

OPINION & DISCUSSION · FOOD & HEALTH

Food Rules for a Healthy Life

The rules we live by — and how we break them.

健康のための食事ルールについて語り合しましょう。

June 26, 2026 · Fujieda Culture Center

Special guest today: Shani Chang, a student from Rice University (Texas)

A SPECIAL GUEST FROM RICE UNIVERSITY (TEXAS)

Shani, please share your year, your major,
and one thing you love about Japan.

We're glad you're here today.

WHICH LOOKS HEALTHIER?

TWO PHOTOS · 2 MINUTES



Photo A



Photo B

Which looks healthier — and why?

4–5 voices only. No pair work yet.

to cut back on (something)

～を控える・減らす

to crave (something)

～を無性に食べたくなる

comfort food

食べると心が落ち着く食べ物

a sweet tooth

甘いものの好き

to watch what you eat

食べる物に気をつける

HEALTH

to cut back on

To eat or use less of something — a small step toward a healthier habit.

EXAMPLE

"I'm trying to cut back on sugar."

～を控える・減らす

FOOD · HEALTH

to crave

To feel a very strong want for something — often food, but also sleep or quiet time.

EXAMPLE

"Late at night, I crave something salty."

～を無性に食べたくなる

FOOD · CULTURAL

comfort food

A food that makes you feel safe or happy — often from childhood or home.

EXAMPLE

"Miso soup is my comfort food on a cold day."

食べると心が落ち着く食べ物

FOOD · IDIOMATIC

a sweet tooth

A tendency to love sweet things. Singular — not "sweet teeth."

EXAMPLE

"I have a sweet tooth, so I love cake."

甘いもの好き

HEALTH

to watch what you eat

To be careful about what you eat — paying attention to health or balance.

EXAMPLE

"My doctor told me to watch what I eat."

食べる物に気をつける

ACTIVITY 1

Rule Auction + Food Rule Mingle

- 1** First 4 min: pairs bid how many of 5 rules they'd break. Lowest bid wins.
- 2** Then 8 min: walk around. "Have you ever followed or broken this rule? Tell me about the time."
- 3** Goal: 5–6 different partners, mix of follow / break.
- 4** Tetsuko & Matsumi: walk together as a team.

Scenarios: You're at a buffet · It's your birthday · You're on vacation · It's 11pm and you're hungry

ACTIVITY 2

Visitor-Expert Interview

- 1** 5 pairs, 5 interview cards. Visitor rotates.
- 2** Round 1–2: visitor at one pair × 4 min each.
- 3** Round 3: visitor at the 4-person station for 4 min.
- 4** Visitor asks one question per student, 30-sec pauses between.

ROUND 1 · 4 MIN

Visitor at Pair A (Kubota + Miyuki). Other pairs prepare questions.

ROUND 3 · 4 MIN

Visitor at 4-person station: Sugiyama + Morishita + Yamada + Okata.

ROUND 2 · 4 MIN

Visitor at Pair B (Sasaki + Oikawa). Pair A + C continue.

TEACHER FLOATS

Cue lines ready: "Tetsuko-san, do you have a sweet tooth?"

ACTIVITY 3

The One Rule I'd Never Break

- 1 Pairs pick one rule. Write it on the board.
- 2 Small-group debate (visitor is the skeptic).
- 3 No consensus required — defend your rule.
- 4 Vote: could you follow your rule for one month?

Rules I'd Never Break

絶対にやめたくないルール

Rules I'd Happily Break

やめてもいいルール

LANGUAGE ONLY · NO CULTURAL COMMENTARY

What's the problem here?
How would you say it?

No names — let's fix these together.
And one thing I heard today that worked really well...

Share **one phrase you used today** that you want to
keep —
or the best description you **heard** from a classmate.

Thank you, Miyuki-san, for inspiring today's topic.
Next lesson (July 10): Summer Plans & Travel Stories.

Exit Ticket

- 1** What did you talk about today?
- 2** What new word or expression do you want to remember?
- 3** Is there a topic you would like to try in a future lesson?
- 4** How was today's level? Too easy / Just right / A bit difficult

みなさんの声で次回の授業をつくれます。ご協力ありがとうございます。