

How did we research?

We went to Hirosaki apple park, Fujita ice store and Gold pak corporation to research frozen apples.

We used the Internet to research frozen apples.



Let's all become
healthy by
eating frozen apples!



Frozen apples

more sugar,
more health!?

Hirosaki minami high school

11 HR
/ 0 Group

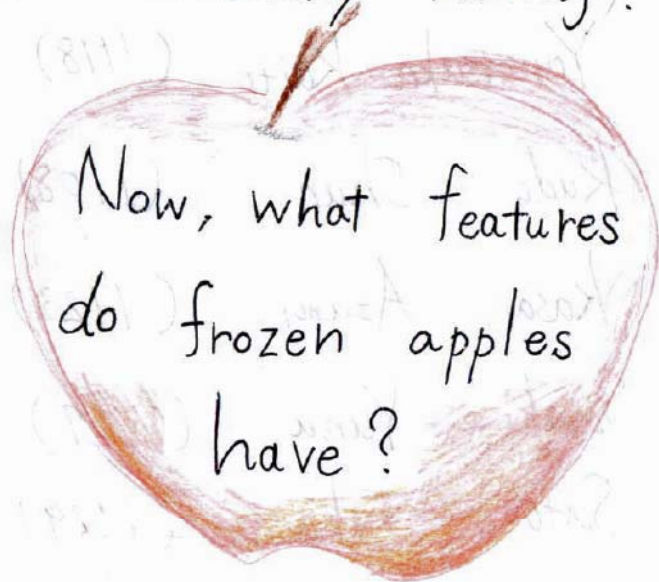


Q Why did we choose frozen apples?

We wanted to spread good information about apples and up the publicity in Aomori.

Q Why not apples?!

We thought that frozen apples have a friendly feeling.



Apple's effect

Apple is effective against a cold.

polyphenol is improved immunity

potassium discharges salinity

Grape acid gives nourishment and becomes the energy source

makes inflammation disappear with malic acid

Anti Aging

An apple's polyphenol

→ prevents aging and illness

→ improves blood circulation

(arteriosclerosis)

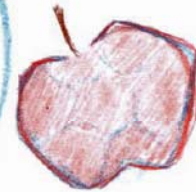
Effect on diet

- Apple polyphenol

→ Fat reduction
Improvement of the basal metabolic rate.

- Potassium

→ Swelling cancellation etc...



When I let the apple freeze, it lasts longer. This gives a high sugar content.

Consideration an apple...

- has many charms

- It is advantageous to refrigerate it

→ We can enjoy an apple more!