

## Appendix A:

(translated in English)

Lesson 6

Reading #4 Which Vegetable Juice Do You Choose?

Opportunities to drink vegetable juice have been increasing recently, especially among women in their 20s and 30s. One of the main reasons for this is that health consciousness increases among these generations. The Ministry of Health, Labor and Welfare recommends eating more than 350 g of vegetables a day, but practically speaking, this is very difficult. Various kinds of vegetable juices thus line the store shelves, claiming to be an "Excellent supplement to get 350 g of vegetables each day." This report compares two of the most popular vegetable juices.

"Kagome Juice" (200 ml, 350 yen) is a considerably high-concentration juice, containing 350 g of vegetables in 200 ml. According to the package, it is 100% vegetable juice, with no salt or sugar added. In addition, it contains no additives. It also claims to contain 30 kinds of vegetables. As for nutrients, vitamin C, calcium, beta-carotene, potassium, magnesium, and lycopene acid are written on the package.

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"ItoEn Juice" (250 ml, 400 yen) does not contain salt, sugar or additives either, and it is also 100% vegetable juice. However, it contains 10% more beta-carotene than Kagome, and it does not list lycopene acid on its package.

As for the color of the juice, Kagome's is deep red just like tomatoes, while ItoEn's is more orange-ish, like the color of carrots. As for the texture, Kagome's is thick and feels like drinking tomato juice. On the other hand, ItoEn's is smooth and somewhat sweet; the taste is more like carrots, and it is easy to drink.