



# Dad, Mom! Listen to us!

## Advantages of yellow, red and green food

### Yellow group (staple food)

is energy for brain!

Carbohydrate which is contained in rice or bread primarily is only energy source for brain. If you don't take yellow group food, your brain doesn't work well and you can't concentrate on study.

### Red group (main dish)

forms a vigorous body against illness.

Since these foods raise body temperature, muscle and brain become active and furthermore these foods form a vigorous body which overcomes germs or viruses that are weak against heat.

Moreover, as protein contained in milk, cheese and soybean products has an action to stabilize mental status, you can face your school life in a relaxed way.

### Green group (side dish)

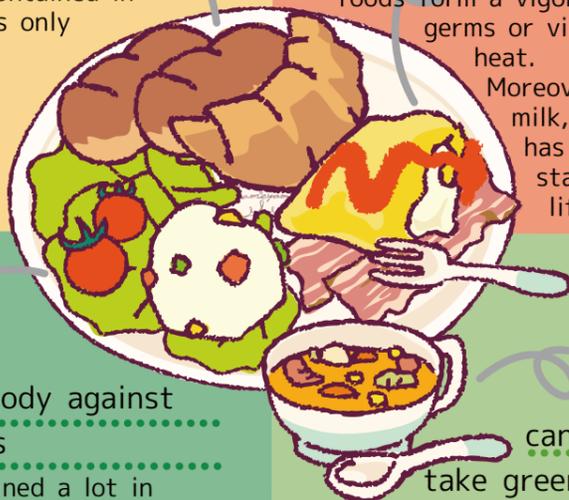
forms a vigorous body against illness and stress

Vitamin C which is contained a lot in vegetables and fruits is a source of hormone that countervails against stress, and it forms a strong body against stress. Furthermore, carotene which is contained a lot in deep colored vegetables has an action to strengthen mucous membrane and tryptophan which is contained in soybean products is a source of serotonin that calms down emotion as well as prevents to invade germs or viruses into human body.

### Green group (soup)

can be more effective to take green food (side dish) which tends to be insufficient.

Soup can not only warm up body temperature but also supply many types of nutritive components if you make miso soup with various ingredients including vegetables that tend to be insufficient.



### The dining table at home will create child's mind and body.

Dr. Akiko Komada (Medicine)

Meal does not necessarily mean filling stomach, but what to eat (red, yellow and green all together, cook from raw ingredients) and how to eat (there is someone to eat with) will influence child's rich spirit and physical growth toward the future. Especially, warm atmosphere around the dining table where family have meals and talk with child will strengthen child's spirit and stabilize child's emotion.

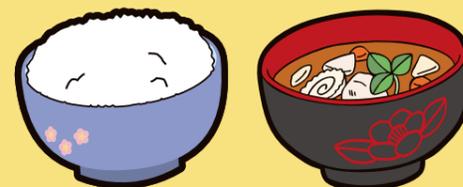
When parents are busy, they tend to shorten cooking time or simplify. But please spare your time to prepare child's meal and to have it with your child in order to nurture child's body, spirit and certain academic ability. As a start to nurture your child, let's use this sheet.



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# A day starts from breakfast.



~Depending on the balance of the breakfast, each day may look different.~

## Diet continues whole life long.



Human being takes meals 80,000 to 100,000 times during entire life, and the dietary habits acquired in preschool age tend to be basic dietary life afterward. Also taking breakfast which is the start of the day will set a rhythm for everyday.

### Why is it important to have a balanced diet?

Rather than taking yellow, red and green colored food individually, it's better to eat three types of food together to enhance the potential of the food. It is very important to take various nutrients through a variety of foods for your body to grow vigorously.

**Staple food (yellow): Main dish (red): Side dish (green)**  
 = 3: 1: 2

If you take food in above ratio, the nutritional balance will be improved.





I will be a first year elementary school student very soon.

# Balance sheet of breakfast

Did you eat breakfast delectably? Let's chew well when you eat breakfast.

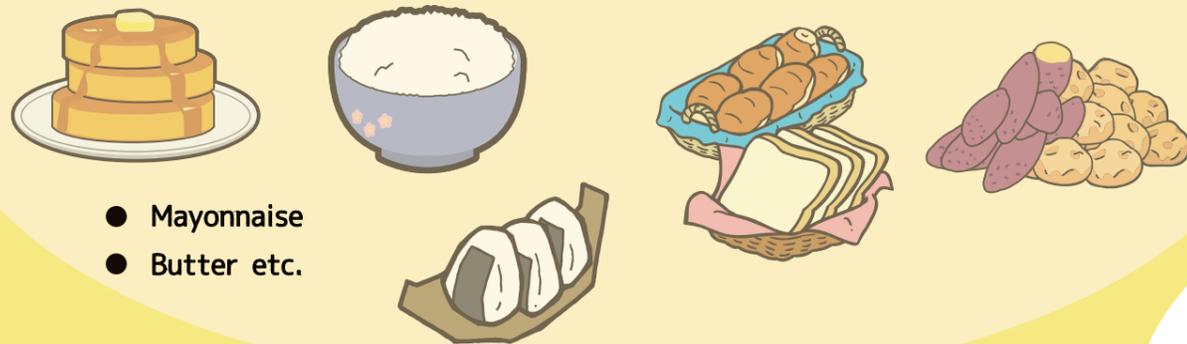


Let's try with your parent. Attach the food stickers that you ate as breakfast into the same colored frames to check if you take well-balanced breakfast for a week.

【To guardians】 ※If your child has food allergy, be careful to feed the following food or food on the stickers to your child.

## Yellow group (staple food)

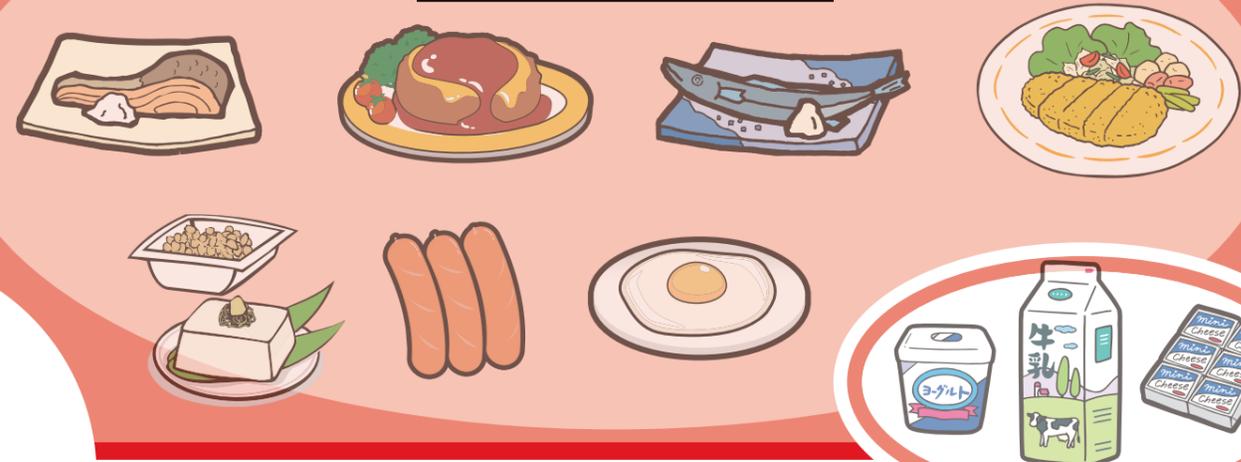
They generate heat or energy.



- Mayonnaise
- Butter etc.

## Red group (main dish)

They form a vigorous body.



Itadakimasu!



This is a traditional Japanese greeting before taking meal. "Itadakimasu" means not only eating food (itadaki) but also granted (itadaki) our lives from various other lives.

## Green group (side dish)

They prevent from illness and get in shape.



## Green group (soup)



- Others
- Tea



Did you have a lot of vegetable?



Are yellow, red and green groups all together?

