

Let's start looking at tuna. It has "Omega-3", good protein, potassium and mineral. Those effects are to increase physical strength, anemia improvement and vision recovery, stop aging, the heart disease and hardening of the arteries resulting in arterio sclerosis. It is common that we eat raw tuna as sashimi.

And there is a negima meal cooked in a pot including tuna. Also, there is a meal baked after pickling tuna with sweet sake soy sauce.

Besides, the nucleic acid makes our body become younger.



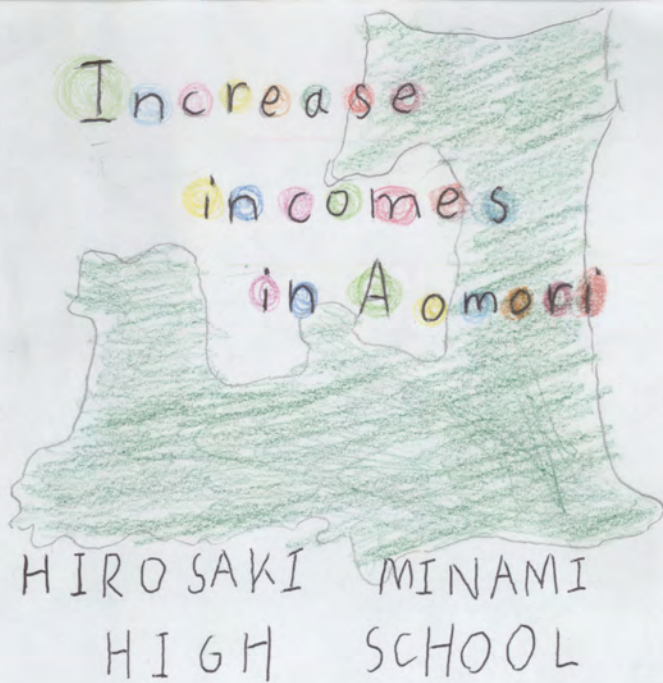
Next, we researched about a Chinese yam. The components of a Chinese yam are zinc, potassium, iron, vitamin C, Arginine, saponine, dioscorin. Arginine and saponine facilitate the flow of blood.

They improve the Anti-influenza virus protein called dioscorin.

These by some component, we can expect an effect on recovery from exhaustion, hypertensive prevention, colorectal cancer prevention, diabetes prevention, Anti-oxidization, Detoxification, The removal of cholesterol and sputum and so on. A Chinese yam is used for cooking Tororo wine, to Tororo such as, and so on.

Finally, we researched about Garlic. Garlic has some components such as Allithiamine, scordinin, and DATS. Scordinin is a nutrient which is useful for recovery from exhaustion, improves promotion for combustioning energies, and can heighten metabolism actively. Allithiamine has traits staying long in blood, and absorbed inside the body more than vitamin B1. It has antibacterial, sterilization and detoxification effects.

We use garlic for bathing (bath of Garlic), poultice, cooking and so on.



First grader 13 HR group 1  
Member

# Purpose & Hypothesis & Method

## Purpose

Our purpose is

"Increase incomes in Aomori"

## Hypothesis

Aomori has many foods.

We tried to increase the use of Aomori's specialty.

## Method

We selected some of

Aomori's specialties and we

tried to promote them using our idea.

## Research content

## Procedure

First, we researched about

Aomori's specialties so far.

Next we learned about their nutrient. and we gathered our idea.

## Result

We researched "tuna",

"Garlic" and "Chinese yam".

We found that they all

Promote a good effect

on the body. So our

idea is to devise a way to use a part you do not usually eat.

## Consideration

We collected some information about specialties and foods, but we couldn't specific things because it took so much time.

In order to make ideas for researching, we gathered not only some information but also specialties and foods, and interviewed the producers and researchers, and so on.

## Conclusion

Now by researching, we felt it's necessary for us to get some information from consumers.

Also, we found Aomori's specialties and foods had good effects for various health reasons.

Especially, we're interested in the EPA in tuna's components. We couldn't realize proposals which were given in result because we had not time enough to do so.