

Draw a picture using "The 3·1·2 Meal Box Magic".

主食 Shushoku (staple dish)

主菜 Shusai (main dish)

副菜 Fukusai (side dish)

Where do you want to eat?

Who do you want to eat with?

Circle the goal (icon) you value most.

My ideal meal is...

Let's share your idea!

<https://www.un.org/sustainabledevelopment/>

Characteristics of my country's diet I am most proud of,...

References for better understanding "The 3·1·2 Meal Box Magic" (in Japanese)

- Miyuki Adachi, Yoriko Harigai. "The 3-1-2 Meal Box Magic". Tokyo: Gunyousha; 2004.
- Yoriko Harigai. Study on the Development of Meal-planning Skills of One Meal Unit Based on the Dish-Selecting Method of Nutritional Education: Intervention Program on Understanding the Appropriate Volume of One Meal by the "Lunch Box Diet Method" and Its Assessment. Jpn. J. Diet. 2003; 61(6): 349-356.
- Namiko Adachi, Takayoshi Tsukahara, Hiroko Miura, et al. Evaluation of Food and Nutrition Education and Promotion Program by the "3-1-2 Meal Box Magic" method for Female University Students' Teaching Course. Annual Report of Institute of Health and Nutrition Nagoya University of Arts and Sciences. 2014; (6): 13-23.
- Miyuki Adachi. Diet-based Nutrition Education/Promotion with "Combination of Shushoku, Shusai and Fukusai Method" and "3-1-2 Lunch Box Magic Methods": Linking Research, Theory and Practice based upon a Historical Review of Literature in Japan since 1970s. Annual Report of Institute of Health and Nutrition Nagoya University of Arts and Sciences. 2017; (9):49-83.

Why don't you try preparing a meal best for you

"The 3·1·2 Meal Box Magic" in Japan!

"The 3·1·2 Meal Box Magic" dietary method can contribute to the establishment of a Japanese-style dietary method from not only a well-balanced diet perspective, but many others, too. "The 3·1·2 Meal Box Magic" may help create ideal meals for you while helping rehabilitate the planet.

Combining your idea with "The 3·1·2 Meal Box Magic" might work miracles!

If I eat the right amount of each dish making up my meal,...



<https://www.unic.or.jp/>



The meal best for you affects "Your health and well-being (QOL)" and the "Quality of your environment (QOE)".

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