

(For JSPS Fellow)

Form B-2
(FY2018)

Date (日付)
04/01/2019 (Date/Month/Year: 日/月/年)

Activity Report -Science Dialogue Program-
(サイエンス・ダイアログ事業 実施報告書)

- Fellow's name (講師氏名) : Charoula-Konstantia Nikolaou
(ID No. P 17824)

- Participating school (学校名): Chiba Municipal Chiba High School

- Date (実施日時): 21/12/2018 (Date/Month/Year: 日/月/年)

- Lecture title (講演題目): Nutrition and Health

- Name and title of your accompanying person (講義補助者 職・氏名)

Ms Kiriko Sasayama, Research Assistant

- Lecture format (講演形式): Power Point

◆Lecture time (講演時間) 40 min (分), Q&A time (質疑応答時間) 20 min (分)

◆Lecture style (ex.: used projector, conducted experiments)

(講演方法 (例: プロジェクター使用による講演、実験・実習の有無など))

Projector

- Lecture summary (講演概要): Please summary your lecture 200-500 words.

The food systems we inherit in the 21st century represent some of the greatest achievements of human civilization. Contrasted with millennia of subsistence diets for most of the population, today's food systems are a radical success in abundance in many parts of the world. Paradoxically however, the same health systems also represent some of the greatest threats to our continued health and prosperity. Diet is currently the leading cause of obesity and Non-Communicable Diseases (NCDs) such as diabetes, cancer and cardiovascular disease. So who makes the decision about the food that reaches your table? I came from Europe to Japan to study this problem, and to learn why of all the developed countries only Japan does not suffer from obesity. In this class I will explain how your individual decisions about food are affected by your environment and by the decisions other people make about food policies and

food systems. I will explain how I hope my research on Japan's unique food environment can help other countries to prevent obesity. My colleagues and I will also tell you a little about why we are in Japan, and how you can contribute to the world through your studies and your future work plans.

- Overall advice or comments to future participants in the program (今後の講師へのアドバイス):

I would highly recommend it to all JSPS fellows. No specific advice. The students are great and the teachers very supportive of the talk and helpful.

- Other noteworthy information (その他特筆すべき事項):

Nil

- Impressions and comments from the accompanying person (講義補助者の方から、本事業に対する意見・感想等がありましたら、お願いいたします。)

Ms Sasayama was happy to attend and help with the talk.