

Rice Bran

-a solution to malnutrition in developed countries-

2705 Akita Minami Senior High School

Rinka Miharu, Miuro Kudo
Miyu Sato, Sumire Harata

Problem

Malnutrition ※栄養不足

- ① lack of food
- ② enough food and calories but **NO NUTRITION**

There is a difference between malnutrition from hunger and malnutrition due to an unbalanced diet.
This is often found in **developed countries**.

HIDDEN HUNGER (FAO)

Symptoms

- make bones weak
- heart diseases
- stroke

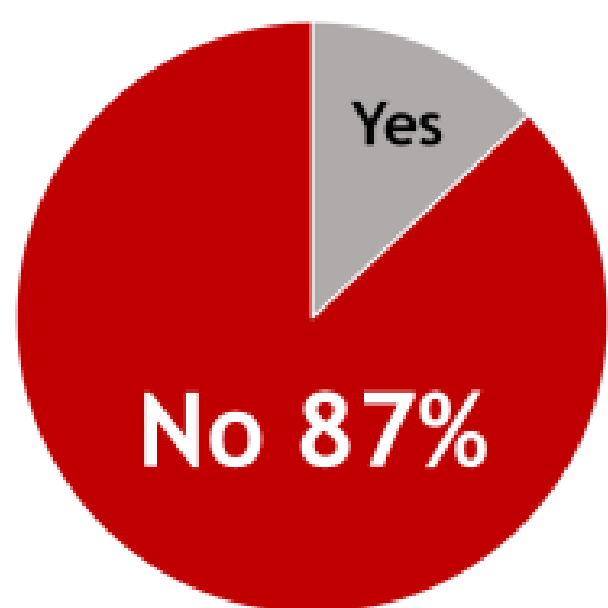
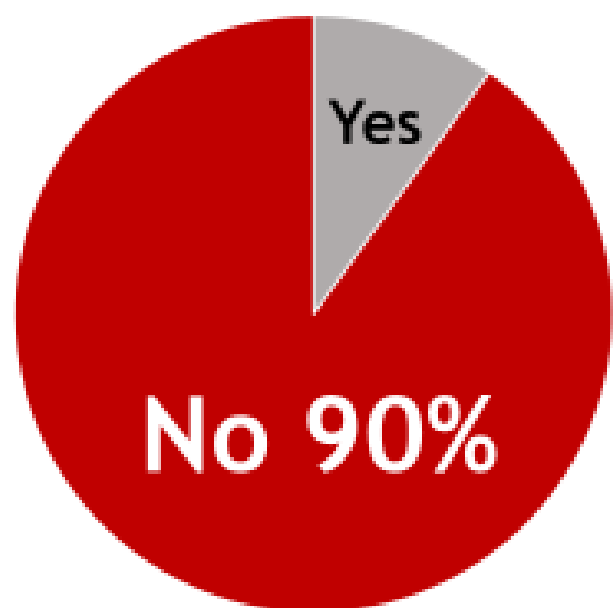
Cause

- lack of
- vitamins
 - minerals
 - dietary fiber

Results and Analysis

Have you ever eaten Rice Bran?

Do you want to eat Rice Bran?

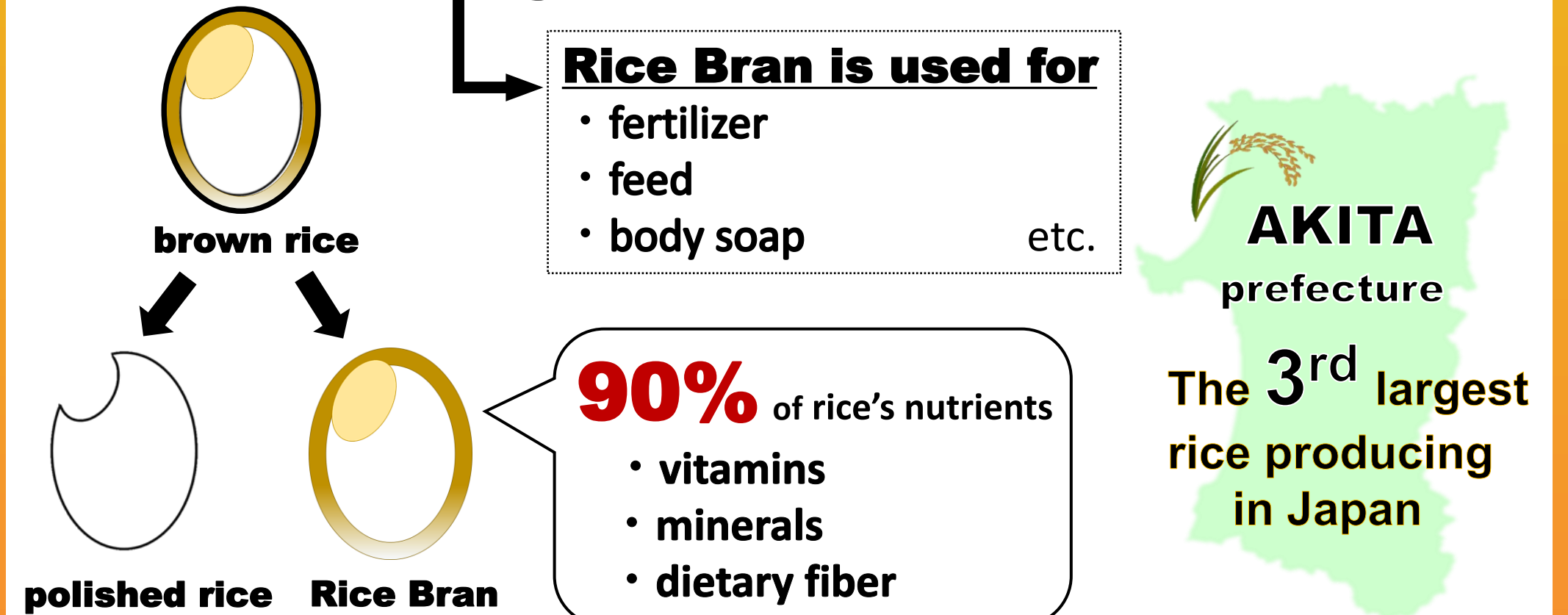


(200 Akita Minami 2nd year students)

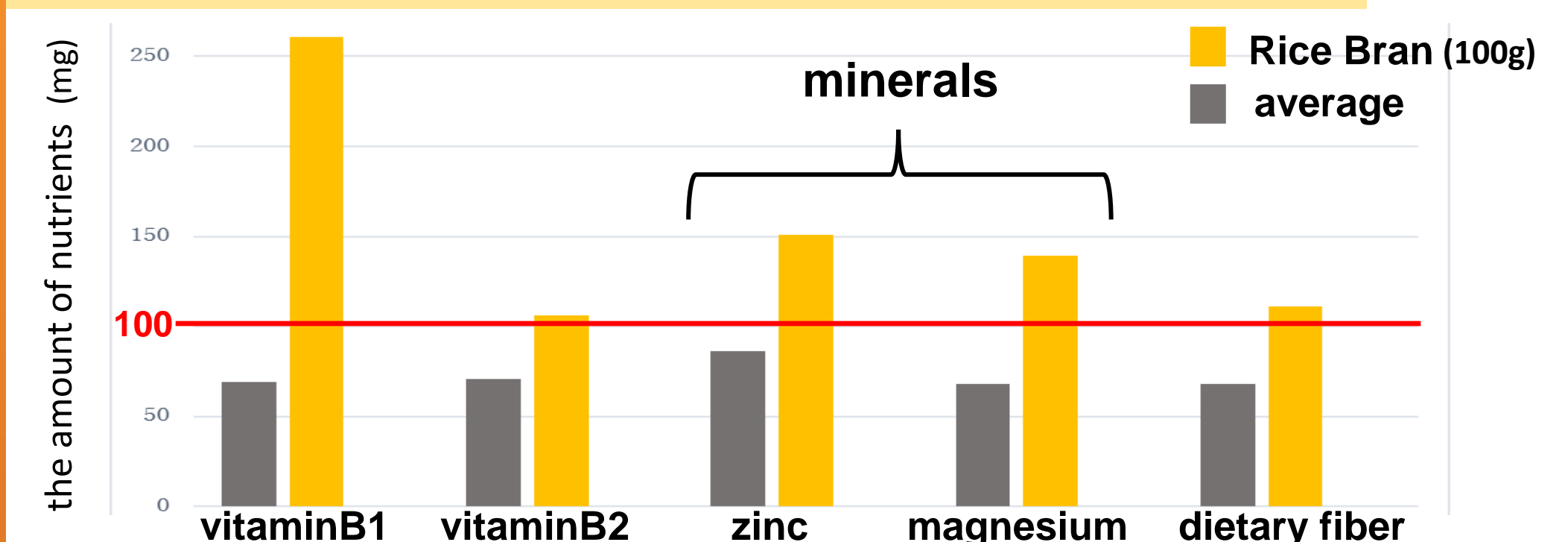
- People are unfamiliar with Rice Bran as food
- People have a bad impression of Rice Bran

What's the Rice Bran?

Rice Bran... germ and the cuticle of brown rice



The Effect of Adding Rice Bran to our Daily Diet



Add Rice Bran to hamburger steak



Rice Bran has a rough texture and ice cream masks the texture



roast

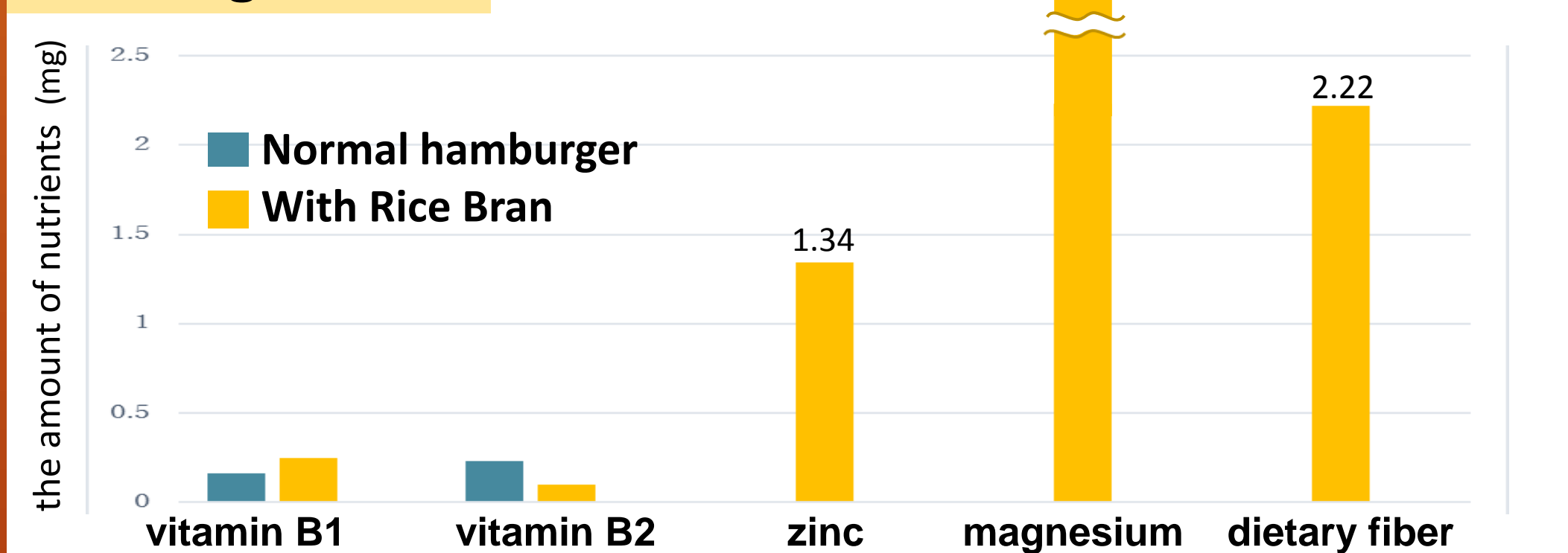


【Advantages of hamburger steak】

- masks the rough texture
- produce in large quantities



The Effect of Adding Rice Bran on the Nutritional Value of Hamburger Steak



Conclusion

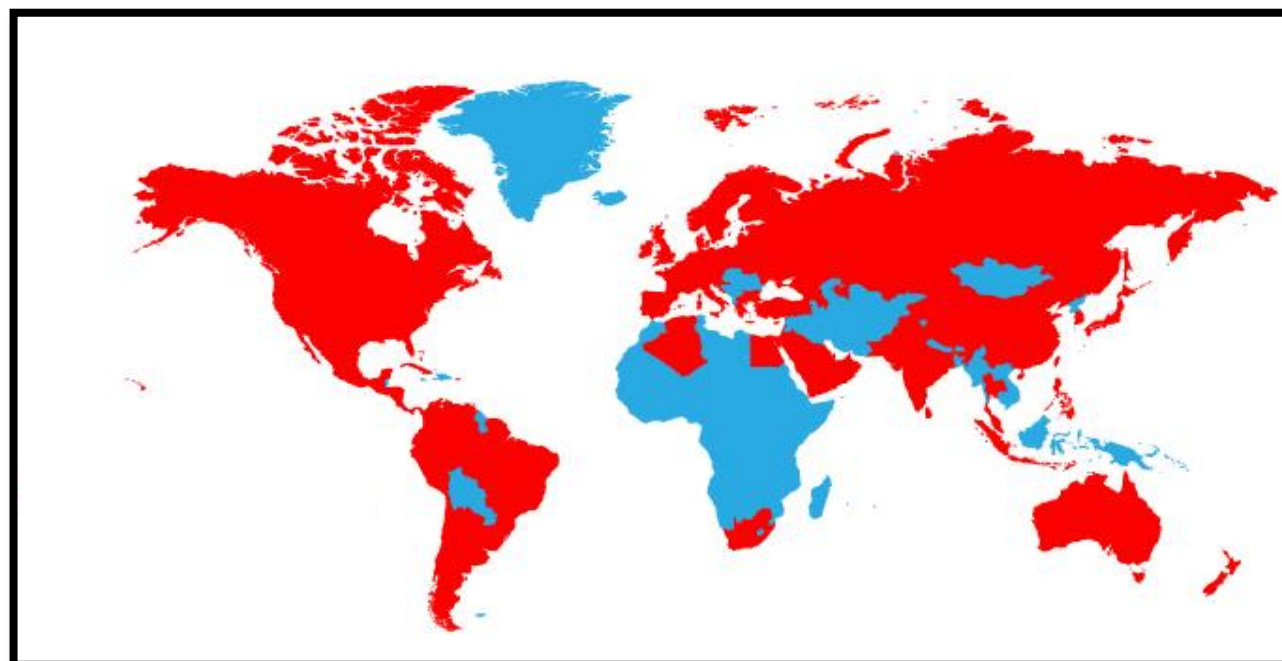
It is important to improve our dietary habits. However, it is not easy for us to change our dietary habits, even if we spend a lot of time and effort.

We suggest we should **add Rice Bran to our diet instead of changing our everyday meals entirely.**



Proposal

The Presence of McDonald's Around the World



Countries with McDonald's / Countries without McDonald's

Add Rice Bran to Hamburger Patties



N

burger

Nutrition

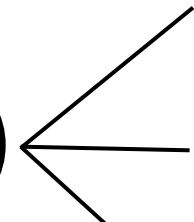
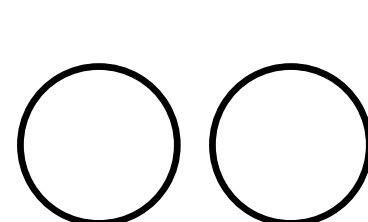
Nippon

Nanko (Akita Minami SHS)

Nuka

Branding

N



N cookies

N croquette

N shake etc.

