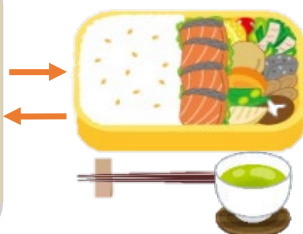


Why don't you try preparing a meal best for you

“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 15, 2025 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.24

Capacity: 16 people

<https://forms.gle/MNfFGvAQjy8wo8Nk6>

Contact information: adachi73@nuas.ac.jp

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

631, 3rd floor, Building 6

