

For those who are not good at Japanese

It's proverbial quiz.

Do you understand the blank words?

- 1 When the persimmon turns red, the turns blue.
- 2 When the comes out, the anma retracts.
- 3 Don't eat by the daughter-in-law.



Persimmon nutrition

Rich in vitamin c and potassium dietary fiber. Cold prevention, Edema improvement, Beauty effect. But it's high calories so you don't have to eat too much.



Eggplants nutrition

The purple pigment has antioxidant properties. It will prevent cancer and lifestyle-related diseases. Rich in potassium so cools the heat in your body.



Saury nutrition

Rich in DHA and EPA. Has a smooth blood effect. Furthermore rich in iron so prevents anemia.

Quiz answer

1,doctor 2,saury 3,autumn eggplants