

Useful Information for Practicing Shokuiku

Use the following materials when practicing the messages delivered through this pamphlet.



① Measures related to the promotion of shokuiku

● Third Basic Plan for the Promotion of Shokuiku

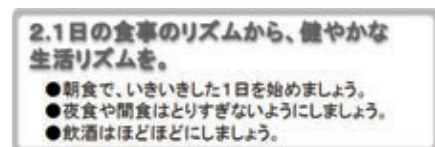
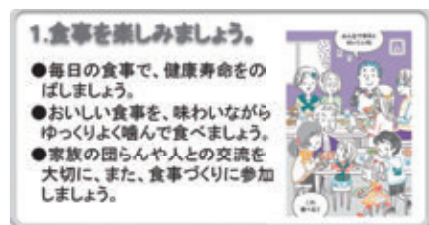
- Key points of the Third Basic Plan for the Promotion of Shokuiku are summarized in a leaflet in an easy-to-understand manner.



(Example)

● Dietary Guidelines for Japanese

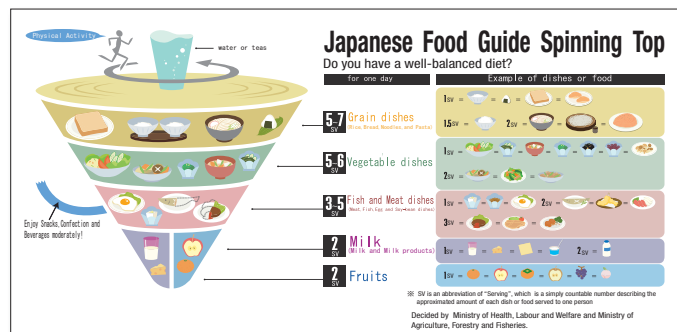
- Guidelines for each citizen to practice desirable dietary habits



(Example)

● Japanese Food Guide Spinning Top

- This figure shows desirable combinations and approximate amounts of meals to help you think about what and how much you should eat each day.





2 Examples of materials related to the topics covered in this pamphlet

Go to Bed Early, Wake up Early, and Eat Breakfast

(MEXT, HayaneHayaokiAsagohan Zenkoku Kyougikai)

- Practical guidebook for each age group
- Breakfast pocket recipes, etc.



(Example)

Shokuiku materials using the Japanese Food Guide Spinning Top

(MAFF, MLHW)

- A pamphlet showing key points for utilizing the Japanese Food Guide Spinning Top for each life stage
- A collection of examples that are useful in elementary and junior high schools, and in the retail, ready-made meal and restaurant industries



(Example)

Recommendation of the Japanese style diet

(MAFF)

- A pamphlet showing key points for practicing the Japanese style diet, achieved by consciously adding small dishes to ready-made and restaurant meals, and how to create a menu with a focus on rice.



(Example)

Promotion of Agriculture, Forestry and Fishery Experiences

(MAFF)

- List of agriculture, forestry and fishery experience spots (such as educational farms) across Japan
- E-mail magazine on food, agriculture, forestry and fishery experience
- Educational materials on agriculture, forestry and fishery experience for schools



(Example)

If you want to know more about shokuiku...

Promotion of Shokuiku MAFF



This pamphlet combines Parts I and II of “What Are the Benefits of Shokuiku? –What We Know Based on Evidence.”

“What Are the Benefits of Shokuiku? –What We Know Based on Evidence” was prepared in March 2018 after discussions by the following committee members.

Evidence-Based Shokuiku Activity Review Committee

Name	Affiliation and title
OSE Hiroki	Vice Chair, News Commentators Bureau, NHK
OZAWA Keiko	Assistant Professor, Nutrition Guidance Laboratory, Junior College of Kagawa Nutrition University (Recommended by the Japanese Society of Health Education and Promotion)
KANBA Eiko	Director, Business Strategy II Department, Business Development & Activation Division, Dentsu
KUROTANI Kayo	Head, Section of Shokuiku, Department of Nutritional Epidemiology and Shokuiku, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition (Recommended by the Japanese Society of Health Education and Promotion)
○ TAKIMOTO Hidemi	Chief, Department of Nutritional Epidemiology and Shokuiku, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition
HONJO Yasuhiro	Senior Assistant Professor, Meiji University (Recommended by Nihon Shokuiku Gakkai)
MIYOSHI Miki	Head, Section of International Nutrition Strategy, International Center for Nutrition and Information, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition

○ = Chair The affiliations and titles are as of the time of printing.



“What Are the Benefits of Shokuiku? –What We Know Based on Evidence (Part II)” was prepared in March 2019 after discussions by the following committee members.

Evidence-Based Shokuiku Activity Review Committee

Name	Affiliation and title
[Committee Members]	
AKAMATSU Rie	Professor, Faculty of Core Research Natural Science Division, Ochanomizu University
ITO Yuzo	Planning and Editorial Member, Kyodo News
KAMAIKE Yutaka	Executive Director, Kodomo Shokudo Network
KAMIOKA Miho	Professor, Faculty of International Agriculture and Food Studies, Tokyo University of Agriculture
○ TAKIMOTO Hidemi	Chief, Department of Nutritional Epidemiology and Shokuiku, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition
MURAYAMA Nobuko	Professor, Department of Health and Nutrition, University of Niigata Prefecture
[Working Group Members]	
<Kyōshoku>	
ETO Kumi	Assistant Professor, Faculty of Nutrition, Kagawa Nutrition University
(Collaborator)	
SAKAMOTO Tatsuaki	Assistant Professor, Division of Food & Health Environmental Sciences, Faculty of Environmental & Symbiotic Sciences, Prefectural University of Kumamoto
<Agriculture, forestry and fishery experience>	
MACHIDA Daisuke	Assistant, Department of Health and Nutrition, Faculty of Health and Welfare, Takasaki University of Health and Welfare
(Collaborator)	
KUSHIDA Osamu	Lecturer, Department of Health and Nutrition, Faculty of Health Science, Kio University

○ = Chair The affiliations and titles are as of the time of printing.



What Are the Benefits of Shokuiku (Food and Nutrition Education)?

What We Know Based on Evidence



Contact

Food and Nutrition Education Planning Group, Consumer Administration and Food and Nutrition Education Division, Food Safety and Consumer Affairs Bureau, Ministry of Agriculture, Forestry and Fisheries (MAFF)
TEL: 03-3502-8111 (ext. 4578) Fax: 03-6744-1974