

## Health Effects of Commonly Eaten Fruit

The health benefits of eating fruit have long been recognized, such as its role in preventing many common ailments. This has started a trend to plan for better health by including a variety of fruit as part of a daily diet. Why is eating an adequate amount of fruit good for you? Fruit contains sizeable quantities of vitamins, minerals and dietary fiber that help promote good health. Fruit also contains many ingredients that help in preventing common illnesses, and recent medical research in countries around the world has shown that eating plenty of fruit and vegetables can even lower cancer risks.

So for your health, include at least 200g of fruit and 350g of vegetables in your daily diet! Fruit is one important source for vitamins, minerals and dietary fiber. It is well worth your while to eat at least 200g of fruit and 350g of vegetables everyday.

### How much is 100g of fruit? (Weight targets)

Banana	1	Apple	1/2
Kiwi	1	Peach	1/2
Tangerine	1	Pear	1/2
Orange	1/2	Pineapple	1/8
Grapefruit	1/2	Cherries	10



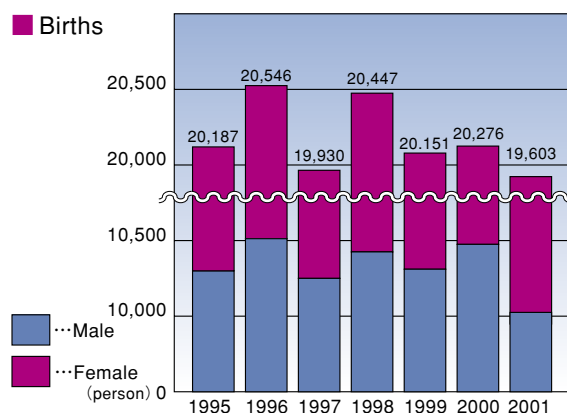
## National Childcare Education Project

To prepare for promotion of family education, the Ministry of Education, Culture, Sports, Science and Technology has made rigorous efforts to arrange educational opportunities, such as offering support for holding family seminars and lectures at the Board of Education and community centers.

However, current trends show that there is little interest in these types of seminars and lectures except from parents who seek for themselves instructional opportunities out of concern

or curiosity about family education. But the "Report by the National Commission on Educational Reform" (December, 2000) proposed that national and regional public institutions actively promote childcare lectures for parents. For this reason, the "National Childcare Education Project" was begun as a new effort in 2001, based on the change in thinking about ways to approach more parents about family education. The main topics are outlined below.

1. Parents with children younger than elementary school age can use opportunities such as infant physical examinations, for example, those required before entering school, to discuss issues related to family education. Childcare lectures that included discussion with parents were presented across the country at elementary schools and health centers in collaboration with the Health, Labour and Welfare Ministry.



2. As a model of such activities, urgent childcare lectures are being offered around the country, in cooperation with the Health, Labour and Welfare Ministry and the PTA, to present information to parents who have worries or concern about adolescent behavior problems, which have become more worrisome for parents due to recent increases in problem behavior of young people.

### Introductory materials/books newly published about current topics

#### "Truth and Error of IT Information" Why do you misread keywords?

Author: Shuji Honjo. Aspect, 2002/1, 281 pages, ¥1600 (base price)

1. Actual IT and the Future of IT
2. US Internet business as food for thought
3. IT Business Buzzwords and Misconceptions
4. The Gap Between Reality and Conditions for e-Business Success
5. What Are the Facts About CRM and SCM?
6. Mobile Industries Facing a Turning Point