

はじめに

本書は、CLIL (Content and Language Integrated Learning : 内容と言語を統合した学習) の教育理念を基盤としています。どの学群や学部の学生にも対応できるよう、自分の身のまわりにある事柄を中心に、学習者たちが興味関心を持ちそうな内容や、日常生活を活気あるものにし、幸せに生きる上で必要な要素 (例えば、食事・睡眠・運動などから、脳・免疫・遺伝学などの科学的分野、また健康に関わる環境・心・食料問題まで) を題材として取り上げ、それらに関して英語で思考し、その知識を学ぶことにより、英語の力をつけることを意図しています。

本書では、CLIL の 4C (content, cognition, communication, culture) を、各 Task のなかに意図的に、そして有機的に組み合わせ、内容 (content) に関して、思考 (cognition) しながら、学習者同士が英語を使って意味のあるやりとり (communication) をし、多様な社会においてお互いを理解し合うこと (culture) を学びます。

宮城大学食産業学群の三石誠司教授、日渡祐二教授に専門知識に関して、アドバイスを受けています。

This book is based on the educational principles of CLIL (Content and Language Integrated Learning). It covers topics of common interest to students and essential for enlivening everyday life, such as nutrition, sleep, and exercise, as well as scientific fields like brain function, immunity, genetics, and environmental, psychological, and food-related health issues. The intention is for learners to think about these topics in English and acquire language skills through understanding this knowledge.

The book intentionally integrates the 4Cs of CLIL (content, cognition, communication, culture) within each unit. While thinking (cognition) about content, learners learn to use English to communicate meaningfully and understand each other (culture) in a diverse society.

Regarding the content of this book, guidance on specialized knowledge has been provided by Professor Seiji Mitsuishi and Professor Yuji Hiwatashi of the Food Industry Faculty at Miyagi University.

各Taskについて Guideline for each task

1 Check your knowledge TASK 1 2

基礎知識について、答えを予測し、考え、話し合いをする。学習前に自分が知っていること、思っていることを話す。Predict, think about, and discuss answers about basic knowledge. Talk about what you know and think before learning.

Unit 1 Genetically Modified (GM) Foods

遺伝子組み換え食品

Genetically modified organisms (GMOs) can be defined as organisms (i.e., plants, animals or microorganisms) in which the genetic material (DNA) has been altered in a way that does not occur naturally. — World Health Organization

1 Check your knowledge

Answer the questions and discuss with your classmates.

1 Which is the first genetically modified food commercially available to the public?

a) tomatoes b) corn c) broccoli d) peaches

2 In which country are the most GMO crops grown?

a) China b) Japan c) Brazil d) US

Share your ideas with your classmates.

3 Have you heard about GMOs or GM foods before? Do you think it is important to know whether any food is genetically modified?

4 Yes, I have. I often see some GMOs or GM foods in stores, but I do not know much about GM foods. I do want to know if they are safe. It is important to know what we are eating.

2 Listening to talks

Different ideas about GM foods

Listen to talks about science and GM foods.

a) First, listen and fill in the blanks.

b) Second, check the true or false statement with your classmates.

GM foods are created by scientists altering an organism's DNA. This can make () more resistant to pests and diseases or improve their nutritional value. Some people worry about the () of GM foods, which has helped increase food production and () hunger in some parts of the world. It is important to study and () GM foods to ensure they are safe for us and the environment.

GM foods have had their DNA changed naturally. True False

More and more people see GM foods as a () way to solve important problems such as population increase and climate change. For example, scientists have made special () with lots of vitamin A, which could help prevent () of millions of children who lack vitamin A. This advanced technology is vital for health and the environment.

Scientists can make more nutritious food to stop children from losing their sight. True False

GM foods can be designed to produce their () pesticides. This means the plant itself can fight off harmful (). For example, some GM corn can create a substance that () bugs that try to eat it. It helps farmers protect their crops without needing to use as many () pesticides as possible.

GM foods can help farmers use fewer chemical pesticides. True False

3 Discussions about the talks TASK 4

2と関連する内容に関して、興味を持った内容を選び、それについて英語で考え、ペアまたはグループで話し合い、知識や思考を発展させる。Choose a topic of interest from task 2 and think about it, discuss it in pairs or groups to develop your knowledge and thinking.

GM foods can increase farmers' () by providing higher crop yields per acre, allowing them to gather more produce for (). Moreover, GMO crops can thrive in diverse environmental conditions, reducing the risk of () loss due to factors such as drought or extreme temperatures. These benefits make GMO crops an appealing option for farmers who aim to maximize their harvests and ().

GM foods usually need a lot more time to grow than non-GM foods. True False

Are you familiar with rBGH (recombinant bovine growth hormone)? It is a GMO hormone for dairy cattle. It can increase milk () by about 20% per cow when () using advanced genetic technology. While this could make milk more affordable, you should know it is only () in the United States, not in Europe or Japan.

rBGH is a GMO hormone that is useful for human mothers. True False

We still do not know all the things that might happen in the future because of GM foods on our () and the planet. We need to keep studying to see how these changed crops and animals might change things for us and the earth. It is important to keep () GM foods to make sure they are () for people and the environment in the years ahead.

We all know that GM foods are safe for us to eat. True False

3 Discussions about the talks

Have a discussion with your classmates based on one of the questions below. Take notes on your discussion and share it with the class like in the example below.

- Do you care if the food you are eating is genetically modified?
- What food did you eat yesterday that might have been GM food?
- What do you think of the idea that GM foods will be able to help global poverty?
- If you do not like GM food, what do you think we should do to avoid GM foods in our daily lives?
- Do you agree with GMO companies not labeling GM foods for their products?
- What are the advantages of GM foods?
- Do you think it is okay for children to eat GMO-contained sweets or food? Why or why not?

Example Discussion notes

- I talked with Satoshi.
- He thinks there are disadvantages with GM foods.
- I disagreed with him, so we checked benefits and problems of GM foods on the Internet.
- GM foods have both advantages and disadvantages.
- They can be grown in places where food is difficult to grow.
- There might be problems if farmers use GM foods for a long time.
- Satoshi still thinks there are disadvantages.
- I think there are more advantages than disadvantages.

Advantages	Disadvantages
<ul style="list-style-type: none"> Can produce more crops on less land Can provide health benefits Can reduce harmful ingredients 	<ul style="list-style-type: none"> Can cause allergic reactions Can affect the environment Can affect farmers' livelihoods

内容について、話し合う（日本語に訳すことに焦点をおかない）。

Read and talk about the content, rather than focusing on translating it into Japanese.

4 Reading

Labeling GM foods

Part 1 Would you like GM foods to have a label saying they are GMOs?

When you go shopping for food, do you usually look at the labels on the packaging? Some people might not pay attention to the labels, while others might use them to decide what to buy. The more you understand about these labels, the more likely you will change how you shop for food in the future.

In the United States, a large portion of the corn, canola, soybeans, and sugar beets have been GM (genetically modified). Many food ingredients are derived from these crops. For instance, high fructose corn syrup, which comes from corn, is one example of GM foods. It is used in various products like candy, soft drinks, cakes, salad dressings, and ketchup.

However, not many people are aware of this, and there are a couple of reasons for that. Firstly, GM material in high fructose corn syrup has had its DNA removed, making it impossible to detect, so there is no requirement to put it on the label. Secondly, the USDA (the United States Department of Agriculture) has set a 5 percent threshold for "unintentional" GMO ingredients in food. It means that if a product has less than 5 percent of such ingredients by accident, it does not need to be labeled as GM food. In the European Union, the standard is much stricter, setting a 0.9 percent threshold. Moreover, even if an animal has eaten GM feed, their products, like milk or eggs, are not considered GM foods. These factors make the matter more complex.

Labeling foods with GM foods is a challenging topic, and it varies from one country to another. When you are buying groceries, it is important to pay close attention to the labels and understand GMO regulations in your country.




Part 2 Questions

- 1) What is the threshold of "unintentional" GM ingredients in food in your country?
- 2) What is the difference between GM foods and genome edited / gene edited foods?

5 Do you know if the food you are buying is in season or out of season?

Do you prefer consuming fruits and vegetables that are in season? Or do you lean towards having apples and potatoes available all year around? Seasonal produce not only boasts enhanced flavor but is also naturally full of essential nutrients, freshness, and affordability.

Moreover, seasonal produce offers superior nutritional value by delivering what your body requires throughout the changing seasons. In summer, for instance, tomatoes and cucumbers provide hydration and cooling effects. Autumn vegetables are packed with vital vitamins and minerals to counter summer fatigue, dietary fiber for digestive health, and nutrients to fortify you for the winter. Numerous winter foods like avocados and tangerines are rich in vitamins and support the immune system, combating tiredness. In spring, the bitterness in foods aids in detoxification and intake of crucial vitamins and minerals. Spring vegetables contain antioxidants such as chlorophyll and carotenoids, aiding the production of new cells.

Opting for seasonal produce promotes local agriculture and environmental sustainability. It is typically grown nearby, reducing the need for long-distance transportation, lowering CO₂ emissions, and lessening its environmental impact. Choosing seasonal produce also allows you to explore local food culture, support local producers, and contribute to the revitalization of your community.



Part 2 Questions

- 1) What are seasonal foods in your country?
- 2) What are the other benefits of eating seasonal foods?

文法が文脈でどのように使われているのか考え、文を作る。Think about how grammar is used in context and try to make sentences based on the grammar.

ユニットで学んだ内容の中で興味を持った内容に関して、さらに発展させ、自分で調べ、まとめてクラスで共有する。Further develop the content you have learned in each unit that interests you, do research, summarize, and share your results with the class.

5 Language use

Phrasal verbs 句動詞

Part 1 Look at the highlighted phrasal verbs. How are they used in the text?

Part 2 Climate change and GM foods are closely linked. Rising global temperatures are putting stress on agricultural systems, **leading to** crop loss and reduced food quality. GMO crops, designed to withstand harsh conditions, can mitigate the impact of climate change. They enable farmers to **adapt to** changing climates by planting more resilient varieties, **cutting down** on greenhouse gas emissions through reduced pesticide use, and **bringing about** increased yields. GMO technology is a valuable tool in the fight against climate change. It allows us to **work toward** more sustainable and resilient agriculture while **taking on** the challenges posed by a warming planet.

Part 3 Food labeling is crucial for consumers. It **lays out** what is in the food we **pick up**. When it **comes to** GM foods, labels help us **figure out** if the product's DNA has been changed within a lab. GM foods can incorporate different genes to make them grow better or **keep off** pests. Some people want to **find out** if they are eating GM foods, so labels **come in** handy. They **spell out** if a product has been genetically modified. This way, we can choose what we're consuming and make informed decisions about our food.

Part 4 Write about what you look for when buying food using phrasal verbs. Share your ideas with your classmates.

Food additives, calories, total fat, and total carbohydrate are important to me when I buy food. I like to **check out** these pieces of information on the back of the food that I buy. I **look up** this information because the food labels or nutrition facts are very important. If I see something I do not like, I **put the food back** on the shelf and **move on**. After, I will try to find something else.

6 Further study

Food and labeling


Research question: What should we know about the food we are buying?

Part 1

- a) First, think about the research question.
- b) Second, ask your classmates: What should we know about the food we are buying?
- c) Third, disseminate the results.

Part 2

Updated US food labels emphasize clearer serving sizes and calorie information, aligning with typical consumption patterns. These days, serving sizes better mirror realistic portions, although not as recommendations. Prominently displayed calorie details are based on a 2,000-calorie daily intake, adaptable to individual needs. Percent Daily Value (%DV) communicates nutrient contributions with revised values. Mandatory changes include removing "calories from fat" and optional inclusion of vitamin A and C since they are rare. Added sugars, vitamin D, and potassium are newly listed due to intake concerns, while calcium and iron remain essential nutrients on labels.



Part 3 Dissemination plan: Which do you wish to do?

- ☐ Report (議題テーマや資料をまとめた形で発表する)
- ☐ Essay (読み手に対し、説き、主張、根拠を述べた文章)
- ☐ Poster presentation (壁紙に一日の研究成果をまとめて発表する)
- ☐ Oral presentation (スピーチで発表し、一人一人が自分のテーマで発表する)
- ☐ Discussion (議題について、グループディスカッション形式で発表する)
- ☐ Debate (テーマについて、賛否両論を交えて発表する)

CLILで大切な点 What is important in CLIL?

- 1 英語の誤りは気にせず、言いたいことを伝える
- 2 互いの英語の誤りを許容し、協力し、学び合う環境を大切にする
- 3 興味のある関連する内容をさらに自分で調べてみる
- 4 英語と母語の両方を自然に使う
- 5 簡単な英語（知っている単語）で言いたいことを表現する
- 6 日本語に訳すことにこだわらずに、内容に焦点を当て考える
- 7 学んだ内容に関して、実際に使ってみる

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Genetically Modified (GM) Foods

遺伝子組み換え食品



Genetically modified organisms (GMOs) can be defined as organisms (i.e., plants, animals or microorganisms) in which the genetic material (DNA) has been altered in a way that does not occur naturally. — World Health Organization

1 Check your knowledge

TASK 1 Answer the questions and discuss with your classmates.

Q1 Which is the first genetically modified food commercially available to the public?

a) tomatoes

b) corn

c) broccoli

d) peaches



Q2 In which country are the most GMO crops grown?

a) China

b) Japan

c) Brazil

d) US



TASK 2 Share your ideas with your classmates.

Q Have you heard about GMOs or GM foods before? Do you think it is important to know whether any food is genetically modified?

e.g. Yes, I have. I often see some GMOs or GM foods in stores, but I do not know much about GM foods. I do want to know if they are safe. It is important to know what we are eating.

2 Listening to talks

Different ideas about GM foods

TASK 3 Listen to talks about science and GM foods.

- First, listen and fill in the blanks.
- Second, check the true or false statement with your classmates.



1

GM foods are created by scientists altering an organism's DNA. This can make ¹() more resistant to pests and diseases or improve their nutritional value. Some people worry about the ²() of GM foods, which has helped increase food production and ³() hunger in some parts of the world. It is important to study and ⁴() GM foods to ensure they are safe for us and the environment.



GM foods have had their DNA changed naturally.

True False



2

More and more people see GM foods as a ¹() way to solve important problems such as population increase and climate change. For example, scientists have made special ²() with lots of vitamin A, which could help prevent ³() of millions of children who lack vitamin A. This advanced technology is vital for health and the environment.



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Scientists can make more nutritious food to stop children from losing their sight.

True False



3

GM foods can be designed to produce their ¹() pesticides. This means the plant itself can fight off harmful ²(). For example, some GM corn can create a substance that ³() bugs that try to eat it. It helps farmers protect their crops without needing to use as many ⁴() pesticides as possible.



GM foods can help farmers use fewer chemical pesticides.

True False



4

GM foods can increase farmers' ¹() by providing higher crop yields per acre, allowing them to gather more produce for ²(). Moreover, GMO crops can thrive in diverse environmental conditions, reducing the risk of ³() loss due to factors such as drought or extreme temperatures. These benefits make GMO crops an appealing option for farmers who aim to maximize their harvests and ⁴().



➤ GM foods usually need a lot more time to grow than non-GM foods.

True False



5

Are you familiar with rBGH (recombinant bovine growth hormone)? It is a GMO hormone for dairy cattle. It can increase milk ¹() by about 20% per cow when ²() using advanced genetic technology. While this could make milk more affordable, you should know it is only ³() in the United States, not in Europe or Japan.



➤ rBGH is a GMO hormone that is useful for human mothers.

True False



6

We still do not know all the things that might happen in the future because of GM foods on our ¹() and the planet. We need to keep studying to see how these changed crops and animals might change things for us and the Earth. It is important to keep ²() GM foods to make sure they are ³() for people and the environment in the years ahead.



➤ We all know that GM foods are safe for us to eat.

True False

3 Discussions about the talks

TASK 4 Have a discussion with your classmates based on one of the questions below. Take notes on your discussion and share it with the class like in the example below.

- 1) Do you care if the food you are eating is genetically modified?
- 2) What food did you eat yesterday that might have been GM food?
- 3) What do you think of the idea that GM foods will be able to help global poverty?
- 4) If you do not like GM food, what do you think we should do to avoid GM foods in our daily lives?
- 5) Do you agree with GMO companies not labeling GM foods for their products?
- 6) What are the advantages of GM foods?
- 7) Do you think it is okay for children to eat GMO-contained sweets or food? Why or why not?

example Discussion notes

- I talked with Satoshi.
- He thinks there are disadvantages with GM foods.
- I disagreed with him, so we checked benefits and problems of GM foods on the internet.
- GM foods have both advantages and disadvantages.
- They can be grown in places where food is difficult to grow.
- There might be problems if farmers use GM foods for a long time.
- Satoshi still thinks there are disadvantages.
- I think there are more advantages than disadvantages.

Advantages	<ul style="list-style-type: none"> • Can produce more crops on less land • Can provide health benefits • Can reduce harmful ingredients
Disadvantages	<ul style="list-style-type: none"> • Can cause allergic reactions • Can affect the environment • Can affect farmers' livelihoods

4 Reading

Labeling GM foods



Part 1 Would you like GM foods to have a label saying they are GMOs?

When you go shopping for food, do you usually look at the labels on the packaging? Some people might not pay attention to the labels, while others might use them to decide what to buy. The more you understand about these labels, the more likely you will change how you shop for food in the future.

In the United States, a large portion of the corn, canola, soybeans, and sugar beets have been GM (genetically modified). Many food ingredients are derived from these crops. For instance, high fructose corn syrup, which comes from corn, is one example of GM foods. It is used in various products like candy, soft drinks, cakes, salad dressings, and ketchup.

However, not many people are aware of this, and there are a couple of reasons for that. Firstly, GM material in high fructose corn syrup has had its DNA removed, making it impossible to detect, so there is no requirement to put it on the label. Secondly, the USDA (the United States Department of Agriculture) has set a 5 percent threshold for “unintentional” GMO ingredients in food. It means that if a product has less than 5 percent of such ingredients by accident, it does not need to be labeled as GM food. In the European Union, the standard is much stricter, setting a 0.9 percent threshold. Moreover, even if an animal has eaten GM feed, their products, like milk or eggs, are not considered GM foods. These factors make the matter more complex.

Labeling foods with GM foods is a challenging topic, and it varies from one country to another. When you are buying groceries, it is important to pay close attention to the labels and understand GMO regulations in your country.



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TASK 5-1 Questions

- 1) What is the threshold of “unintentional” GM ingredients in food in your country?
- 2) What is the difference between GM foods and genome edited / gene edited foods?



Part 2

Do you know if the food you are buying is in season or out of season?

Do you prefer consuming fruits and vegetables that are in season? Or do you lean towards having apples and potatoes available all year around? Seasonal produce not only boasts enhanced flavor but is also naturally full of essential nutrients, freshness, and affordability.

Moreover, seasonal produce offers superior nutritional value by delivering what your body requires throughout the changing seasons. In summer, for instance, tomatoes and cucumbers provide hydration and cooling effects. Autumn vegetables are packed with vital vitamins and minerals to counter summer fatigue, dietary fiber for digestive health, and nutrients to fortify you for the winter. Numerous winter foods like *komatsuna* and tangerines are rich in vitamins and support the immune system, combating tiredness. In spring, the bitterness in foods aids in detoxification and intake of crucial vitamins and minerals. Spring vegetables contain antioxidants such as chlorophyll and carotenoids, aiding the production of new cells.

Opting for seasonal produce promotes local agriculture and environmental sustainability. It is typically grown nearby, reducing the need for long-distance transportation, lowering CO₂ emissions, and lessening its environmental impact. Choosing seasonal produce also allows you to explore local food culture, support local products, and contribute to the revitalization of your community.



TASK

5-2

Questions

- 1) What are seasonal foods in your country?
- 2) What are the other benefits of eating seasonal foods?

5 ▶ Language use

■ Phrasal verbs 句動詞

TASK 6 Look at the highlighted phrasal verbs. How are they used in the text?

A

Climate change and GM foods are closely linked. Rising global temperatures are putting stress on agricultural systems, **leading to** crop loss and reduced food quality. GMO crops, designed to withstand harsh conditions, can mitigate the impact of climate change. They enable farmers to **adapt to** changing climates by planting more resilient varieties, **cutting down on** greenhouse gas emissions through reduced pesticide use, and **bringing about** increased yields. GMO technology is a valuable tool in the fight against climate change. It allows us to **work toward** more sustainable and resilient agriculture while **taking on** the challenges posed by a warming planet.

B

Food labeling is crucial for consumers. It **lays out** what is in the food we **pick up**. When it **comes to** GM foods, labels help us **figure out** if the product's DNA has been changed within a lab. GM foods can incorporate different genes to make them grow better or **keep off** pests. Some people want to **find out** if they are eating GM foods, so labels **come in** handy. They **spell out** if a product has been genetically modified. This way, we can choose what we're consuming and make informed decisions about our food.

TASK 7 Write about what you look for when buying food using **phrasal verbs**. Share your ideas with your classmates.

Food additives, calories, total fat, and total carbohydrate are important to me when I buy food. I like to **check out** these pieces of information on the back of the food that I buy. I **look up** this information because the food labels or nutrition facts are very important. If I see something I do not like, I **put** the food **back** on the shelf and **move on**. After, I will try to find something else.

6 Further study

Food and labeling

Research question: What should we know about the food we are buying?

TASK 8

- First, think about the research question.
- Second, ask your classmates: What should we know about the food we are buying?
- Third, disseminate the results.

TIPS

Updated US food labels emphasize clearer serving sizes and calorie information, aligning with typical consumption patterns. These days, serving sizes better mirror realistic portions, although not as recommendations. Prominently displayed calorie details are based on a 2,000-calorie daily intake, adaptable to individual needs. Percent Daily Value (%DV) communicates nutrient contributions with revised values. Mandatory changes include removing “calories from fat” and optional inclusion of vitamin A and C since they are rare. Added sugars, vitamin D, and potassium are newly listed due to intake concerns, while calcium and iron remain essential nutrients on labels.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- The serving size appears in large, bold font and some serving sizes were updated.
- Calories are displayed in large, bold font.
- Daily Values were updated.
- Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

<https://www.fda.gov/media/135197/download?attachment>



Dissemination plan: Which do you wish to do?

- ☐ Report (調査データや事実をまとめて報告する)
- ☐ Essay (論点を決めて、導入・本論・結論でまとめる)
- ☐ Poster presentation (ポスターに図や表を入れてまとめる)
- ☐ Oral presentation (スライドを使い、一人またはグループで発表する)
- ☐ Discussion (論点について、ペア、グループまたはクラスで話し合う)
- ☐ Debate (ディベート：賛成と反対に分かれて論点を明確にして討論する)