

What Kind of Meals Do You Eat?

In Japan, April marks the beginning of the new fiscal year. So it's a good time for those of you who are beginning a new life, or who have already begun a new life, to think a little about your lifestyle.

Do you know the term *ishokujyu*? It means clothing, food, and housing, and expresses the basics of living. Some people may think, "I'm picky about fashion, so clothing is most important to me," while others may think, "I feel happiest when I'm spending time in my room, which I've decorated to be as comfortable as possible for myself." Among the three basics of living, which of them is most important varies from person to person. However, no one should make light of food, because meals help your body to develop, and well-balanced meals protect your health. Consuming too much fat and salt could lead to disease, so you should take care to eat a lot of vegetables. That said, eating unbalanced meals, such as eating only raw vegetables, is not good for you either. Instead of always eating tasteless meals or dishes you do not necessarily like, go ahead and eat whatever you like to your heart's desire, even if it may be oily or spicy. Delicious meals that you enjoy eating will boost your spirits and give you energy, above all else.

By the way, what have you eaten today? Up to now, we have invited you to send photos of activities or events you have participated in to our Ginou Jissyu Days site (http://www.jitco.or.jp/ginou_jissyu_days/), but please also send photos related to meals, such as photos of dishes, eating scenes, etc. We also welcome photos of dishes you have made according to recipes we have previously introduced in this newsletter and in the website version of *Technical Intern Trainees' Mate*. The photo below is an example. It is a photo of Hayashi Rice, which our editor has made at home using the recipe introduced in the "Let's Cook and Eat the Tastes of the Season!" section in this issue.

I added salad on the side and also had some soup (upper right) with my Hayashi Rice. It may not look fancy, but it was good, and my children liked it, too!



Please also provide a brief commentary along with your photo, and send it to us via your supervising or implementing organization.

And remember to always eat well to enjoy your daily life in the new fiscal year!

どんな食事をしていますか？

日本では4月は「新年度」が始まる月です。これから新しい生活が始まる人も、もう始まっている人も、4月にちなんで自分の生活についてちょっと考えてみましょう。

「衣食住」という言葉があります。「衣服と食物と住居」という意味で、生活の基礎をなすものを表しています。「オシャレな私は着る物が一番大事」「自分なりに快適にした部屋で過ごすのが一番楽しい時間」など「衣食住」のどれに重きを置くかは人それぞれでしょう。でもどんな人も、ないがしろにはしてはいけないものが「食」です。何故なら食事は身体を作り、バランスの良い食事が健康を守るからです。脂肪や塩分の取過ぎは病気につながりますから、野菜を多く摂ることをお勧めします。しかし食事は生野菜だけといったような偏った食事はやはり健康を損ないますし、味気無い、また好きでもない料理を食べるよりは、時には脂っこいものでも辛いものでも、好きなものを思い切り食べましょう。美味しい食事、楽しい食事は気分を良くさせ、何よりの活力源となります。

さて、皆さんは今日どんな物を食べましたか？ これまでJITCOでは「技能実習Days」(http://www.jitco.or.jp/ginou_jissyu_days/)で技能実習生の皆さんの活動を紹介する写真を募集していましたが、ここに食事の写真(料理写真や食事風景)も是非送ってください。本冊子及びウェブサイト版「技能実習生の友」では以前より料理のレシピを紹介していますが、これを見て「私も作ってみた」という写真も大歓迎です。参考までに、今回は本誌(食べよう！ 作ろう！ 旬の味)のレシピ通りに編集子が家で作った「ハヤシライス」の写真を公開します！

お皿にはサラダも乗せ、右上はスープです。あまりオシャレな食卓じゃなくてすみません……でも子供も喜んで食べてくれましたヨ。

皆さんも投稿する時はコメントを付けてください。そして必ず監理団体か実習実施機関を通して送ってください。皆さんの新年度からの生活が、良きものとなりますよう。良い食事を心がけましょう！