

# A Practical Study on the Effect of Using Picture Books in Dietary Guidance

ONO Akiko

Graduate School of Science for Human Services, Ritsumeikan University

**Keywords:** dietary guidance, picture books, meaning of eating

Many difficult cases have emerged regarding dietary guidance in recent years. The appetites of patients are influenced by emotion in these cases. However, conventional scientific evidence-based dietary guidance has not focused on the influence of emotion in patients. Consequently, it is necessary that dietary guidance focuses on the emotions of patients. This study intends to elucidate this issue through a case study.

The case study was conducted with a patient where the exact meaning of eating for the patient was observed under the influence of the emotions of the patient. A picture book about wild dogs was given to the patient, who had difficulty regarding dietary guidance in this study. Then, it was observed whether any impulse from the wild dogs depicted in the picture book and whether the appetite of the patient according to their emotions of the patient revealed a relationship.

The patient saw an awakening in their appetite, influenced by the emotions in the patient, due to the picture book. There was also meaning in that sometimes the patient eats too much in daily life. The patient changed their views by having found the meaning by themselves.

It is impossible that the meaning of eating for the patient can be proven by science. However, it is important to realize what eating means for the patient, in order for the patient to work voluntarily on diet therapy. Therefore, two types of dietary guidance are considered to be necessary. One is dietary guidance for understanding the meaning of eating for the patient; and the other is conventional scientific evidence-based dietary guidance.

It was suggested that using a picture book with the patient was effective in this study. The reason for this is that a patient obtained an opportunity to wake up for activity due to the emotions and the body of a patient, for using a picture book. The picture book gave some incentive regarding diet therapy for the patient. Consequently, it is important that dietary guidance that focuses on the emotions and appetite of the patient provide meaning for eating in such patients.