

# Water and “UMAMI”

~Learn about Japanese food for busy engineers~

Alpha Food Co., Ltd. Sponsored (Supported items: rice, red rice etc.)

**Speaker: Michi Momota,**  
medicinal food instructor & tofu meister

**Career:**

Matsushita Electric Industrial Co., Ltd

Kochi Prefectural Ozu High School, home economics  
practical assistant

Kochi Prefectural Kochi Agricultural High School · East  
Industrial High School, staff

Research interest: medicinal foods

HP: <https://sites.google.com/view/syoku>



**Cooking instructor: Megumi Osumi**

Conducts simple cooking seminars using local  
seasonal vegetables and millet.

Instagram: <https://www.instagram.com/douce777>

FB: <https://www.facebook.com/Douce7772016/>

**‘Environment’ and ‘food’:**

**the connection between UMAMI and Japanese.**

**Discover the regional history of ‘food’!**

## **Time-saving cooking tips for busy engineers**

1. Save time using ‘Alpha Food Co., Ltd.’s’ rice
2. Discover the secrets of a tofu that contains isoflavone, which functions similar to the female hormone (estrogen)

**MENU: rice balls, miso soup, & tofu dishes**

▶ **Date & time: November 30<sup>th</sup> (Fri) 5<sup>th</sup> Period**

▶ **Place: I-House 1F**

**Cost: 300 yen**

Please apply by e-mail by November 28<sup>th</sup>

**Mail: [kswe@kochi-tech.ac.jp](mailto:kswe@kochi-tech.ac.jp)**

**Twitter: [@kut\\_swe](https://twitter.com/kut_swe)**

Male students are also welcome!

Sponsored by KSWE