

Science Across the World

What did you eat?

TO:

Date	
Teacher's name	
School	
Address	
Phone numbers (inc. dialling code)	Telephone: Fax:
E-mail address	
School website address	

We understand that your class is studying *What did you eat?*. We would like to exchange information about diets and health. We enclose the opinions of our class with this exchange form.

We look forward to hearing from your class. Please reply.

FROM:

Teacher's name	Yoshi tanaka
School	Sakuragaoka secondary school
Address	2-1-39 Sakuragaoka, Setagaya-ku, Tokyo 156-0054, JAPAN
Phone numbers (inc. dialling code)	Telephone: 81 3 3429 6203 Fax: 81 3 3429 6385
E-mail address	saw@eurus.dti.ne.jp
School website address	

A typical school day

Time of Day	Activities	Meals/Snacks Eaten
04.00	<i>sleep</i>	
05.00	<i>sleep</i>	
06.00	<i>sleep</i>	
07.00	<i>get up</i>	<i>7:45-8:00 breakfast</i>
08.00	<i>Lv for school 08:00 08:40-09:30 class 1</i>	
09.00	<i>09:30-09:40 break 09:40-10:30 class 2</i>	
10.00	<i>10:30-10:40 break 10:40-11:30 class 3</i>	
11.00	<i>11:30-11:40 break 11:40- 12:30 class 4</i>	
12.00		<i>12:30-12:55 lunch</i>
13.00	<i>12:55-13:20 break 13:25- 14:15 class 5</i>	
14.00	<i>14:15-14:25 break 14:25- 15:15 class 6</i>	
15.00	<i>15:15-15:30 home room 15:30-15:50 cleaning</i>	<i>15:50 non-clubs leave school 16:15 come home by this time</i>
16.00	<i>15:50-16:00 break 16:00-18:00 club activities</i>	
17.00		
18.00	<i>18:15-18:30 cleaning</i>	<i>18:30 clubs leave school 18:45-18:50 come home by this time</i>
19.00	<i>20:00-21:00 tutorial school 18:00-21:00 with friends if no tutorial school</i>	<i>19:00-19:30 dinner (18:15 some start dinner)</i>
20.00		
21.00	<i>21:00-22:00 free (play game, TV, reading, etc.</i>	
22.00		
23.00	<i>23:00-24:00 home work if any</i>	
24.00	<i>24:00 go to bed</i>	

Eating Habits

1. Breakfast

1. For breakfast, most students eat:
Breakfast varies depending on individuals. Typically, a bowl of rice with some pickles, and a bowl or two of miso (fermented soy bean paste) soup. Now more people eat toast with jerry and tea. Some eat rice and curry with egg. A few students eat a piece of chocolate with soft drink.
2. We think that eating a good breakfast before going to school is *important* because:
Becomes hungry and loose power without it. It gives nutrition to brain and help it working well during morning class hours.

2. Eating Habits

1. The sort of snacks and sweets we eat during the day are:
Chocolate, popcorn, rice crackers, candies, fruits, etc.
2. The arrangements for meals during the school day are:
We have a school lunch programme in which everybody joins, where foods are prepared at the school lunch catering centre. Dieticians and cooks are located there. Foods are transported by lorry to each school nearby. Several lunch ladies arrange dishes on the carts. We bring them to the classroom. Milk is pored by caretaker students of the day. Our lunchtime at school is 12:30 to 12:55 pm. Students clear after lunch.
3. The people who choose and prepare our food are:
Mostly mother do the job for breakfast and dinner. Some students choose and prepare breakfast on their own.
4. Traditional beliefs about diet in our country are:
See SAAP Item 4 below.
5. The ways in which eating habits are changing are:
See SAAP Item 10 below.

3. Diet and Health

1. We think that most members of our class eat:

- a balanced diet *Most of the students think they are eating balanced foods.*
- enough dietary fibre *Most of students do not pay attention specifically, but believe that foods they are eating include enough dietary fibre.*
- enough fruit and vegetables
 Most of students eat fruits such as Japanese orange or grapefruit. A few students do not like fruits.
- too much salt *Students do not pay much attention to the volume of salt, but think it is just about all right.*
- too much sugar *The same as in the case of sat. A few students like to take sugar willingly because it is to their taste.*
- too much fat *Most of the students do not like fat. It gives revolting feeling to them. Some mentioned it would result in overweight.*

2. Suggestions for improving our diet are:
 See SAAP Item 7 below.

3. Our main concerns about diet and health are:
 See SAAP Item 6 below.

From Exchange Form from the Science across Asia Pacific (SAAP)

What do you eat?

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Information about our school.

*Our school is located in a city. It is Setagaya-ku, Tokyo
Nationality of students in the class is Japanese.*

- If it influences what people eat, please state the number of students in a different ethnic groups.

We have no ethnic groups in our class. We are all Japanese.

b different religious groups.

Japanese are supposed to be Shintoists (traditional Japanese religion) or Buddhists with 10 or so percent of Christians. Essentially we have no religious taboos which affect our dietary lives.

We are enclosing a sheet showing the typical food consumption of a member of our class in 24 hours (see the European version of Science across). We are not sending several sheets to represent the differences between ethnic or religious groups.

Information about our eating habits

- 1 The person who normally chooses and prepares the food at each meal is shown below.

Meals	Person Who Chooses	Person Who Prepares
Breakfast	<i>Mother</i>	<i>Mother</i>
Lunch	<i>School dietician</i>	<i>School cook</i>
Dinner	<i>Mother</i>	<i>Mother</i>
(Any other)	<i>None</i>	<i>None</i>

We follow a school lunch programme. A few students choose and prepare their breakfast themselves.

- 2 When we asked whether people in our class enjoy their lunch, the majority said:

Yes

The two most common reasons for enjoying/not enjoying lunch are:

a It is enjoyable to eat lunch with classmates.

b School lunch is mostly very delicious.

One student said "No," because lunches are not delicious sometimes, especially vegetable dishes are not good.

What do you eat?

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3 The following table shows often in one week our typical students eat in fast food outlets as shown by the ticks (X).

Meal	Hawker/Street	Vender	Food	Western-	Style	Fast Food
	Never	Once	More than once	Never	Once	More than once
Breakfast	X			X		
Lunch	X					X
Dinner	X			X		

4 Two traditional beliefs from our country about the dangers or benefits of certain kinds of food are:

a If you eat Japanese ginger you will tend to become to forget everything.

b If you eat kelp (a kind of sea weeds), your hair will become dark and beautiful. (for a person who is heading for grey hair.)

5 The processed food (package/canned/bottled) that we buy has the following information on the package as shown by the ticks (X).

	On All	On Most	On Some	On none
Ingredients	X			
Additives	X			
Expiry date	X			
Nutritional content		X		

6 The three most common health problems caused by diet in our country are:

a Heart attack (angina, myocardial infarction, etc.) caused by too much protein (cholesterol).

b Diabetes (high blood sugar level) caused by too much eating (calories).

c Cerebral hemorrhage (stroke) caused by taking too much salt (in Japanese pickles).

7 Our suggestions for a healthier diet for our class are:

Eat balanced food regularly. Breakfast is especially important. Most of students eat anything if food is edible. Some do not like vegetables because of its tasteless nature. Another groups say that they know fish is said to be good to health but they do not like its borne. Some say fish should be treated with heat (boiled, grilled or baked).

8 The average height of our class is 165 cm (age 14 national ave. boy:160.2 cm, girl: 155.2 cm)
The average weight of our class is 61 kg (age 14 national ave. boy:55.5 kg, girl: 48.3 kg)

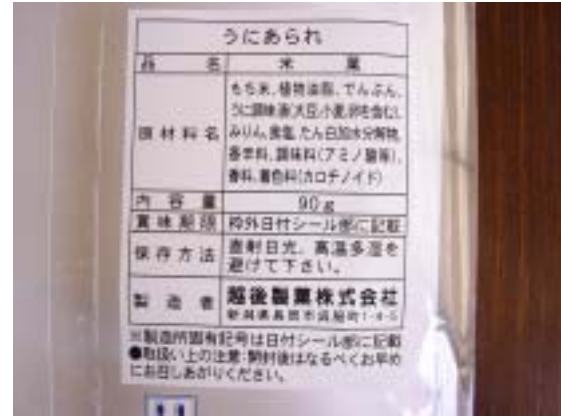
9 We have attached the following labels from our country:(see copies at the last page)

10 Other information about our diet:

Our diet is built around rice. The rice we like most is so called Japonica. It is sticky when cooked. A typical simplest breakfast is just a bowl of rice, some pickles and miso (soy bean paste) soup. Traditional Japanese diet have vast varieties of menus, including sukiyaki, tempra, sushi, sashimi, soba, kaiseki, etc. Nowadays, Japanese eat more meat and invite food relating diseases.



Brand name: UNI-ARARE
(Rice cracker with sea urchin flavour)



Uni-Arare
(rice cracker with sea urchin flavour)

標準栄養成分表(100g当り)

エネルギー	577kcal
たんぱく質	4.2g
脂質	37.7g
炭水化物	55.3g
ナトリウム	524mg
食塩相当量	1.3g

Standard Nutrition (per 100 g)

Energy	577 kcal
Protein	4.2 g
Fat	37.7 g
Hydrocarbon	55.3 g
Sodium	524 mg
Salt equivalent	1.3 g

Product name:
Rice cake

Raw Materials:
Rice(sticky), plant fat, starch, sea urchin soup (inc. soy beans, wheat, eggs), spice, seasonings (amino acid, etc.), flavour, dye (calotinoide)

Weight:
90 g

Recommended period to consume:
See stamp at date seal

Preservation method:
Avoid direct sun light and high temperatures/moistures

Manufactured:
Echigo Seika Co., Ltd. Address:
(not to translate)



Kappa Ebisen
(Kappa shrimp rice cracker)



Kappa Ebisen
(Front view of the package)



Back side view

(Translation of the label)

Product name: Snack
 Raw materials: Wheat, plant fat, starch, shrimp, sugar, salt, inflating agent, seasonings (amino acid, etc.), sweetinings.

Weight: 100 g

Recommended period to eat: See below right

Preservation method:
 Avoid direct sun light, high temperatures and high moistures.

Manufacturer: Calbee Co., Ltd. (address:)

(Translation of the label)

Nutritional components (per 100 g)

Energy	486 kcal
Protein	6.6 g
Fat	21.0 g
Hydrocarbon	67.7 g
Sodium	960 mg
(equivalent salt 2.4 g)	
Calcium	100 mg

Recommended consumption date:
 13/05/2004

Sakuragaoka Secondary School, Setagaya-ku, Tokyo