

Flavonoid

- Can be spicy or bitter
- Prevents aging
- Is a kind of polyphenol

Pectin

- Is one of the dietary fibers
- Helps prevent cholesterol from increasing
- Helps one recover from constipation, diarrhea and fatigue

Polyphenol

- Highly preventive against blood pressure
- Inhibits arteriosclerosis

Epicatechin

- Inhibits aging and has an effect of healing pain

Consideration

- Apples have a lot of healthy ingredients
- We learned that apples can be included in various dishes
- Eating more apples prolongs your life !



Apple of health !

Hirosaki Minami High School

(3HR) 10 group



Our Purpose

- To know what ingredients are in apples
 - To introduce special apple dishes to everyone
- ↓
- People in Aomori can live longer!

Ingredients are in apples

Quercetin

- Helps the blood flow smoothly
- Prevents blood vessels from bursting
- Lessens body fat
- Inhibits joint inflammation

Cellulose

- Aids in the peristaltic movement of intestines

★ What is peristaltic movement?

→ Repeated contractions in the intestines that moves food

Recipe for Apple Codfish

Ingredients :

- 4 pieces of cod, 80g each
- 1 tsp of salt
- 1 tsp of sugar
- $\frac{1}{2}$ apple with skin, grated
- $\frac{1}{2}$ apple, peeled and diced
- 4 pieces of potatoes
- $\frac{1}{2}$ carrot, minced
- $\frac{1}{2}$ onion, minced
- 2 tbs salad oil
- $\frac{1}{2}$ cup water
- Lemon juice, olive, black pepper, chives



How to cook :

- ① Pour salt and sugar over the cod, let it sit for 20 minutes.
- ② Stir-fry onions and carrots with salad oil, then add potatoes after a few minutes.
- ③ Add the codfish, grated and diced apples, and water.
Simmer over medium heat for 10 minutes.
- ④ When fully cooked serve the dish with lemon juice, black pepper, and chives.
- ⑤ Enjoy!

