

KIRITAKA English Journal Vol.7

~ Stay Independent, Stay as ONE TEAM ~ Mar. 22nd, 2022

Do you know why has Russia invaded Ukraine?

~ Wars always include a lot of delicate affairs,

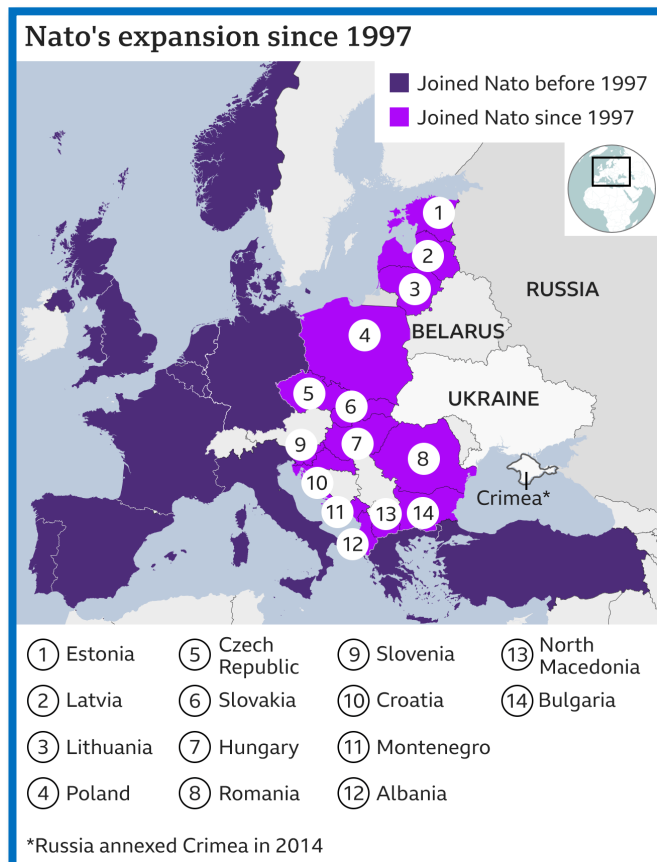
but you should try to know what has been happening in the world! ~

Most of you may have heard the news that Russia has started attacking Ukraine, a democratic nation in Europe. Do you know why the Russian President Vladimir Putin decided to do so? You should try to understand the reason why these attacks have occurred.

Of course, you cannot easily say one side is right, and that the other is wrong, because the background of wars and conflicts are always complicated. However, you should not ignore the fact that a lot of innocent people have been killed. Furthermore, you should know more about world history and international relations.

Some may say this is not a war, but an unprovoked invasion, as Russia has attacked Ukraine one-sidedly. Furthermore, this is not just a war between Russia and Ukraine, but one between Russia and Western countries. Ukraine lies between European countries and Russia. Many European countries have united as the EU for political and economic cooperation, but there is a much more influential "union" that makes a great influence on the world. It is NATO.

Do you understand the differences between the EU and NATO? NATO is an organization including the US and several European countries, which give military help to each other. Russia has been worried about NATO's expansion since 1997 (see below).



The US is a member of NATO, and also a world leader, which has opposed Russia. Recently, this situation has been called the "New Cold War". To stop the war, President Putin wants Ukraine to recognize Crimea as part of Russia. And he demands that Ukraine changes its constitution to guarantee Ukraine will not join NATO and the EU.

The Russian and US presidents have spoken several times via video link and over the phone. I hope they will find a way to solve the problems through discussion, and that you will have an opportunity to think of what you can do for people who have been suffering due to this war. (Toru Hoshino)

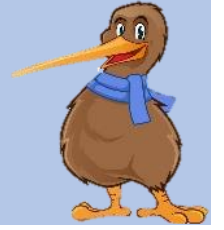


I hope the KIRITAKA English Journal will be accepted by you!

★T's Power Song★ This song was produced when the artist was 19 years old, and he tweeted, "Now people might had better feel pain" when it was released. I was very surprised at his comment and its lyrics, but I came to agree with him because I suppose you cannot feel pain unless you can feel others' pain. What do you think of the messages hidden in this song? <https://youtu.be/cgVFGJGFSrE>



Kiwi Corner



It has become March, and with it a new season has begun! We have entered spring, the season of fresh beginnings and new starts. In Japan, when you imagine spring, what do you think of? Having picnics in parks, enjoying the sight of cherry blossoms under bright blue skies, starting at a new school... maybe some of you dread the thought of spring because of hay fever caused by pollen allergies.



Hanami, a great Japanese tradition.



A tūi bird in a kōwhai tree.

In New Zealand, however, spring begins in September. And while we have cherry trees, spring in New Zealand is symbolized by the blossoming of the kōwhai tree. This tree is only found in New Zealand, and, as such, its blooms are considered to be the national flower (kōwhai means “yellow” in Māori, the language of the indigenous people of New Zealand).

New Zealand also has many endemic birds (only found in New Zealand), and another symbol of spring is when all these birds come out to sing after the long, cold winter. One bird that loves the nectar from kōwhai flowers is the tūi, they are commonly seen in kōwhai trees throughout New Zealand in springtime.

Another, maybe more famous, sign of spring in New Zealand is: lambs! New Zealand is famous for its sheep, but did you know there are more sheep in New Zealand than there are people? As of July last year, there were around 26 million sheep, while there are only 5.1 million people. That means there are over FIVE TIMES as many sheep as there are people. Crazy, right?!



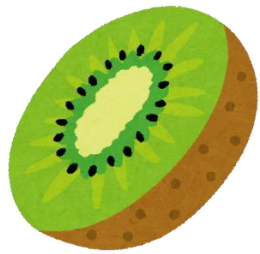
Lambs enjoying the spring sunshine.

As the events in Europe threaten to throw us into a dark and turbulent time, I hope the arrival of this new season brings light and happiness to people all over the world. On that note, I'd like to introduce another song to you. This song, written and produced in 1969, is quite old, but it is by a very famous British group. Maybe your parents (or grandparents!) know this song. I think it's suitable for this time of the year, and I hope you enjoy it as much as I do! Check it out at the link here: <https://youtu.be/KQetemT1sWc>

(Liam Campbell)



The Joseph Article



Kiwi Fruit: THE ONE TRUE

SUPERFOOD



Often, you will here the term “superfood” used on television or on internet advertisements. I think it is less important to think about eating a single food or ingredient to solve all your nutrition needs and focus more on dietary choices as a whole. In other words, having a balanced diet will always be more important in your overall health! Having said that, **Kiwi fruits** are different....

If there was one food you should consistently eat with a balanced diet, its **Kiwi fruits**. Unfortunately, this food makes up only 0.22% of the “global fruit bowl” (the fruits that we eat). Most fruits such as **apples**, **oranges** and **bananas** are much more popular. But what I will show you is that **Kiwi fruit**, based on their nutritional benefits should be much higher in popularity.

Green Kiwi Fruit vs. Oranges, Apples, Bananas, Strawberries and Blueberries

Table 1. Selected nutrient composition (raw, per 100 g edible portion) of kiwifruit and other commonly consumed fruit.

Nutrient	Green kiwifruit (Actinidia deliciosa)	Gold kiwifruit (Actinidia chinensis)	Orange (naval) (Citrus sinensis)	Apple (Malus domestica) with peel	Banana (Musa acuminata)	Strawberries (Fragaria x ananassa)	Blueberries (Vaccinium spp.)
Energy (kJ)	255	251	207	218	371	136	240
Carbohydrate (g)	14.66	14.23	12.54	13.81	22.84	7.68	14.49
Fibre, total dietary (g) ^f	3.39	2.0	2.40	2.70	2.40	2.30	2.70
Insoluble DF (g)	2.60	1.4	1.00	2.00	1.80	1.70	2.40
Soluble DF (g)	0.80	0.5	1.40	0.70	0.60	0.60	0.30
Sugars, total (g)	8.99	10.98	8.50	10.39	12.23	4.89	9.06
Vitamin C (ascorbic acid) (mg)	92.7	105.4	59.1	4.6	8.7	58.8	9.7
Vitamin E (α-tocopherol) (mg)	1.46	1.49	0.15	0.18	0.10	0.29	0.57
Vitamin K (phyloquinone) (µg)	40.3	5.5	0	2.2	0.5	2.2	19.3
Folate (µg DFE)	25	34	34	3	20	24	6
Beta carotene (mg)	52	43	87	27	26	7	32
Lutein+zeaxanthin (mg)	122	114	129	29	22	26	80
Potassium (mg)	312	316	166	107	358	153	77
Copper (mg)	0.13	0.15	0.04	0.03	0.08	0.05	0.06

Note: Nutrient values for the edible portion of fruit (USDA 2011). DF, dietary fibre; DFE, dietary folate equivalents.
^fFibre values (Schakel et al. 2001), except gold kiwifruit: total DF (USD 2011); insoluble, soluble DF (Personal communication with L. Drummond, ZESPRI International, Ltd., Mount Maunganui, New Zealand).

If you look at the scientific literature from this graph, in an article by the NRC Research Press, you will see that **Kiwi fruits** rank **first** in many important nutritional categories. They are **first place** in **Fiber**, **Vitamin C**, **Vitamin E**, **Vitamin K** and **Copper**. Kiwi fruits are also **second place** in **Beta Carotene**, **Lutein** and **Potassium**.

In the past, **Kiwi fruits** were mainly eaten to **help with digestion**, **improve sleep** and **enhance our immune system**. Kiwi fruits still have the same benefits today that they did many years ago.

It is said that about 1-2% of the world's population are allergic to Kiwi fruits, so be sure to recognize any symptoms and of course avoid the fruit if you are indeed allergic. I enjoy weight training and exercising very much, so I always try to eat Kiwi fruit at least a few times a week to help with my progress and nutrition. So, whether you call them “Kiwi fruits,” or by their more traditional name “Chinese Gooseberry,” let's help improve our diet by eating more Kiwi fruits and help bring this very underrated food into mainstream popularity!



Sources: <https://www.youtube.com/watch?v=bMD1he9CMWg>