

Shokuiku Basic Act

Act number 63, June 6, 2005

Preamble

For further development of our country in the 21st century, it is important for children to foster healthy minds and bodies to make them able to take active part in the future and in international society as well as to secure a healthy mind and body for all the nation in order to ensure their activeness for the span of their lives.

In order to cultivate rich humanity and to make our children be able to develop zest for living, what is most important is to educate them about “food and nutrition dynamics”.

Now, once again, Shokuiku (food and nutrition education/promotion), as the foundation for living, is positioned as basics in mental education, moral education and physical education. It is, therefore, being required to promote Shokuiku that will raise a person who can live a healthy dietary life, by improving knowledge and ability to make a decision on “food and nutrition” through various activities and experiences.

Of course, Shokuiku is important for citizens of all ages, but it is more important for children because it makes a big influence on their mental and physical development and the development of their personalities, and also it is a stepping stone for sustaining a healthy mind and body and nurturing rich humanity.

On the other hand, as the social and economic situations are changing at a breakneck pace, people tend to forget about importance of daily “food and nutrition”, while keeping to a tight schedule.

In the dietary life of the nation, in addition to such problems like nutrition unbalance, irregular meal taking, an increasing number of people who suffer from obesity and lifestyle-related diseases and also people who are inclined to get extremely thin, other problems started to occur. These are problems concerning the safety of new “food and nutrition” and addiction to foreign “food and nutrition”. Living in a society overwhelmed with information

about “food and nutrition”, it is necessary for people to study what is desirable “food and nutrition”, in terms of improvement of a dietary life and securing safety of “food and nutrition”.

In addition, there is a fear that Japan’s food culture, which has been cultivated over many generations, in nature blessed with greenery and rivers, and has regional varieties and a lot of flavors, may be lost.

In such a changing situation surrounding “food and nutrition”, there’s a need to cultivate the philosophy of the nation about “food and nutrition” and enhance people be able to practice a healthy dietary life. By keeping on pursuing coexistence of cities and farming/fishing villages and trust between consumers and producers, we expect to empower communities, pass Japan’s rich traditions of dietary life, produce ecologically clean food and stimulate consuming and supplying situations.

In order to make people be able to keep to a healthy dietary life, which helps to maintain a good mental and physical condition by raising awareness about “food and nutrition dynamics”, deepening the understanding and gratitude towards people involved in food producing and taking nature’s benefits, developing the ability to make appropriate decisions based on reliable information about “food and nutrition dynamics” of every citizen, it is a task that lies upon us, but now it is time as a national movement to keep on making efforts and promoting Shokuiku centering on families, schools, child care centers and communities.

Furthermore, it is expected that through international cooperation, our efforts to promote Shokuiku will lead to contribution to international efforts on Shokuiku.

Therefore, making clear concepts and indicating ways of development, in order to sustain comprehensive and systematic efforts to promote Shokuiku at governmental, national, local and individual levels, this act is to be enacted.

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