

Nutrition of Dietary Habits Passed Down by Generation

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Introduction

During our school trip to Malaysia, we saw several economic and food-related issues. What we saw inspired us to do research about the dietary issues common to both Malaysia and Japan.

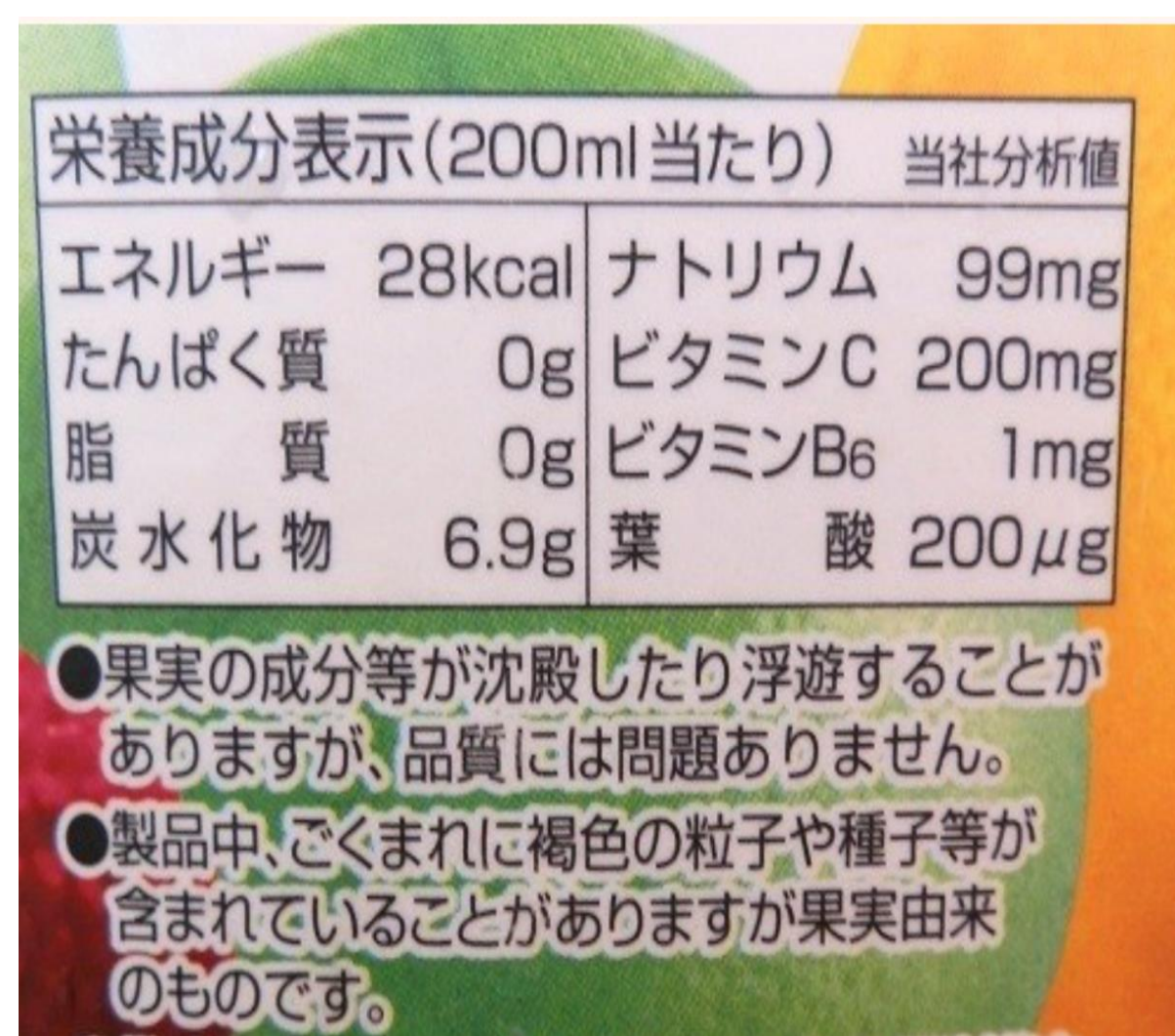
At Hawker Center, or food court, many kids left lots of leftover food and drinks. On the other hand, we saw little boy working as a waiter at a restaurant. It was devastating for us to see a children working. We never see little children working. However, there are children in Japan who cannot have enough nutrition every day.

Our experiences led us to think about many issue such as obesity and under-nutrition.



Research

Ingredients of Lychees juice



[家族の潤いライチ] スジャータイムいんくグループ

Per 200mL		
	Malaysia	Japan
Energy	90.0 kcal	28.0 kcal
Carbohydrate	22.4 g	6.9 g

Meals that we saw in Malaysia seemed very oily and didn't contain enough vegetables.

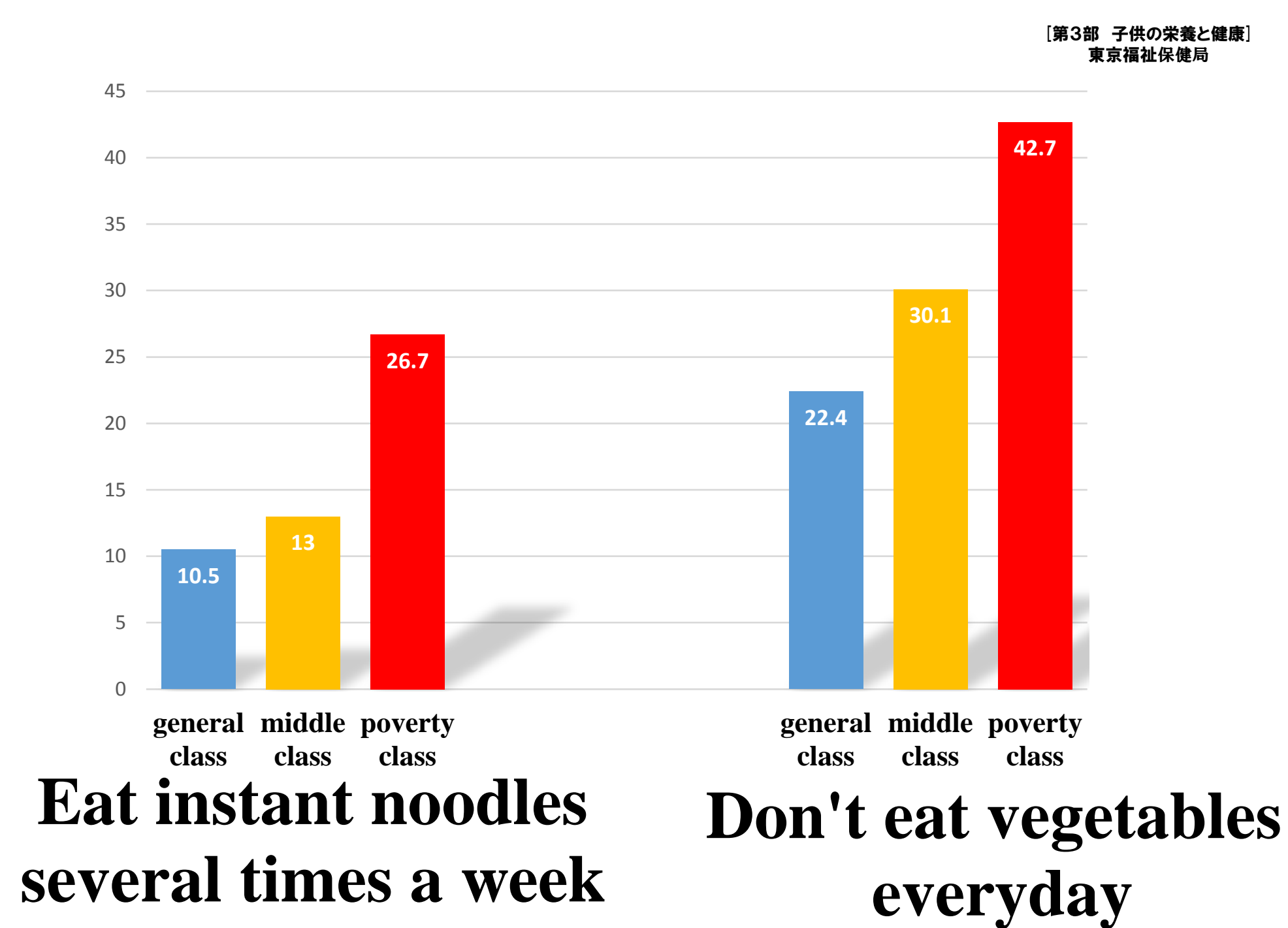
And, according to students in Malaysia, most juices in Malaysia contain lots of added sugar and flavorings. Comparing Malaysian juice with Japanese juice, Malaysian juice calories higher calories than Japanese one. Also, Carbohydrate content is high.

These facts –**LOTS OF OIL AND LOTS OF SUGAR**– are causing obese.

Japan

Frequency of ingestion of instant noodles and vegetables by degree of poverty of elementary school fifth grade.

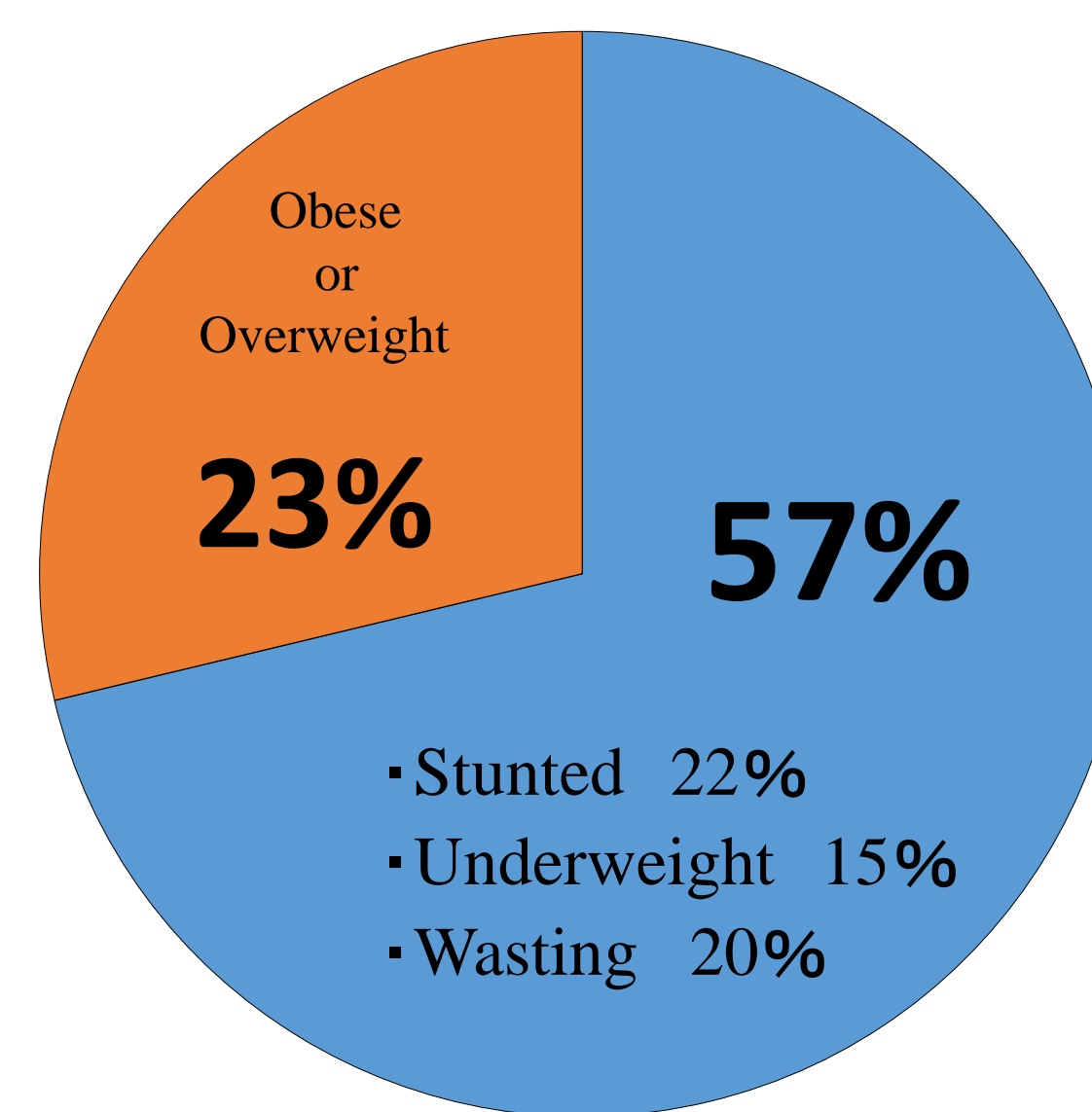
It shows that low income people often eat Ramen which is very high in fat, and low nutrition. Also the intake of vegetables is very low.



Eat instant noodles several times a week

Don't eat vegetables everyday

Malaysia



[Why are children going hungry in rich Malaysia?] THIS WEEKS IN ASIA

This graph is the result of survey on 16 low-cost housing project in Kuala Lumpur and Selangor, and interviewed 966 heads of household, which are home to 2,142 children.

The results showed that 22% of children below the age of 5 are stunted, 15% are underweight, 20% wasting.

These results are from poverty.

Solution

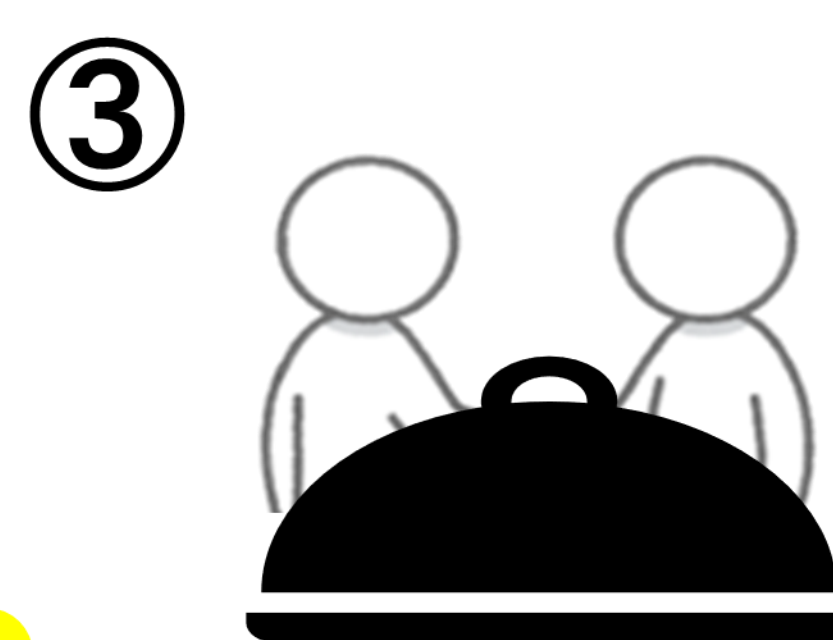
We suggest the project that high school students interact with elementary school students, and cook lunch together.



High school students make groups with elementary school students.



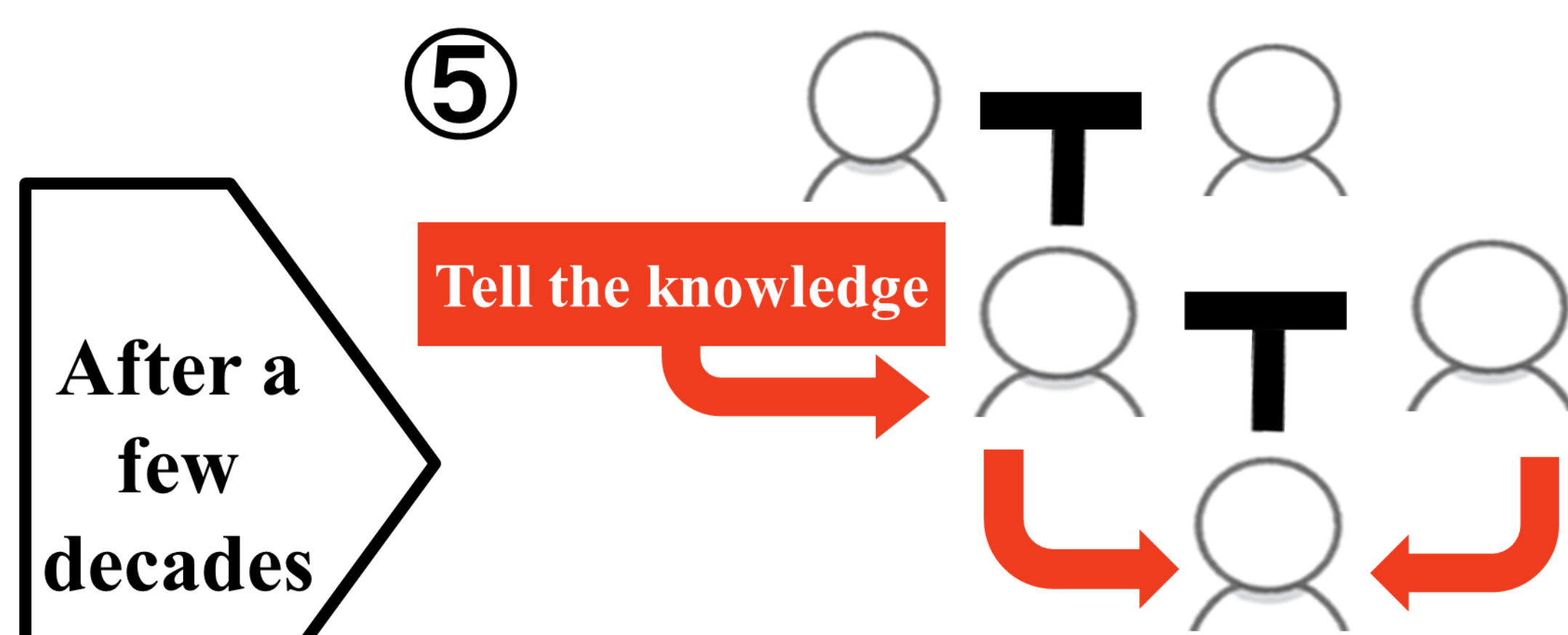
High school students teach importance of meals, and nutrition.



Cook and eat together.



After that, they can get knowledges about nutrition.



The knowledges maintain for next generations

We can expect 2 big good effects in this project.

1. For elementary school students

This project is a chance to be interested in food or nutrition. Furthermore they can improve their Communication skill by talking with new people high school students in this case.

2. For high school students

They can understand more deeply about food and nutrition by learning and teaching about them.

Among students who are from different countries, this project can also be carried out. For instance high school students from Japan can interact with elementary students in Malaysia. Moreover, this project is a good opportunity for learning different cultures or languages.