

How to Improve Our Eating Habits



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Introduction

- Study attempts focused on eating habits at the 2018 Asia Youth Leaders Program
- Good nutrition is key to a healthy life and improving eating habits for better nutrition is an important part of good health
- Causes behind eating habit problems differed between Indonesia and Japan

Contents

① 2018 Asia Youth Leaders Program

- Time : August 18 ~ 25
- Participants: 85 high school students from China, Indonesia, Japan, Malaysia, Thailand and Vietnam
- Purpose :
 - To understand diversity of “sense of value”
 - To seek connection with same age group through interaction with students from Asian countries
 - To have team discussions on “Eating Habits in Indonesia” and strengthen logical thinking skills



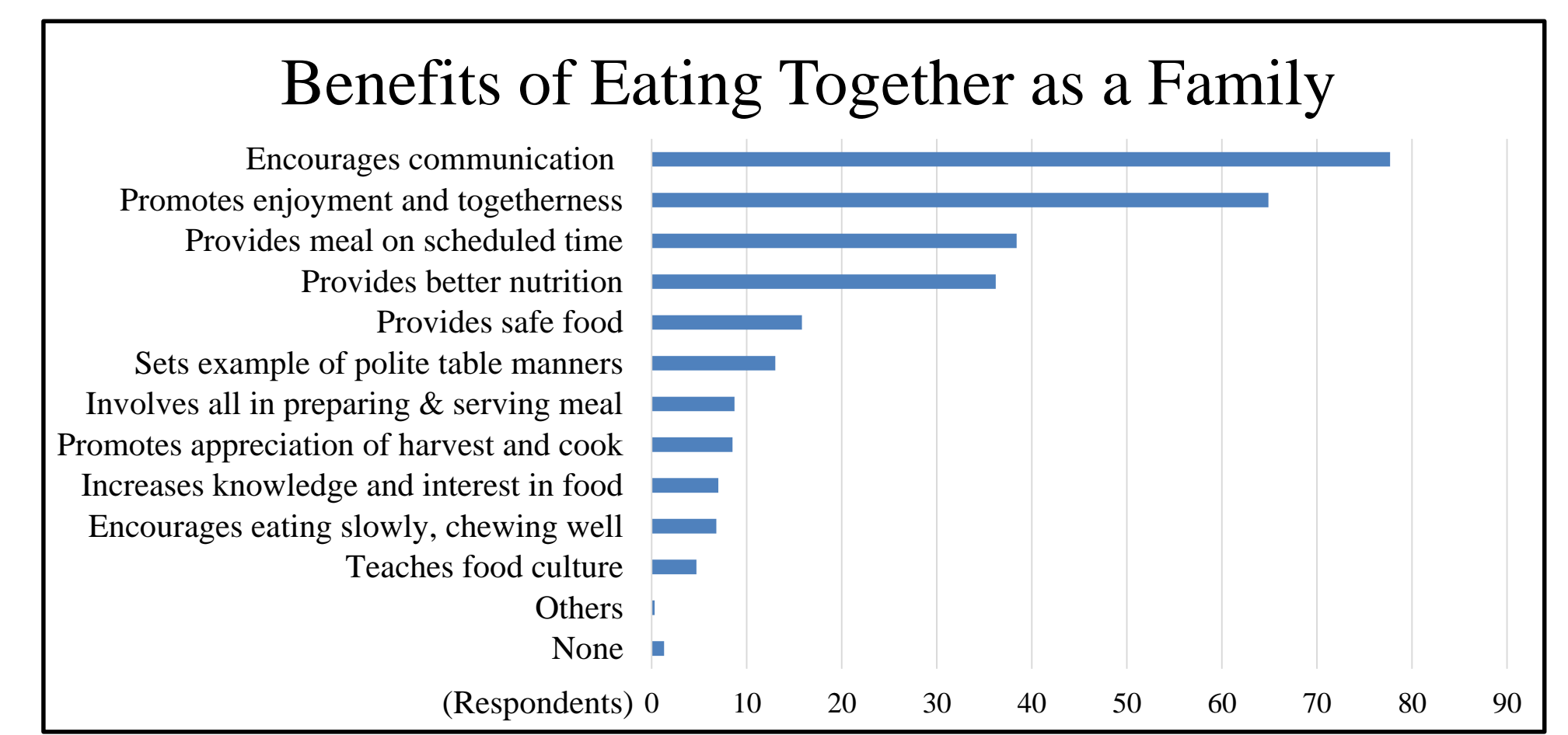
←Poster we made to introduce our activities in Indonesia

② Current Situation

Indonesia : Double Burden of Malnutrition



Japan : Koshoku – Solitary Eating



Ref: http://www.maff.go.jp/j/syokuiku/wpaper/h28/h28_h/book/part1/chap1/b1_c1_1_03.html

③ Proposal

Hop - Step - Jump!!

School Education – Home Economics

- Home economics education plays an important role
- “Eating habits” scored highest and most impressive among Japanese university students
- ✗ School education → not effective for solving “koshoku”

Ex. How learned information on nutrition can be utilized

Business

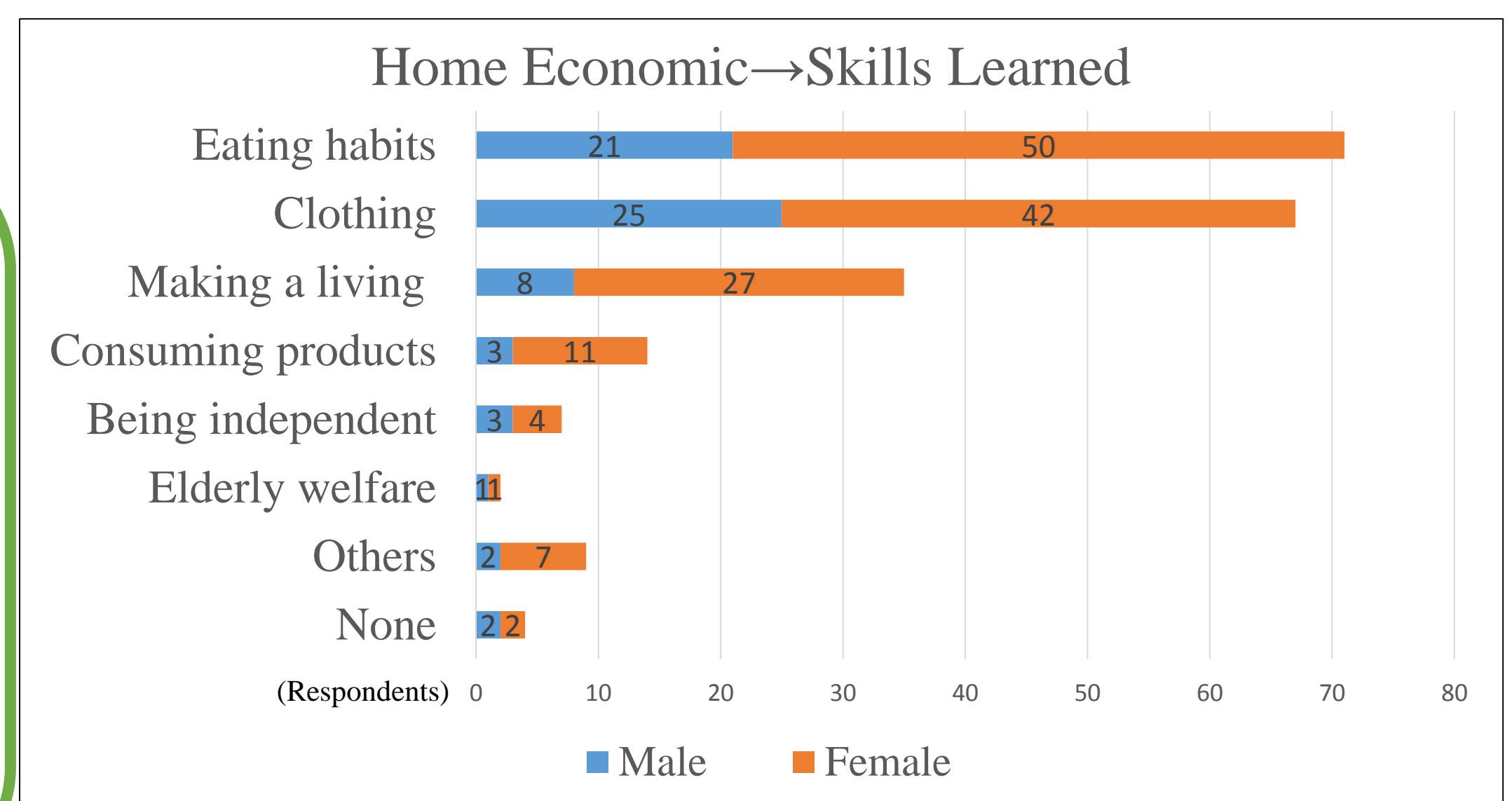
- Company and society play important roles to change eating habits
- Making positive difference in society → factor for taking action
- ✗ Only allows receiving provided services

Ex. Company cafeteria, healthy family restaurant, children’s cafeteria

SNS

- Easiest and most effective to expand knowledge
- ✗ Difficult to judge validity of information

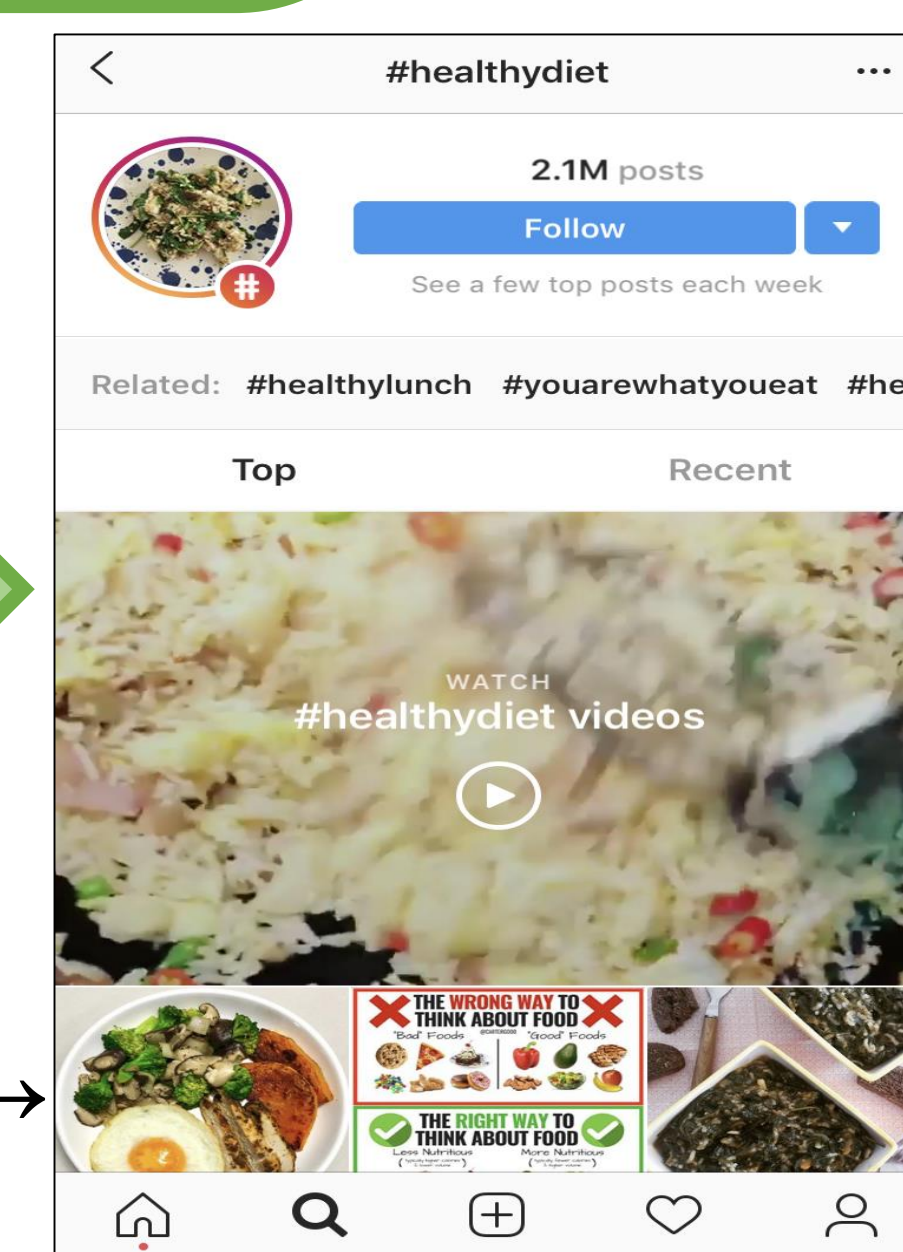
Ex. Instagram, Facebook



Ref: <https://ci.nii.ac.jp/els/contents110006618393.pdf?id=ART0008634016>



Ref: <http://www.tanita.co.jp/shokudo/shop>



Ex. STEP3 SNS →

Conclusion

- Problem: INDONESIA → Double Burden of Malnutrition JAPAN → “Koshoku”, Solitary Eating
- 3-Step Proposal → HOP-STEP-JUMP: Education, Business, SNS → How each can be implemented to improve eating habits

References

http://www.maff.go.jp/j/syokuiku/wpaper/h28/h28_h/book/part1/chap1/b1_c1_1_03.html 農林水産省
<https://www.who.int/nutrition/double-burden-malnutrition/infographics/en/> WHO