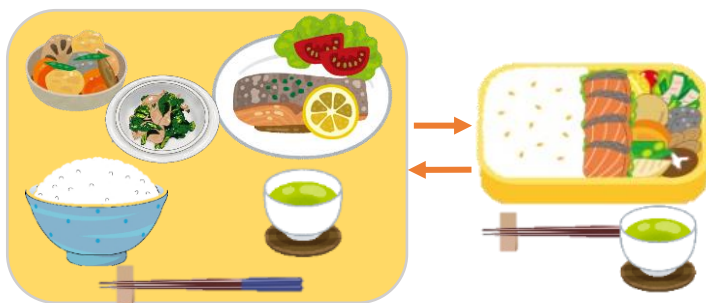


# Why don't you try preparing a meal best for you

## “The 3 · 1 · 2 Meal Box Magic” in Japan !

“The 3 · 1 · 2 Meal Box Magic” dietary method can contribute to the establishment of a Japanese-style dietary method from not only a well-balanced diet perspective, but many others, too. “The 3 · 1 · 2 Meal Box Magic” may help create ideal meal for you while helping rehabilitate the planet.

Combining your idea with “The 3 · 1 · 2 Meal Box Magic” might work miracles!



Please  
join us!

## We will hold “The 3 · 1 · 2 Meal Box Magic” seminar


Date: Saturday, November 9, 2024 10:45~13:15

Location: **631**, 3rd floor, Building 6,  
**Nagoya University of Arts and Sciences**

Lecturer: Namiko Adachi, R.D., Ph.D.  
Ecology of Human and Food Office,  
School of Nutritional Sciences,  
Nagoya University of Arts and Sciences

Language : Plain Japanese

Bonus: **Lunch** on the day and **meal box** that's best for you

Apply here→ 

Application deadline: Fri.Oct.25

Capacity: 16 people

<https://forms.gle/384Lj1wCx7MeNC28>

Contact information: [adachi73@nuas.ac.jp](mailto:adachi73@nuas.ac.jp)

The meal best for you affects "Your health and well-being (QOL)" and  
the "Quality of your environment (QOE)"