

## UNIT 3 CONTEXT - Bibliography and References

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UNESCO to recognize Japanese food culture

<http://www.japantimes.co.jp/news/2013/10/23/national/unesco-to-recognize-japanese-food-culture/#:W1e0Y7aLSRs>

ABOUT JAPANESE SWEETS

[http://web-japan.org/niponica/pdf/niponica12/no12\\_en.pdf](http://web-japan.org/niponica/pdf/niponica12/no12_en.pdf)

<http://scholarworks.wmich.edu/cgi/viewcontent.cgi?article=1005&context=fracaa>

<https://news.ku.edu/2015/04/01/ku-expert-details-history-japanese-sweet-tooth-new-oxford-companion>

<http://www.tokyourbanbaby.com/2013/12/new-organic-milk-and-wild-milk-in-japan/>

Wild Milk + Organic Milk

Milk Caps

<http://knickoftime.net/tag/milk-caps>

IS milk good for u?

<http://www.healthyfood.co.nz/articles/2006/december/why-you-should-drink-milk>

Calcium intake is essential to developing the strongest bones we can when they are growing (up to our mid-twenties) and also to maintaining their strength throughout our lifetime. Calcium is stored in bones, so if we don't get enough calcium these stores are used for other essential functions, and your bones can be weakened - See more at:

<http://www.healthyfood.co.nz/articles/2006/december/why-you-should-drink-milk#sthash.mRUloGCT.dpuf>

Adding milk to your day

Think of milk as a food rather than 'just a drink'. Unlike other high-energy drinks, it provides a range of vitamins and minerals and it's filling. People who drink sweetened carbonated drinks often add extra kilojoules to their diet without realising it because these drinks don't make you feel full. The moral of the story: if you're hungry drink milk, if you're thirsty drink water.

Use milk on your cereal.

Drink milk as a between-meal snack.

Make a smoothie with milk and fruit like banana, kiwifruit, apricots, strawberries.

Add yoghurt, oats and a few nuts to your smoothie and call it breakfast.

Drink café latté or milky tea.

- See more at: <http://www.healthyfood.co.nz/articles/2006/december/why-you-should-drink-milk#sthash.mRUloGCT.dpuf>

<http://shop.actionposters.co.uk/vintage-milk-marketing-board-advert-a3-poster-reprint-12109-p.asp>

The milk carton

<https://www.theatlantic.com/national/archive/2012/08/the-surprising-history-of-the-milk-carton/260587/>

G.W. maxwell - The inventor of the first milk carton

<http://www.wisebread.com/the-meaning-of-milk-label-colors>

Milk is a powerhouse beverage because it contains tryptophan which our bodies convert over to serotonin. Also, the calcium, magnesium and vitamins in milk work to lower the blood pressure.

<https://saveourbones.com/osteoporosis-milk-myth/#>

[https://en.wikipedia.org/wiki/White\\_Rabbit\\_\(candy\)](https://en.wikipedia.org/wiki/White_Rabbit_(candy))

<http://www.japan-guide.com/forum/quereadisplay.html?0+107739>