

Week 3 June 27 – July 1 2016

On Monday, we went to Prof. Etsuko Ohgawara's nutrition care management class in the morning. We learned about the weights of certain foods, as many Japanese recipes do not use metric measurements but instead measure foods by the number of items. We also learned about menu planning and balancing the amounts of protein, fat, and carbohydrates, which is important for planning special diets. We created our own menu of a full Japanese meal including rice, soup, salad, a main dish, and dessert, and evaluated its nutritional content. In the afternoon, we visited Saiseikai Narashino Hospital, where we joined the Nutrition Support Team on hospital rounds and learned about different patient cases such as pneumonia and multiple myeloma. It was an incredible experience! We also met Dr. Sakurai, a surgeon and professor at Wayo. He explained the project he is working on to help patients who are unable to consume solid food, and showed us the gel-like food supplement for these patients.

On Tuesday, we met up with Prof. Reiko and her students to travel to Sosa city, where we observed a Health Check at Nosaka Junior High School. The students patiently and quietly lined up for each station to get their blood pressure taken, waist circumference measured, and blood samples drawn. Each student was also asked to fill out a food frequency questionnaire and lifestyle questionnaire at home prior to the Health Check. Reiko's students reviewed the questionnaires to make sure there was no missing information, and helped the whole process move very quickly and efficiently. The data collected will be analyzed back at Wayo and is part of an ongoing study that began 32 years ago. The study follows each child from first grade up until high school graduation, and will help prevent chronic and lifestyle-related diseases later on in life by monitoring their health records.

On Wednesday, we went to Prof. Masaki Taga's therapeutic clinical nutrition practice class. Half of the class prepared a special diet for renal disease, while the other half prepared the general diet. The special diet meal was lower in calories, protein, and salt. We enjoyed the meals we made and then joined Dr. Sakurai's clinical nutrition lecture, where we learned about clinical nutrition from a surgical perspective. We then had some free time in the afternoon so we traveled to Tokyo to visit the Meiji Shrine. It was magnificent and is definitely a place worth visiting!

On Thursday, we went to Inakoshi primary school, where we learned about their school lunch program and dietary education. We had the chance to visit a grade 6 class to observe and participate in their dietary education lesson. The lesson taught them how to experience food by using the five senses -- sight, smell, hearing, taste,

and touch. The students were asked to remember how to use the five senses to apply to their cooking class the next day. After the lesson, we visited different classrooms to observe how the primary school students serve lunch. The students learn how to serve correct portion sizes, distribute the food, and also clean the dishes afterwards. We then enjoyed lunch with the grade 6 students and practiced speaking English with them. In the afternoon, we attended Prof. Reiko's clinical nutrition practice class, where she gave us an overview of dietetic education and practice in Japan. After that, we joined the tea ceremony club with Reiko, Rika, Hisano, Saori, Shiori, and Yukari. We first tried a traditional Japanese dessert, then tasted the traditional matcha green tea. We also had the chance to try mixing our own matcha green tea with the help from the tea ceremony club members. It was incredible to experience the Japanese traditional tea culture!

On Friday, we observed a food service management class, where students plan an entire restaurant menu, purchase all of the ingredients, and then prepare and serve the food to Wayo students and staff in a real restaurant setting. We enjoyed the lunch with Reiko, Ikuko, Jenny, Yukari, Shiori, Saori, and Hisano, after which we had our farewell tea party with the President and Vice-President of Wayo and many of the staff and students we have met over the last three weeks. We have all had an unforgettable experience and are so grateful for this opportunity!