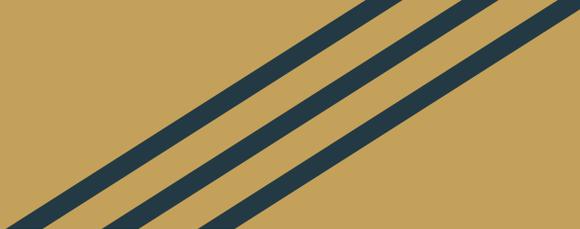


# Let's Spread Sorghum!

Yashiro High School



# What is Sorghum?



Super Food!

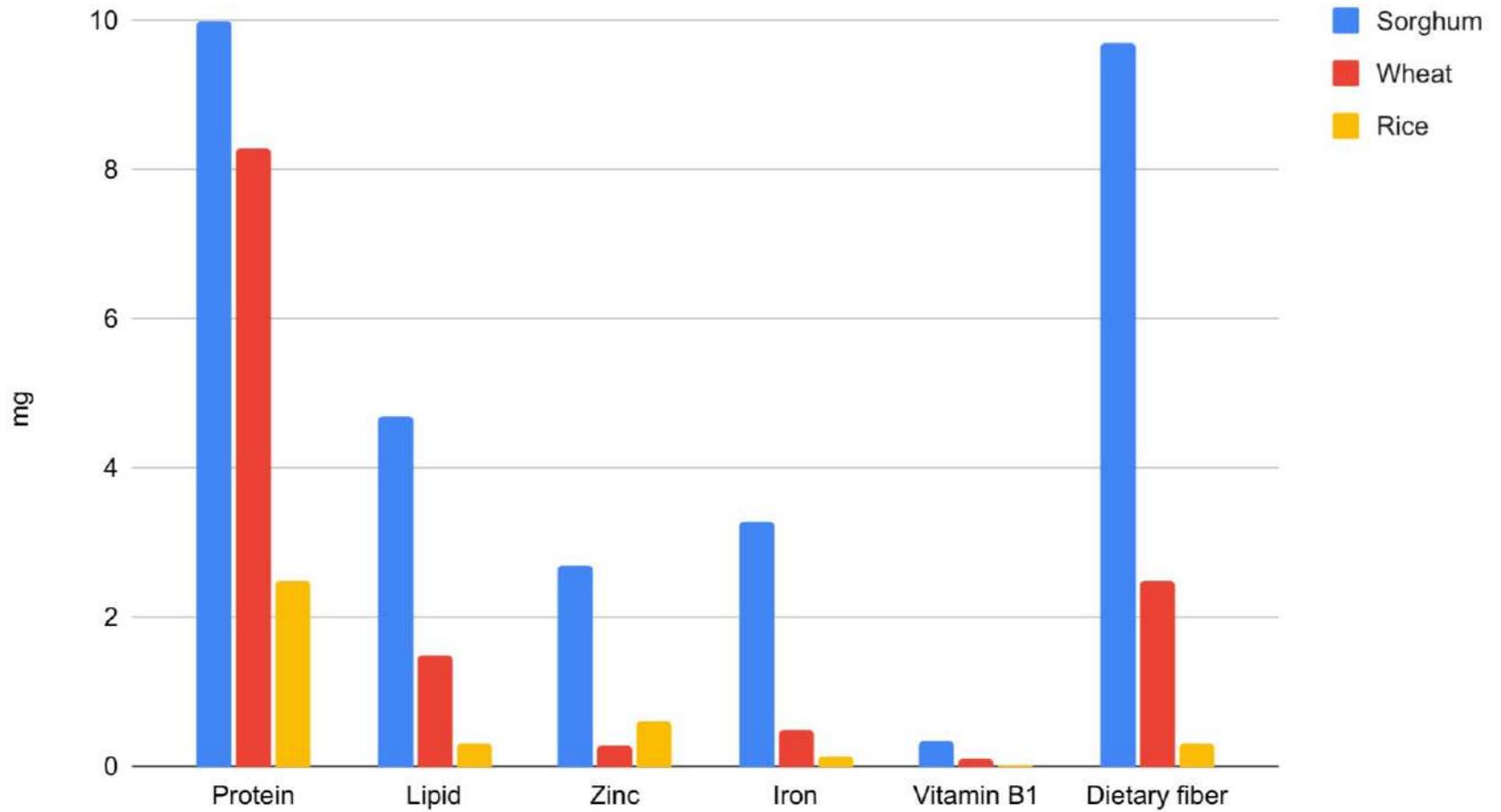
# Features as the food

Gluten-free

Allergen-free



Abundant  
Nutrition



Features as the food



Sorghum contains more nutrition than others!

Features as the food

## GABA

- relaxations
- pain relief
- stress and anxiety reduction
- lower blood pressure

## Polyphenol

- lower blood sugar levels
- lower your risk of heart disease
- protect against cancer
- promote brain function

<https://www.medicalnewstoday.com/articles/326847>

<https://www.healthline.com/nutrition/polyphenols#benefits>

Features as the food



Not only eating!

# Features as the many things

Biomass fuel



Mushroom medium

Building  
material



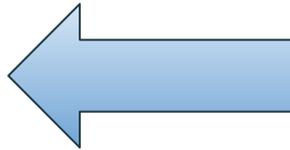
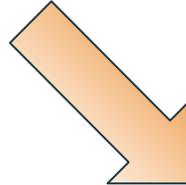
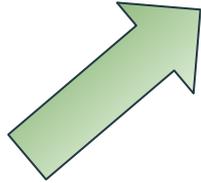
# Circulation



Eating

Growing

Using



**SUSTAINABLE  
DEVELOPMENT  
GOALS**

The logo for the Sustainable Development Goals (SDGs) is a circular emblem composed of 17 colored segments, each representing one of the goals. The colors include shades of blue, green, yellow, orange, red, and purple. The word "GOALS" is written in a bold, blue, sans-serif font, with the "O" replaced by the circular emblem.

**2** ZERO HUNGER



**3** GOOD HEALTH AND WELL-BEING



**7** AFFORDABLE AND CLEAN ENERGY



**15** LIFE ON LAND



**17** PARTNERSHIPS FOR THE GOALS





# Perspective

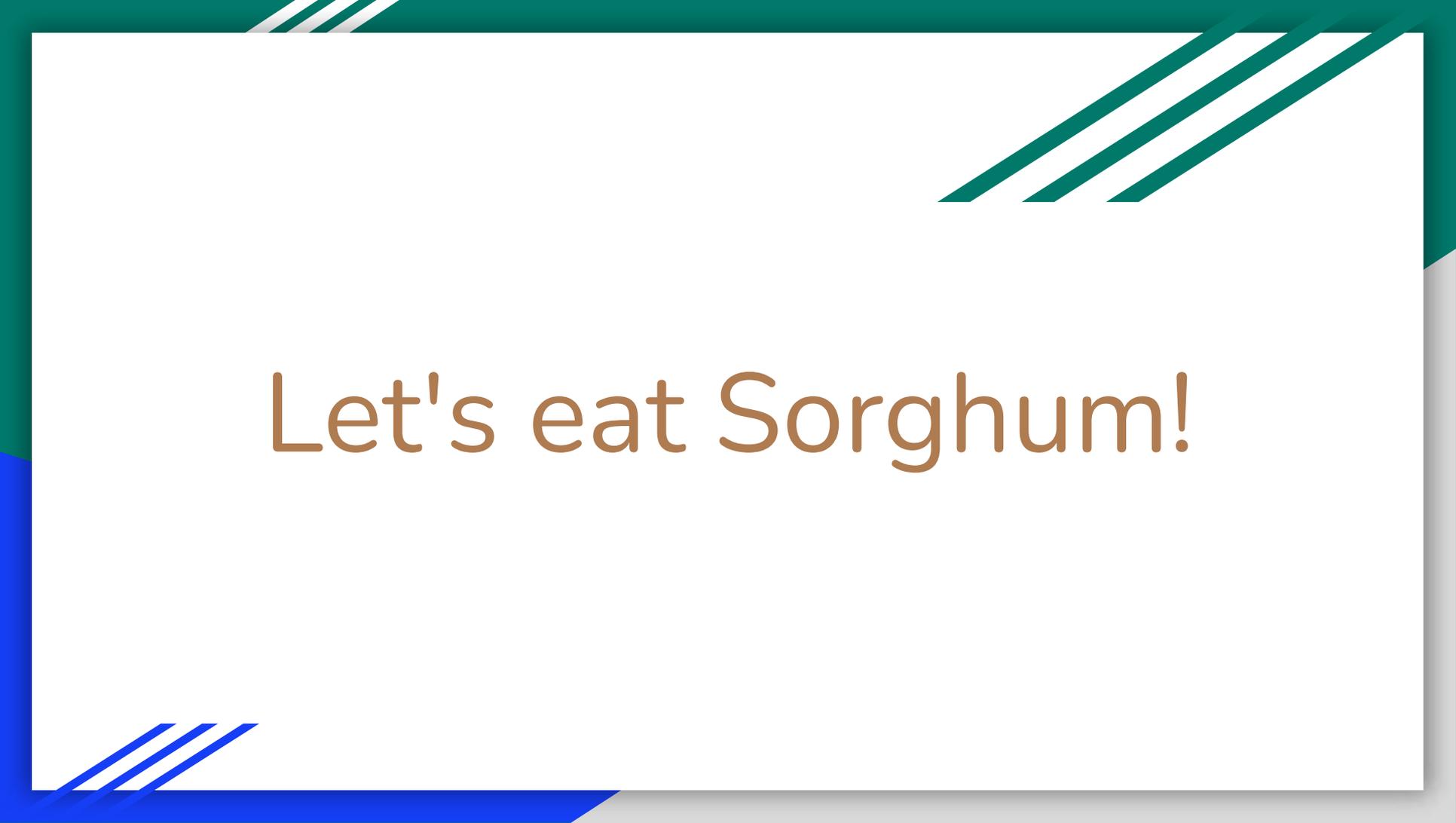
- Local dish of Nagano
- Easy to cook
- Made from flour

Oyaki

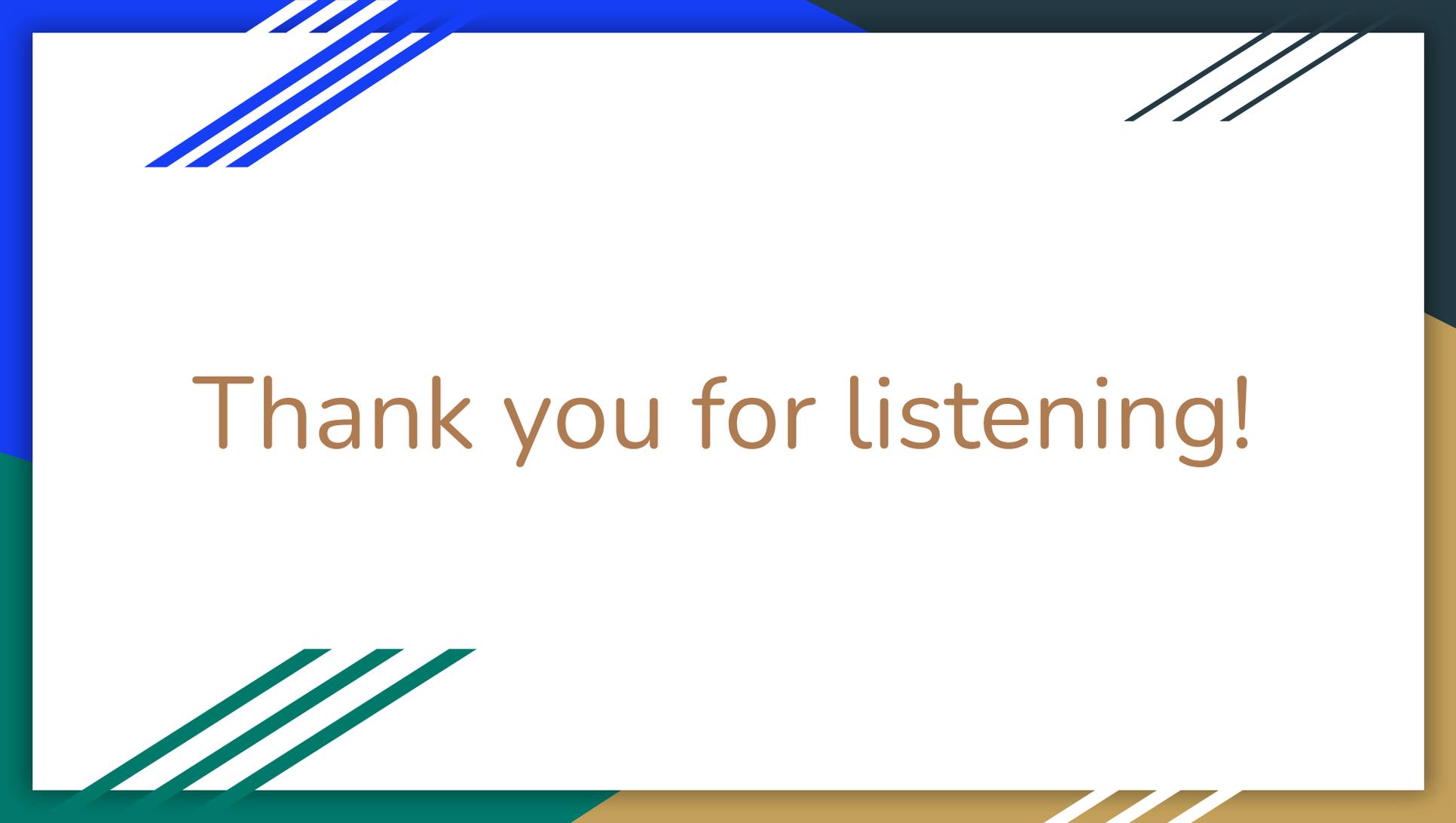


Cooking workshop  
for elementary school students  
(and parents)





Let's eat Sorghum!



Thank you for listening!