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Comparative Analysis of Japan and United State School Lunch Programs

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Exploring the School Lunch Programs in Japan and the US

Julie A. Phillips



Agenda

- Overview of Japan
- Overview of US
- Differences & Similarities
- Benefits & Limitations
- Conclusion
- Q & A time

Overview of Japan Program

Purpose

- To provide nutrition for students while building habits for healthy living in the long-term

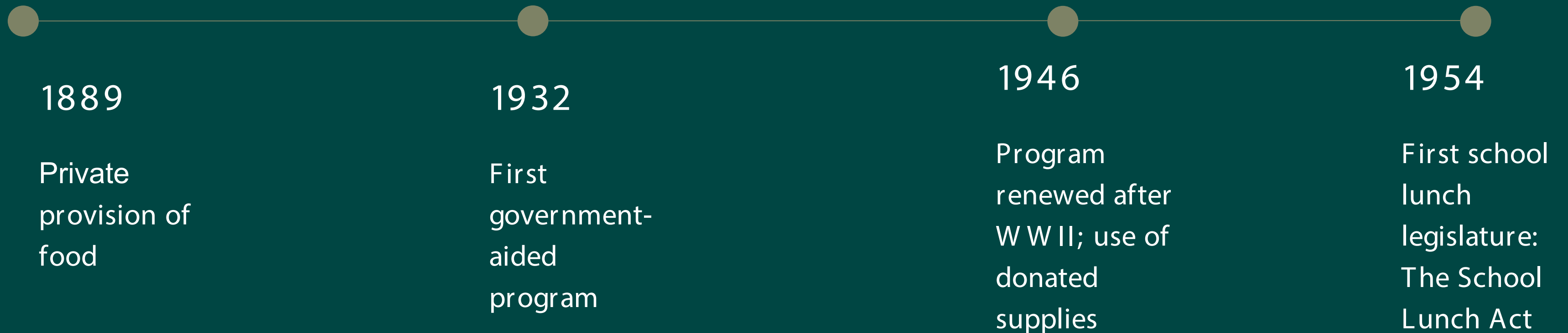
Background

- Based on "Shokuiku"
 - "Food education"

Components

- Shokuiku
- Agricultural experiences
- School dietitians
- Responsibility

Timeline of Japan's Program



Timeline of Japan's Program Continued

1954

First school lunch legislature: The School Lunch Act

2002

Policy enacted to centralize AEs in curriculum

2005

Enactment of Basic Law on Shokuiku

2007

Creation of Diet and Nutrition teacher system

2008

School Lunch Act revision: emphasize whole body and mental health along with nutrition

Overview of US Program

Purpose

- To provide nutrition for students



Timeline of US



Components

- National School Lunch
- School Breakfast
- Farm to School



Differences and Similarities

Differences

Japan

- Single program to counteract hunger, but more widespread
- School dietitians
- Motivation: Combat malnutrition and provide students with tools
- Student responsibility
- Meal components based on complete meal

USA

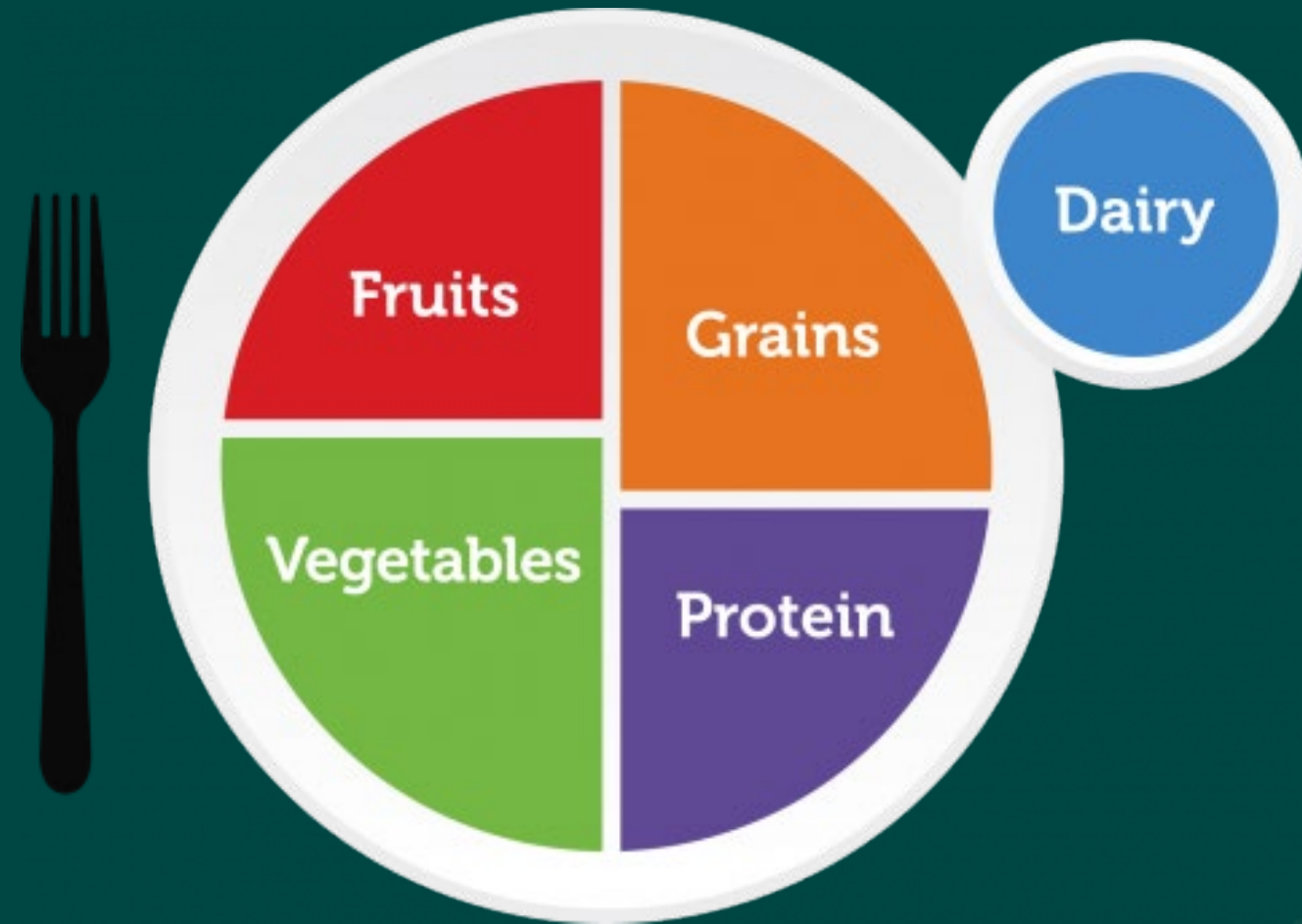
- Multiple programs to help counteract hunger
 - Breakfast, Lunch, Afterschool, Summer
- Motivation: Combat malnutrition and food insecurity (draft rejections)
- Meal components based on meeting MyPlate (essentially)

Differences

Japan



USA



Similarities

Japan

- Agricultural Experiences (AEs)
- 1/3 DRI of tracked foods average intake nutrients
 - Increased intake of foods not typically in diet (vitamins A, B1, B2, calcium)

USA

- Farm to School
- 1/3 DRI of tracked foods
 - calories, protein, iron, vitamins A and C
 - Saturated and trans fats

Benefits and Limitations

Benefits

Japan

- School Dietitians

USA

- Additional meals beyond lunch
- Price of meal based on household income level

Limitations

Japan

- Parents pay part of price of the food

USA

- Lack of means for dietitians to teach nutrition

Conclusion

USA

- School dietitians
 - Certification (precedence by TESOL and CDCES)

Japan

- Increased application of nutrition education to daily living
- Policy in place to help lower income households with cost of meal

Both

- Focus on parents' knowledge deficit

Area of further research

- Adherence of schools to nutrition standards

Q & A

Thank you!