

## <Health> —Summer Foods—

Summer is a season that can have a bad effect on your general state of health: the high temperatures increase your body temperature; you lose water by sweating; and you don't have much appetite, so you don't eat enough of the right foods. As the hot days continue, you'll probably be eating more cold dishes like *somen* ("vermicelli" noodles) and *hiya yakko* (cold tofu). Eat these with vegetables that

## <健康> - 夏の食べ物 -

夏は外気温の上昇による体温の上昇、  
汗をかくことによる脱水、食欲減退による  
栄養バランスの崩れなどで体調を崩しやす  
い季節です。暑さが続くと、日本では「そう  
めん」や「冷や奴」といった冷たいものを食  
べる機会が増えますが、その際にビタミンの  
豊富な夏野菜、豚肉や豆類などと一緒にとる

are rich in vitamins, pork and beans, and you will prevent *natsubate* (summer fatigue).

We also recommend you try some of the methods used in Japan to help people feel cooler, like *uchi mizu* (sprinkling water outside around the house) and using *fuurin* (wind chimes). These will increase your appetite and help you maintain your health in the heat and humidity of the Japanese summer.

ようにすると「夏ばて」の予防にもなります。  
また、「打ち水」や「風鈴」のように涼しさを演出する日本ならではの工夫を上手に取り入れて、食欲の増進を図り、高温多湿といわれる日本の夏を元気に乗り切ってください。