opportunities that allow all generations from children to the elderly to have a healthy and fulfilling diet, which encompass various family situations and diversifying lifestyles.
- <3> Promotion of shokuiku for the extension of healthy life expectancy**
 - Promote a low-sodium diet for health and the prevention of lifestyle-related diseases; and the prevention of metabolic syndrome, obesity, excessive thinness, and malnutrition
- <4> Promotion of shokuiku that also considers the food cycle and environment (new item)**
 - Understand the food cycle from food production to consumption, and reduce food loss
- <5> Promotion of shokuiku with an eye to passing down food culture to younger generations (new item)**
 - Promote understanding of traditional food culture, including washoku, local cuisine, traditional ingredients, and dining manners

Approach

- (1) Promote life-long initiatives in all generations from children to the elderly
- (2) The government, local governments, educators, companies and workers in the agriculture, forestry, fisheries, and food-related businesses, volunteers, etc. voluntarily collaborate and cooperate with each other in various forms as they promote their initiatives.

I. Frameworks and Schemes for Promoting Shokuiku—2. Third Basic Plan for the Promotion of Shokuiku

(2) Measures

<Priorities>

<1> Promotion of shokuiku focused on the younger generation

- ◆ **Promotion of shokuiku initiatives (such as kyōshoku) as a means to support the development of children and young people**
(1. Promotion of shokuiku at home)
→ Promoting kyōshoku; increasing opportunities to learn about food and experience activities; and other measures
- ◆ **Promotion of shokuiku for the younger generation**
(3. Promotion of shokuiku in communities)
→ Providing effective information to the younger generation; promoting kyōshoku in communities, and other measures
- ◆ **Industry-academia-government initiatives to preserve washoku and passing it down to the next generation**
(6. Support for activities to pass down food culture to younger generations)
→ Promote the passing down of washoku to younger generations

<2> Promotion of shokuiku encompassing various lifestyles (new item)

- ◆ **Nutrition guidance for pregnant women and infants**
(1. Promotion of shokuiku at home)
→ Providing nutrition guidance embracing differences and diversity in individual and home environments; and other measures
- ◆ **Promotion of shokuiku for children in poverty**
(3. Promotion of shokuiku in communities)
→ Promoting shokuiku based on the General Principles of Policy on Poverty among Children ; creating a place to spend time for children in single-parent homes; supporting NPOs involved in the National Campaign to Support Children’s Future .
- ◆ **Promotion of shokuiku for the elderly**
(3. Promotion of shokuiku in communities)
→ Introduction to best practices on preventing older people from koshoku (meaning eating alone); and other measures

<3> Promotion of shokuiku for the extension of healthy life expectancy

- ◆ **Promotion of shokuiku for the extension of healthy life expectancy**
(3. Promotion of shokuiku in communities)
→ Preventing and improving lifestyle-related diseases; promoting a low-sodium diet; promoting nutrition labeling; and other measures
- ◆ **Promotion of shokuiku in dental health activities**
(3. Promotion of shokuiku in communities)
→ Promotion of the “8020 (Hachimaru-Niimaru) exercise” and “Chewing 30”; and other measures
- ◆ **Promotion of shokuiku for the elderly**
(3. Promotion of shokuiku in communities)
→ Preventing malnutrition of the elderly; securing dietitians; and other measures
- ◆ **Promotion of shokuiku by food-related businesses**
(3. Promotion of shokuiku in communities)
→ Proactively providing healthy products and menus; providing food-related information and opportunities for experience activities; and other measures
- ◆ **Provision of information that contributes to the shokuiku promotion campaign**
(4. Implementation of shokuiku promotion campaigns)
→ Giving awards for excellent companies from the Smart Life Project; and other measures

<4> Promotion of shokuiku that also considers the food cycle and environment (new item)

- ◆ **Enhancement of school lunch**
(2. Promotion of shokuiku at schools, nurseries, etc.)
→ Stable supply of local agricultural, forestry and fishery products; and using local and domestic ingredients
- ◆ **Promotion of shokuiku by the agriculture, forestry and fisheries industry**
(5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.)
→ Providing opportunities for a wide range of generations to experience agriculture, forestry and fisheries; and other measures
- ◆ **Promotion of rural-urban symbiosis and exchange**
(5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.)
→ Promoting exchange between the residents of urban and rural areas through green tourism; and other measures
- ◆ **Promotion of local production for local consumption**
(5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.)
→ Implementing public campaigns to expand consumption of domestic agricultural, forestry and fishery products; and other measures
- ◆ **Implementation of a national campaign to reduce food loss**
(5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.)
→ Implementing a national campaign for food loss reduction under cooperation between the government, local governments, food-related businesses, consumers, and other stakeholders; and other measures
- ◆ **Promotion of biomass utilization and food recycling**
(5. Promotion of exchange between producers and consumers, invigoration of environmentally friendly agriculture, forestry and fisheries, etc.)
→ Effective use of biomass; promoting food recycling initiatives; and other measures

I. Frameworks and Schemes for Promoting Shokuiku—2. Third Basic Plan for the Promotion of Shokuiku

(2) Measures

<5> Promotion of shokuiku with an eye to passing down food culture to younger generations (new item)

- ◆ **Active incorporation of local dishes in school lunches and utilizing food events**
(6. Support for activities to pass down food culture to younger generations)
→ Incorporating local cuisine into school lunch menus; passing down washoku through the initiatives of the Washoku School Lunch Project in Japan ; sharing information on local cuisines from across Japan at the National Cultural Festival ; and other measures
- ◆ **Industry-academia-government initiatives to preserve washoku and pass it down to the next generation**
(6. Support for activities to pass down food culture to younger generations)
→ Expanding opportunities to serve washoku; communicating the beauty of Japanese culture; industry-academia-government collaboration for the preservation and succession of Japanese food; and other measures
- ◆ **Efforts to rediscover local food cultures**
(6. Support for activities to pass down food culture to younger generations)
→ Promoting shokuiku activities in communities to rediscover traditional ingredients

<Measures to Achieve the Goals>

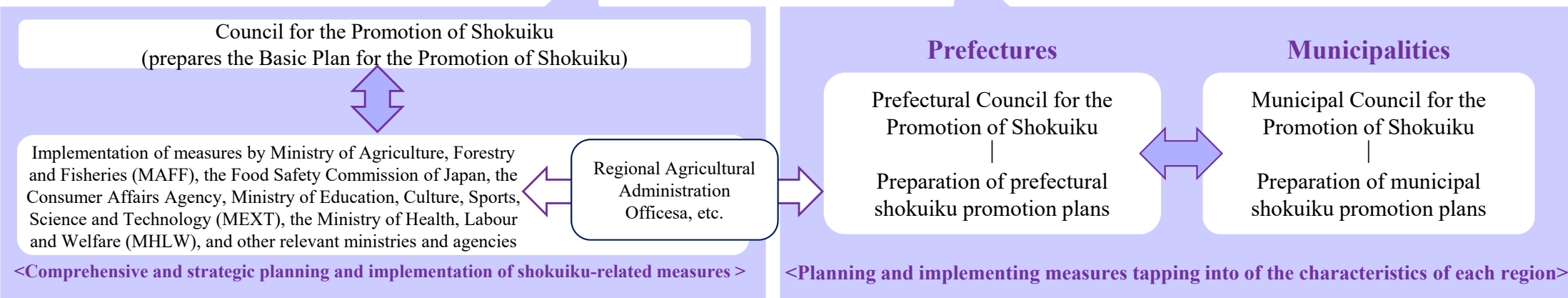
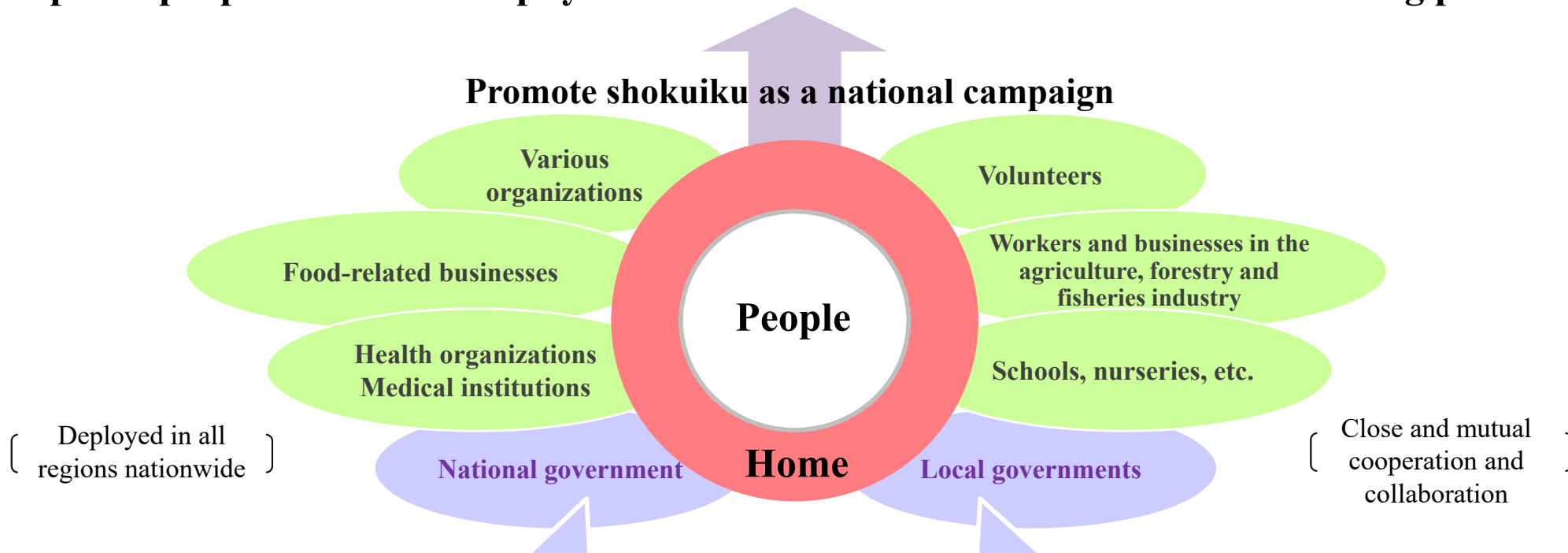
- ◆ **Development of a basic lifestyle for children**
(1. Promotion of shokuiku at home)
→ Promoting the “Go to Bed Early, Wake up Early, and Eat Breakfast” campaign; and other measures
- ◆ **Promotion of work-life balance, such as “Yu-Katsu” (meaning early evening activities)**
(1. Promotion of shokuiku at home)
→ Promoting shokuiku at home (such as kyōshoku) in line with the promotion of work-life balance
- ◆ **Enhancement of school lunch**
(2. Promotion of shokuiku at schools, nurseries, etc.)
→ Enhancing school lunches at junior high schools; incorporating food education in other school subjects; and other measures
- ◆ **Promotion of utilization of A Guide to Shokuiku**
(3. Promotion of shokuiku in communities)
→ Disseminating A Guide to Shokuiku, the Japanese Food Guide Spinning Top , and the Dietary Guidelines for Japanese ; and other measures
- ◆ **Promote public understanding of shokuiku**
(4. Implementation of shokuiku promotion campaigns)
→ Promoting public understanding by presenting specific food-related practices and activities suitable for each life phase; and other measures
- ◆ **Support and awards for private initiatives such as volunteer activities**
(4. Implementation of shokuiku promotion campaigns)
→ Developing an environment to promote volunteer activities and improve their results; and other measures
- ◆ **Enhancement of risk communication**
(7. Investigation, research, provision of information on food safety, nutrition and eating habits and promotion of international exchange)
→ Actively implementing risk communication on food safety
- ◆ **Promotion of appropriate food labeling**
(7. Investigation, research, provision of information on food safety, nutrition and eating habits and promotion of international exchange)
→ Promotion of appropriate food labeling; promoting understanding of the labeling system for food functionality; and other measures
- ◆ **Communicating shokuiku, Japanese food and food culture to overseas, and the promotion of overseas investigations**
(7. Investigation, research, provision of information on food safety, nutrition and eating habits and promotion of international exchange)
→ Exporting Japanese food culture by tapping into the Tokyo Olympic and Paralympic Games and other opportunities; and other measures
- ◆ **Development of promotion plans by local governments and promotion of measures based on them**
(No. 4 Matters Necessary for Comprehensively and Strategically Promoting Measures for Promoting Shokuiku)
→ Proactively encouraging municipalities to create municipal promotion plans and providing them with appropriate support, such as the provision of necessary materials and information

I. Frameworks and Schemes for Promoting Shokuiku

3. Schemes for Promoting Shokuiku (1) Overview

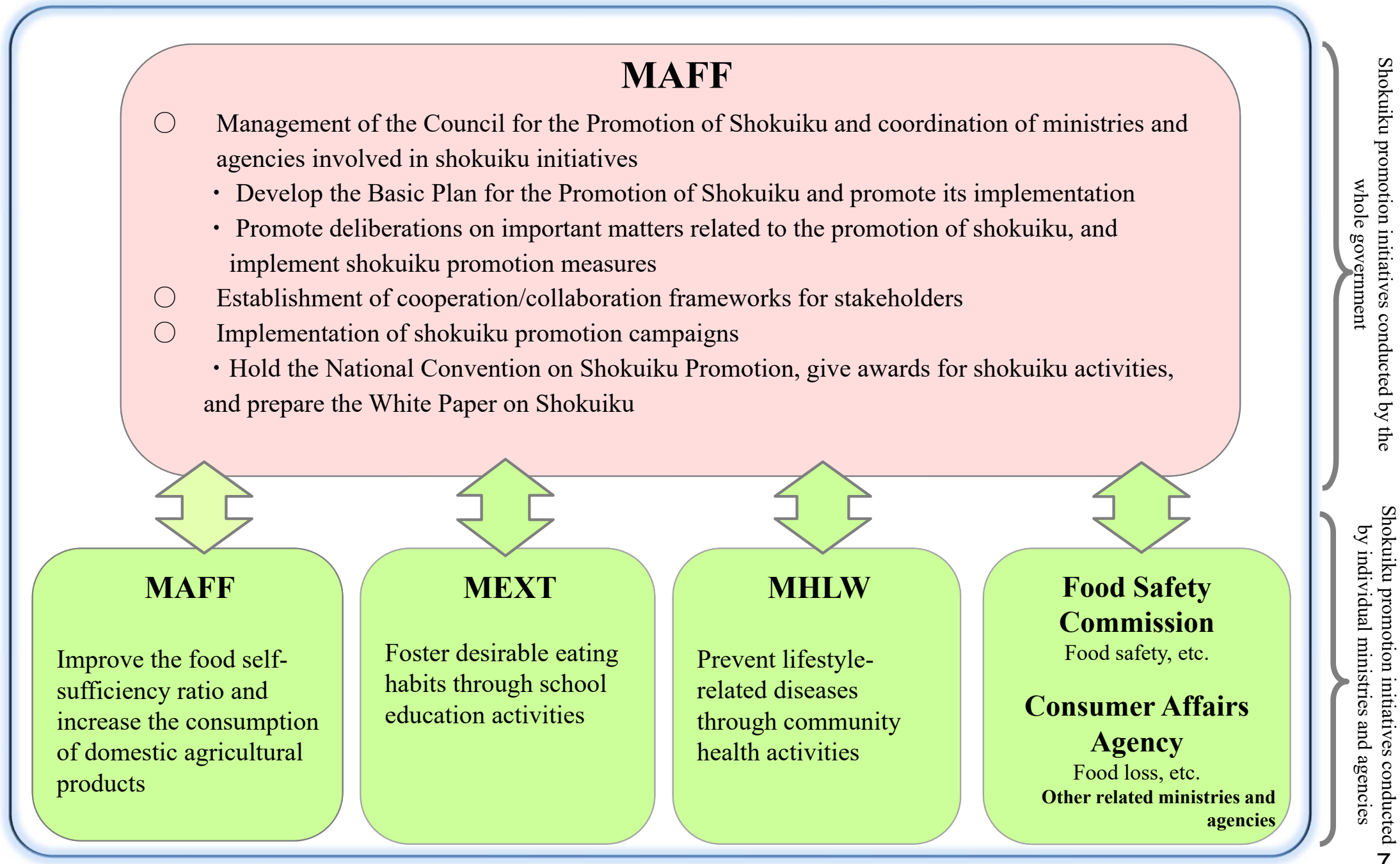
- The national and local governments will work together to promote shokuiku as a national campaign. At the same time, regional communities will promote shokuiku in cooperation with various stakeholders, including schools, nurseries, workers and businesses in the agriculture, forestry, fisheries, and food-related industries, and volunteers.

Improve people's mental and physical health and ensure a rich character-building process



I. Frameworks and Schemes for Promoting Shokuiku

3. Schemes for Promoting Shokuiku (2) Governmental Scheme for Promoting Shokuiku



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

Targets and Current Values Concerning Shokuiku Promotion

Target	Criteria	Value as of the time of development of the Third Basic Plan (FY2015)	Current value (FY2018)	Target (FY2020)
1 Increase the number of citizens who are interested in shokuiku				
	(1)Percentage of citizens who are interested in shokuiku	75.0%*1	76.0%*2	90% or higher
2 Increase the number of kyōshoku occasions [breakfast or dinner with family members]				
	(2)Number of kyōshoku occasions [breakfast or dinner with family members]	9.7 times a week*1	10.0 times a week*2	More than 11 times a week
3 Increase the percentage of citizens participating in kyōshoku in communities as they hope to				
	(3)Percentage of citizens participating in kyōshoku in communities as they hope to	64.6%*1	77.6%*2	70% or higher
4 Decrease the percentage of children skipping breakfast				
	(4)Percentage of children skipping breakfast	4.4%*3	5.5%*4	0%
	(5)Percentage of young people skipping breakfast	24.7%*1	26.9%*2	15% or lower
5 Increase the percentage of junior high schools that provide school lunches				
	(6)Percentage of junior high schools that provide school lunches	87.5%*5 (FY2014)	93.2%*6	90% or higher
6 Increase the percentage of use of locally produced food in school lunches				
	(7)Percentage of use of locally produced food in school lunches	26.9%*7 (FY2014)	26.4%*8 (FY2017)	30% or higher
	(8)Percentage of use of domestically produced food in school lunches	77.3%*7 (FY2014)	76.7%*8 (FY2017)	80% or higher
7 Increase the number of citizens having a balanced diet				
	(9)Percentage of citizens who eat at least two well-balanced meals consisting of staple food, main dish, and side dishes almost every day	57.7%*1	58.6%*2	70% or higher
	(10)Percentage of young citizens who eat at least two well-balanced meals consisting of staple food, a main dish, and side dishes almost every day	43.2%*1	39.7%*2	55% or higher
8 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				
	Percentage of citizens who put into practice a healthy diet from day to day			
	(11)where they take care to maintain an appropriate weight and limit salt intake in order to prevent or treat lifestyle diseases	69.4%*1	67.7%*2	75% or higher
	(12)Number of registered companies striving to reduce salt and fat in their food products	67 companies*9 (FY2014)	103 companies*10 (FY2016)	100 companies or more

Target	Criteria	Value as of the time of development of the Third Basic Plan (FY2015)	Current value (FY2018)	Target (FY2020)
9 Increase the percentage of citizens who take time to eat and chew well				
	(13)Percentage of citizens who take time to eat and chew well	49.2%*1	50.2%*2	55% or higher
10 Increase the number of volunteers engaging in the promotion of shokuiku				
	(14)Number of citizens participating in volunteer groups that promote shokuiku	344,000*11 (FY2014)	356,000*12 (FY2017)	370,000 or more
11 Increase the number of citizens who have agriculture, forestry or fishery experience				
	(15)Percentage of citizens (households) who have agriculture, forestry or fishery experience	36.2%*13	37.3%*14	40% or higher
12 Increase the number of citizens who take action to reduce food loss				
	(16)Percentage of citizens who take action to reduce food loss	67.4%*15 (FY2014)	71.0%*16	80% or higher
13 Increase the percentage of citizens who have received and pass on traditional cuisine and table manners from their communities or families				
	(17)Percentage of citizens who have received and pass on traditional cuisine and table manners from their communities or families	41.6%*1	49.6%*2	50% or higher
	(18)Percentage of young citizens who have received and pass on traditional cuisine and table manners from their communities or families	49.3%*1	66.3%*2	60% or higher
14 Increase the percentage of citizens who have basic knowledge on food safety and are able to make appropriate decisions based on it				
	(19)Percentage of citizens who have basic knowledge on food safety and are able to make appropriate decisions based on it	72.0%*1	77.0%*2	80% or higher
	(20)Percentage of young citizens who have basic knowledge on food safety and are able to make appropriate decisions based on it	56.8%*1	67.3%*2	65% or higher
15 Increase the percentage of municipalities that have created and implemented the Municipal Plan for the Promotion of Shokuiku				
	(21)Percentage of municipalities that have created and implemented the Municipal Plan for the Promotion of Shokuiku	76.7%*11	84.8%*12	100%

Source:

*1 FY2015 Survey on Attitudes Towards Shokuiku (Cabinet Office)

*2 FY2018 Survey on Attitudes Towards Shokuiku (MAFF)

*3 FY2015 National Academic Ability and Learning Status Survey (MEXT)

*4 FY2018 National Academic Ability and Learning Status Survey (MEXT)

*5 FY2014 Survey of School Lunch Provision (MEXT)

*6 FY2018 Survey of School Lunch Provision (MEXT)

*7 FY2014 Report on School Lunch Nutrition (MEXT)

*8 FY2017 Report on School Lunch Nutrition (MEXT)

*9 Number of Companies Registered under the Smart Life Project in FY2014 (MHLW)

*10 Number of Companies Registered under the Smart Life Project in FY2016 (MHLW)

*11 FY2015 survey by the Shokuiku Promotion Office, Cabinet Office

*12 FY2018 Survey by the Consumer Affairs and Shokuiku (Food and Nutrition Education) Division, Food Safety and Consumer Affairs Bureau, MAFF

*13 FY2015 Survey on Eating Habits and Agriculture, Forestry and Fishery Experience (MAFF)

*14 FY2018 Survey on Eating Habits and Agriculture, Forestry and Fishery Experience (MAFF)

*15 FY2014 Basic Survey on Consumer Life (Consumer Affairs Agency)

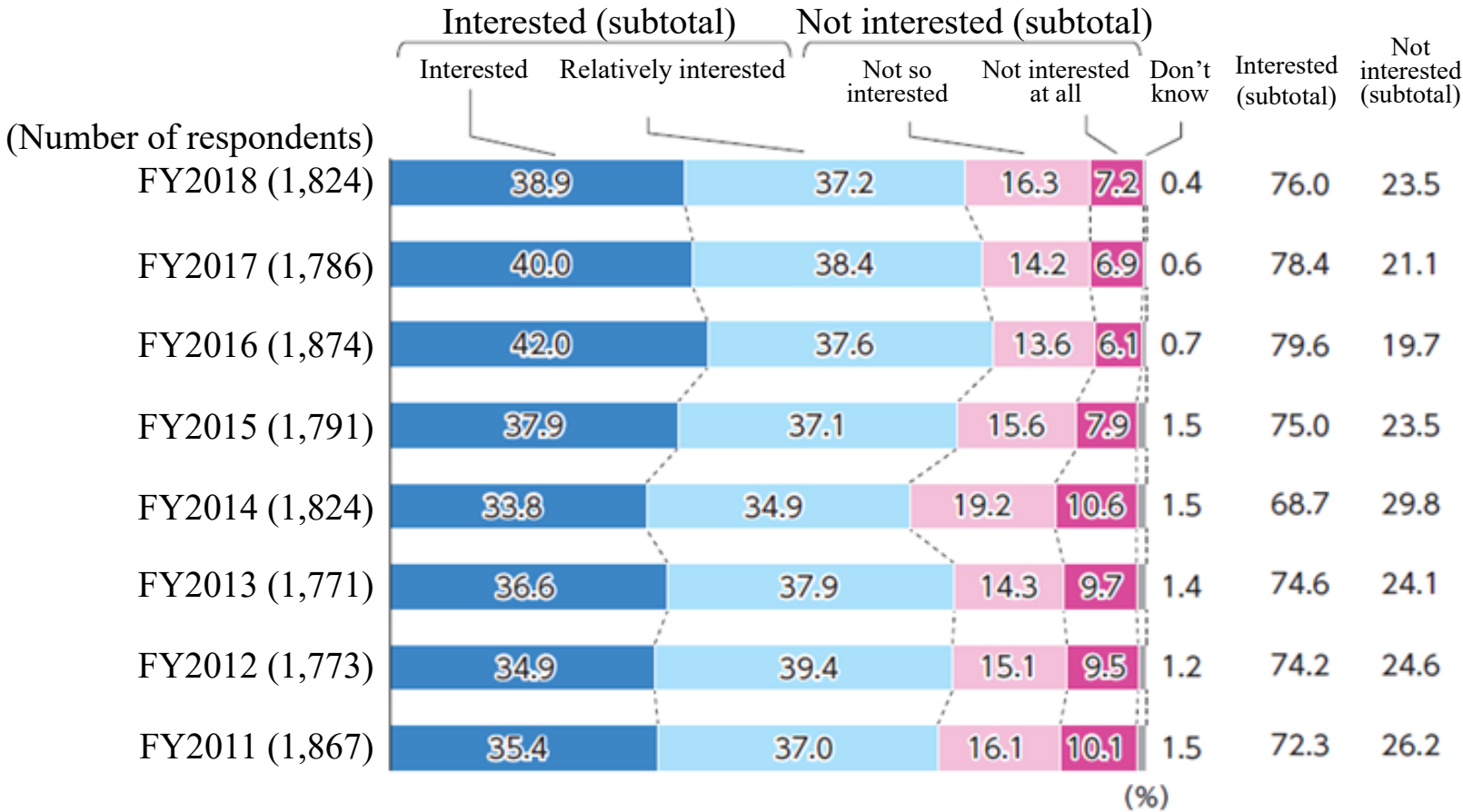
*16 FY2018 Report on the Survey on Consumer Awareness of Food Loss and Status of Implementation of Initiatives (Consumer Affairs Agency)

II. Targets Set out in the Third 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 76.0%, an increase of 1.0 percentage point from the result of the survey conducted at the time of issuance of the Third Basic Plan (75.0% in FY2015).

Changes in the percentage of citizens who are interested in shokuiku



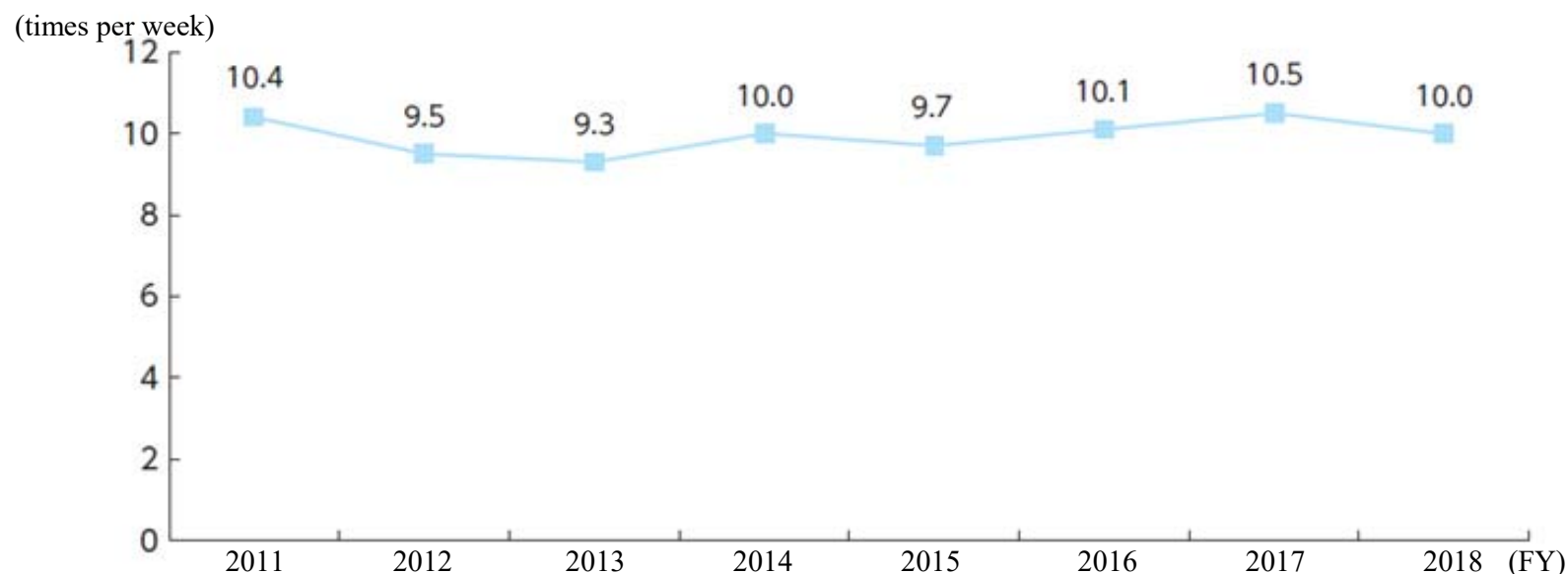
Source: Survey on Attitudes Towards Shokuiku (MAFF) (data up to FY2015: Cabinet Office)

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

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

- The percentage of those who eat breakfast or dinner with their families “almost every day” was 57.3% for breakfast and 67.2% for dinner, increasing by 2.8 percentage points and 3.2 percentage points respectively from the results of the survey conducted at the time of issuance of the Third Basic Plan (54.5% and 64.0% in FY2015).
- The number of kyōshoku occasions per week was 10.0 times a week (4.5 times for breakfast and 5.5 times for dinner), an increase of 0.3 times compared to the result of the survey conducted at the time of issuance of the Third Basic Plan (9.7 times per week; 4.4 times for breakfast and 5.3 times for dinner in FY2015).

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



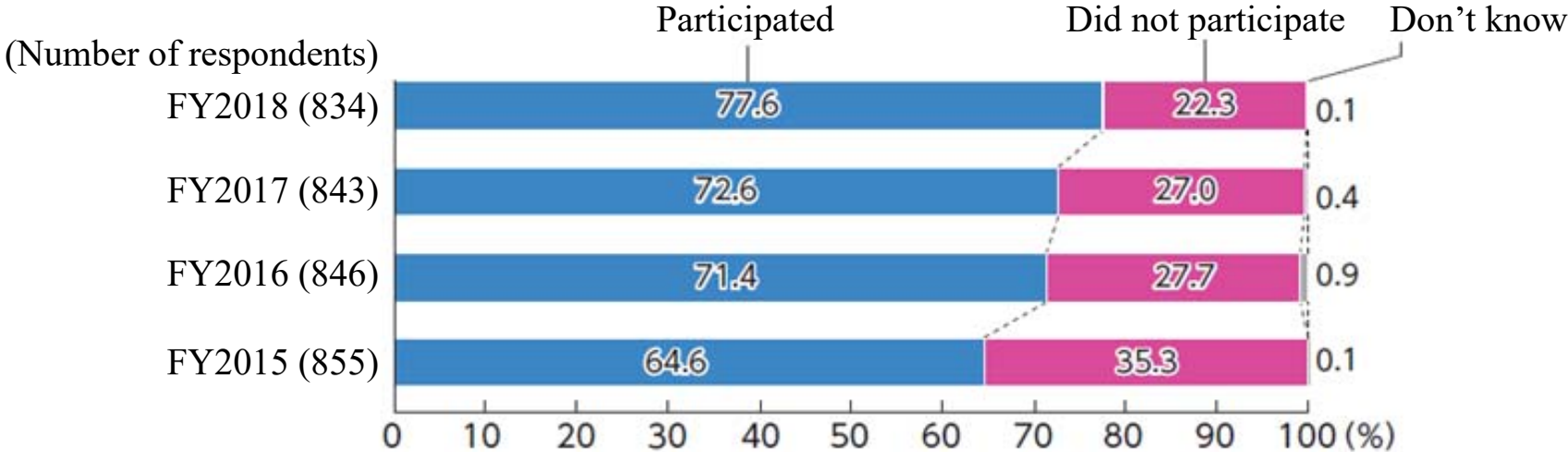
Source: Survey on Attitudes Towards Shokuiku (MAFF) (data up to FY2015: Cabinet Office)

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

(3) Percentage of citizens participating in kyōshoku 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 actually “participated” in any kyōshoku opportunities in their communities over the past year was 77.6%, an increase of 13.0 percentage points from the result of the survey conducted at the time of issuance of the Third Basic Plan (64.6% in FY2015).

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



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

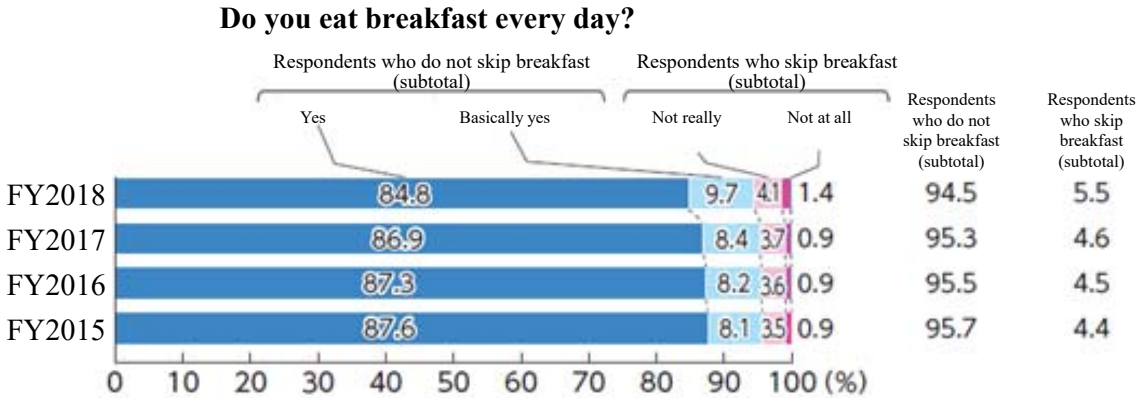
Note: Respondents who answered that they would like to have meals with people in their local and other communities (including their workplaces) if they had any such opportunities (such as dinner parties) (those who responded “very much” or “I would like to”)

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

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

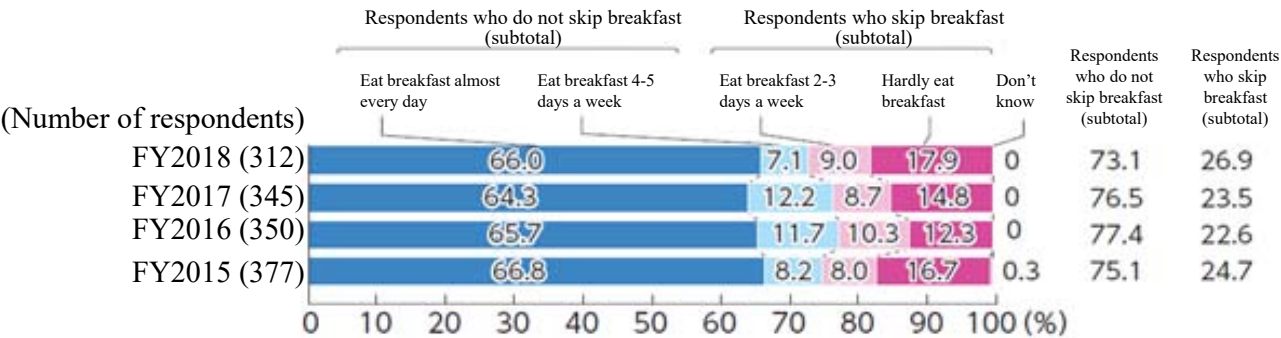
- The percentage of children who skip breakfast (6th graders in elementary school who answered that they never or seldom eat breakfast) was 5.5%, an increase of 1.1 percentage points from the result of the survey conducted at the time of issuance of the Third Basic Plan (4.4% in FY2015).
- The percentage of young people who skip breakfast (those who “eat breakfast a few days a week” and those who “hardly eat breakfast”) was 26.9%, an increase of 2.2 percentage points from the result of the survey conducted at the time of issuance of the Third Basic Plan (24.7% in FY2015).

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

Changes in the percentage of young people skipping breakfast



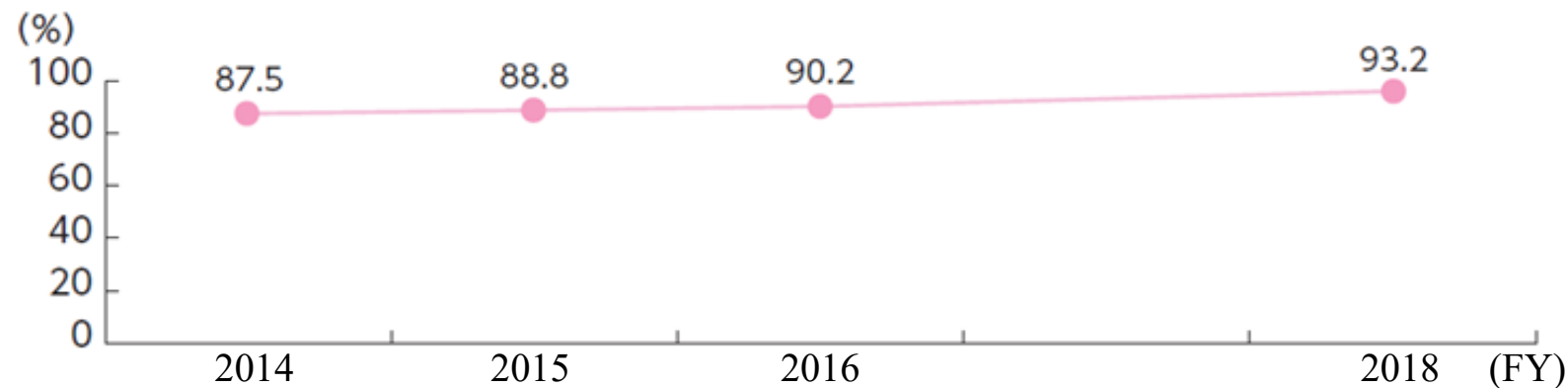
Source: Survey on Attitudes Towards Shokuiku (MAFF) (data up to FY2015: Cabinet Office)
 Note: The respondents are aged 20-39.

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

(6) Percentage of junior high schools that provide school lunches

- The school lunch provision rate in junior high schools (the ratio of the number of public junior high schools that provide full school meals) was 93.2%, an increase of 5.7 percentage points from the result of the survey conducted at the time of issuance of the Third Basic Plan (87.5% in FY2014).

Changes in the percentage of junior high schools that provide school lunches



Source: Survey of School Lunch Provision (MEXT)

Note: Since the survey was conducted every other year since FY2016, no survey was conducted in FY2017.