





令和6年 11 月号

11月8日はいい歯の日

いい歯の日は、1989年(平成元年)に 日本歯科医師会が制定した記念日です。

「歯の健康」「よく噛む」を意識してみましょう!

「よく噛む」とこんなにいいことがあります。ひみこの時代をお手本にするのは難しいけど、普段の食事を見直してみることは大切ですね。 歯並びや、歯の成長、あごの骨の成長、筋肉の発達による言葉の発音など、「しっかりよく噛む」ことの影響は大きいですね。





肥満予防



満腹中枢が働き食べ過ぎが なくなります。



味覚の発達



多種の食べ物を食べれば 味覚が発達します。



言葉の発音 はっきり



口の周りの筋肉が発達して 発音がよくなります。



脳の発達



噛むことが、脳の 発達に関係します。



歯の病気予防



噛むことにより、唾液が 分泌され、虫歯を予防 します。



ガン予防



唾液が発がん物質を 中和します。



胃腸快調



消化がよくなります。



全力投球



よく噛めば、力を 発揮できます。

(標語制定) 1990 日本咀嚼学会

かみかみごぼう(給食献立より)

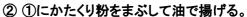
〈材料〉		
ごぼう		200 g
かたくり粉		適宜
油		
(A)	さとう	20 g
	しょうゆ	9 g
	水 30~40 CC	
*	ゴマ	好み





〈作り方〉





③ 別鍋に(A)を合わせて火にかけ、②をさっと和えるゴマをまぶす。

◎ごぼうは、きんぴらやごはん物にもよく使われます。 きんぴらごぼうのカレー味は、人気の一品です。









November 8 is Good Tooth Day

Good Tooth Day, established by the Japan Dental Association in 1989, serves as a reminder to prioritize dental health and the importance of chewing thoroughly.

Why Chewing Well Matters:

Chewing well offers a variety of important benefits. It helps with proper tooth alignment, supports dental growth, promotes jawbone development, and strengthens the muscles involved in pronounciation. The positive effects of thorough chewing on these factors are significant.





Prevent Obesity



Chewing properly activates the satiety center in the brain, which helps prevent overeating.



Develop Sense of Taste



Taking the time to chew and savor food enhances taste sensitivity and appreciation of different flavors.



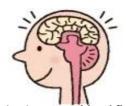
Improved Pronounciation



Chewing develops the oral muscles that contribute to clearer pronounciation.



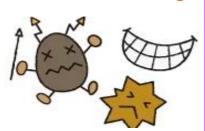
Cognitive Growth



Chewing increases blood flow to the brain and activates its functions, helping to keep the brain young and prevent aging.



Prevent Tooth Decay



Chewing stimulates saliva production, providing natural protection against cavity.



Saliva can help neutralize harmful carcinogens, offering a protective effect.



Digestive Aid



Proper chewing facilitates better digestion and gut health.



Chewing thoroughly allows individuals to perform at their best, both physically and mentally.

Slogan Established in 1990 by Japan Mastication Society

Crispy Burdock

(from school lunch menu)

Ingredients:

burdock root 200g potato starch as needed

oil

(A) sugar 20g soy sauce 9g water 30-40cc

** sesame to taste





- ① Cut the burdock root into diagonal slices, about 2 cm long.
- 2 Dredge the slices in potato starch and fry in oil.
- ③ In a separate pot, combine ingredients (A) and heat gently. Toss the fried burdock with this mixture and sprinkle with sesame seeds for added flavor.

Note:

Burdock is often used in dishes such as kinpira and rice doshes. curry- flavored kinpira burdock is a popular choice!