

Nutrition

An apple (about 250g) is about 140 kcal.

It is a low calorie and high nutritional value fruit.

★ Vitamin C

Apple contains vitamin C.

It prevents attacks of anemia.

★ Procyanidins (polyphenol)

It has the effect of whitening the skin and acts to suppress allergic symptoms.

Summary

◦ Aomori has an environment suitable for production of many kinds of apples and nutrient-rich apples.

→ Apples in Aomori Prefecture are very popular domestically and overseas.

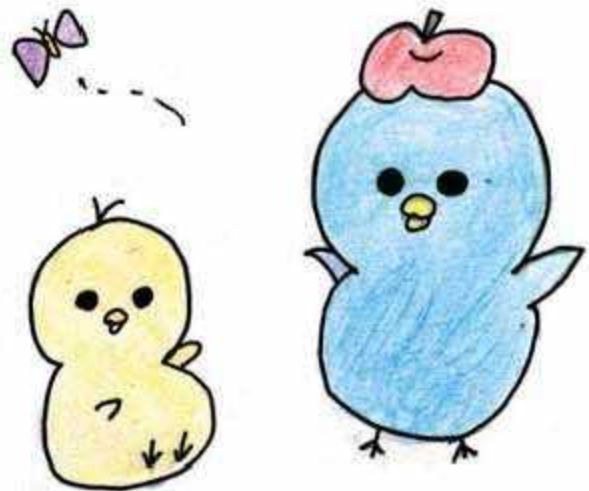
Discussion

From this investigation we should Disseminate recipes and charms using Aomori apples on the internet.

→ Apples in Aomori Prefecture will become more famous.

◦ Aomori's apple is the most popular in Japan.

Why are apples in Aomori Prefecture so popular?



16 HR - Group 1

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Overall

- Find out why Aomori apples are popular.
- Find out how to become more popular.

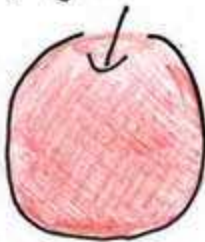
Motive

- We know Aomori prefecture produces the most apples in Japan but, we didn't know it manufactures most apples so we researched it.
- We want to know why Aomori apples are popular.
- We want to know what kind of apple is popular.

Kinds of apple

There are many types of apple in Aomori Prefecture. Among them, we will introduce popular kinds.

◦ Fuji



- harvest November
- Advantage It is edible for a long time It is so sweet

- harvest September
- Advantage

It has good crispness



◦ Tsugaru

- harvest October
- Advantage It smells sweet It is so sweet.



◦ Shinanogold

Environment

Apples are suitable for growing in a cool environment.

Aomori is cool in summer and there is a lot of well drained land.

For that reason, it's suitable for apple production.

→ Aomori Prefecture has the highest apple production in Japan.

