# AYAKA'S unique NUTRITION

# What should we teach children for our future?

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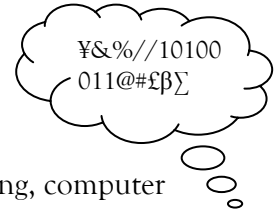
I got a flyer about a "Coding class" from my daughter's primary school.  Computer skill is necessary for this modern society, however is it necessary to teach 7-8 year-old children coding, computer 3D design or programming games?  This will take place during break time twice a week.  Is it more important than outdoor play, running around and socialising?  Does it mean it will be too late for them to start these computer skills in high school?  Maybe in the near future, people don't have to write, make a plan or even think.  Robot apps such as Allo, Amy or Viv can do everything for you from booking a restaurant to responding to your friends email. [1]  It may be time to let a bot do the job for you.  We may be too busy or lazy to do everyday tasks.  Are we really?  If we human beings lost our face to face communication, connection and/or hands-on skills, what exactly are we?  Are we controlled by these technologies?  Don't you wonder and worry?  I have seen a great number of people talking without looking at each other or with tapping their phone or tablet.  The Australian Government encourages children to use more computers and wi-fi devices at their schools.  I really hope there are still people who teach children the wonder of nature, the importance of real connection and caring about others.  What can you teach your children without using computers?

## Microwave ovens' horror

Do you think a microwave oven can destroy your foods? Yes and No.  You can destroy and ruin your foods by anything you did wrong, such as burning or over cooking.  So how was that idea born?  How many people do actually read a microwave's manual?  (I'm sure my mum has never read it.)  Some people put cutleries and foils (fire hazard) or set the wrong time (burning) and put foods without covering (explosive).  We should look up proper information.  According to Dr. Ballantyne [2](aka Paleo mom), microwaves, nuclear bombs and electromagnetic fields (EMF) which are emitted from Wi-fi devices all have different wavelengths.  This means each of them affect foods and/or our bodies differently.  It is true that microwave cooking kills foods. (i.e. Legumes & nuts can't sprout after being microwaved.)  However, this is what all *COOKING* does.  Except for raw foods, in general we eat 'dead foods' and this is not wrong or bad.  This simply enables us to digest foods easily and is possibly the reason why we got bigger brains than our ancestors'.  So why not explore microwave cooking?

### Omelette (serve 1)

Ingredients:

*2 eggs - beat roughly (organic or free range is preferable.)

*¼ onion- sliced

*1-2 mushrooms - sliced

*handful leafy greens  (lettuce, rockets, baby kale, etc.)

* salt & pepper

Direction:

1)Put onion and mushrooms in a bowl.  Cover with a plate and microwave for 50 sec to 1 minute. (depending on microwave's strength)

2)Add eggs and cover with a plate, microwave for 1 minute. (If it's not cooked all, add more 20 seconds)

3)Serve with leafy green, salt & pepper. (or with your favourite sauce)
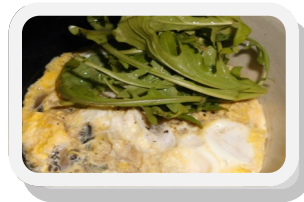
## 10 Microwave ovens Great Points

1) Cost effective
2) Easy to use
3) Relatively safe   = no open flames
4) Doesn't require oil to cook foods
5) Doesn't emit heat outside
   = good to use in hot summer days
6) Can keep some nutrition
   = prevents from losing water soluble vitamins
7) Can cook small amount  (e.g. boil water for one mug or cook 1 egg)
8) Can be less washing
   = no need to use pots & pans
9) Cooks faster than using an oven
   = make a breakfast cake in 5 minutes
10) Easy to clean
   = cleaning an oven is much harder

*1: Rutkin A. (2016)Say Allo to those vying to be your assistant. *New Scientist* 28 May2016 p21

*2 http://www.thepaleomom.com/are-microwaves-safe-to-use/