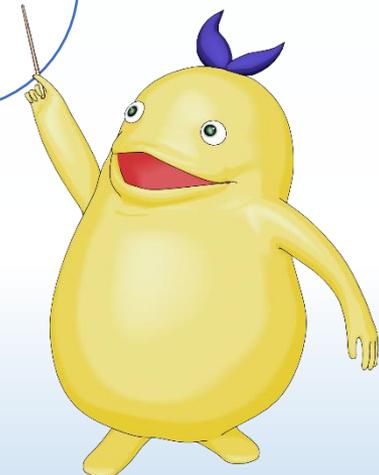
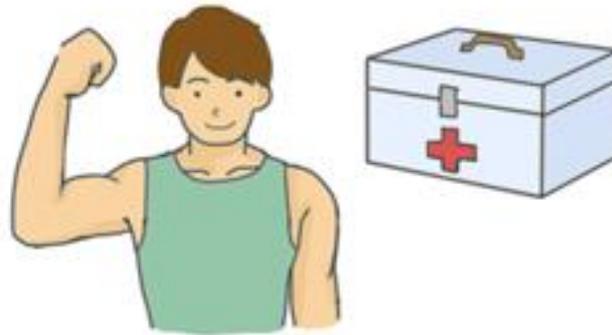


# Japanese People & Health Quiz



What is the telephone number to call an ambulance in Japan?

① 110

② 119

③ 911

④ 011



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What do you call the comprehensive medical checkup at a hospital where you undergo various examinations to check your health?

- ① karada chekku
- ② ningen dokku
- ③ shintai sokutē
- ④ kenkō kensa



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① karada chekku

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Which of the following departments in the hospital is the place you should go when you catch a cold?

- ① naika
- ② geka
- ③ ganka
- ④ nōgeka



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Which of the following departments in the hospital is the place you should go when you have a bone fracture?

① kēsēgeka

② geka

③ sēkēgeka

④ nōgeka



Which of the following departments in the hospital is the place you should go when you have a bone fracture?

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Which department in the hospital examines children's health?

- ① kodomoka
- ② shōnika
- ③ jidōka
- ④ wakamonoka



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Which of the following items is necessary when you consult a doctor in a hospital?

① menkyoshō

② kaiinshō

③ kensashō

④ hokenshō



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What do you call the allergic reaction to airborne pollen that makes you keep sneezing and your eyes itchy?

- ① kafunshō
- ② kafunbyō
- ③ kafunkaze
- ④ kafunnetsu



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What do you call the ailment that makes your shoulder, neck, or back stiff and painful because of fatigue?

- ① kataita
- ② katagatame
- ③ katakori
- ④ katahari



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What do you call the condition caused by too much drinking on the previous night and which leads to a headache or other physical discomfort?

- ① nokorizake
- ② futsukazake
- ③ futsukayoi
- ④ nokoriyoi



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At what age do males enter the year of “taiyaku,” which is said to be a year when men may experience calamity and illness or misfortune?

- ① 32 years old
- ② 37 years old
- ③ 42 years old
- ④ 47 years old



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At what age do females enter the year of “taiyaku,” which is said to be a year when women may experience calamity and illness or misfortune?

- ① 33 years old
- ② 38 years old
- ③ 43 years old
- ④ 48 years old



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- ① 33 years old
- ② 38 years old
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Among the following Japanese traditional medicines, which is for stomachache?

- ① Ryukakusan
- ② Seirogan
- ③ Jintan
- ④ Uzu Kyumeigan



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Among the following Japanese traditional medicines, which is for cough?

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What is the name of the Japanese traditional medicine used for insect bites?

① Ponkan

② Tankan

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④ Kinkan



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Which of the following prefectures is known for the “okigusuri” system, in which a designated pharmacist leaves a box of medicines at a home and money is later collected only for what has been consumed?

- ① Akita
- ② Toyama
- ③ Yamanashi
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Which of the following foods is said to prevent a cold if taken on the day of the solstice?

①

だいこん



daikon radish

②

なす



eggplant

③

かぼちゃ



kabocha pumpkin

④

きゅうり



cucumber

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kabocha pumpkin

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cucumber

Which of the following items is said to prevent a cold if put into a bathtub on the day of the solstice?

①

ゆず



yuzu citrus

②

ねぎ



negi green onion

③

お酒

さけ



sake

④

しょうが



ginger

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Which of the following fish is said to provide strength for your tired body if taken on summer days?

①

鯛  
たい



sea bream

②

鮭  
さけ



salmon

③

ウナギ



eel

④

アンコウ



anglerfish

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In Japan, which of the following foods has long been said to be “good for your hair”?

①

卵  
たまご



egg

②

もち



mochi rice cake

③

納豆  
なっとう



nattō

④

わかめ



wakame seaweed

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umeboshi dried plum

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What do you call the expression used to describe a healthy and simple meal, which literally means one soup and one side dish in Japanese?

- ① ichiwan issara
- ② ichijū issai
- ③ ichiin isshoku
- ④ ichini ichiyaki



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What do you call the handbook provided by your local municipality for keeping a record of your child's health when you become pregnant?

- ① boshi techō
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What do you call the warm-up exercise that is familiar to most Japanese? People usually gather at a nearby park in the morning to do this exercise, typically during summer holidays.

- 
- ① Kokumin Taisō [National Exercise]
  - ② NHK Taisō [NHK Exercise]
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What do you call the device used for fitness walking, in order to count the number of steps you have walked?



- ① juppokē [10-step pedometer]
- ② hyappokē [100-step pedometer]
- ③ senpokē [1,000-step pedometer]
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What do you call the exercise to train the arm and chest?



- ① udemagefuse
- ② udeoshifuse
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What do you call a day when you refrain from alcohol? It is a day to be set up by those who drink every day.

① kyūshubi [alcohol rest day]

② kyūinbi [drink rest day]

③ kyūkanbi [liver rest day]

④ kyūsuibi [drunkenness rest day]



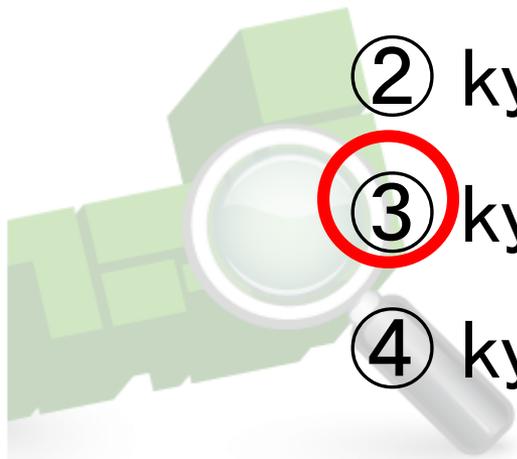
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In Japanese superstition, what will you become if you lie down soon after you have finished your meal?

- ① cow
- ② dog
- ③ horse
- ④ sheep



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What is the expression to describe that it is healthier to stop eating before your stomach gets completely full?

- ① hara rokubunme [stomach is 60% full]
- ② hara shichibunme [stomach is 70% full]
- ③ hara hachibunme [stomach is 80% full]
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Which of the following expressions is used when you have a headache?

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Which of the following expressions is used when you get severely sunburned, causing your neck or back to be painful?

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What is the expression meaning to cure illness by bathing in hot springs?

- ① yunyūin
- ② yunaoshi
- ③ yuisha
- ④ tōji



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What do you call the relaxation and health method of lying down on heated bedrock and sweating, like in a sauna?

- ① iwaburo
- ② iwasauna
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Which of the following sake has long been said to be good for you when you catch a cold in Japan?

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- ② ochazake [tea sake]
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Which of the following is the “okayu [rice porridge]” that people eat for their health on January 7th, the day when the New Year holidays end in Japan?

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- ② umeboshigayu
- ③ azukigayu
- ④ kabochagayu



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What is the practice considered so good for health that it is said in a Japanese proverb to bring three coins of profit (“Sanmon no Toku”)?

- ① early rising
- ② abstinence from drinking
- ③ abstinence from smoking
- ④ filial piety



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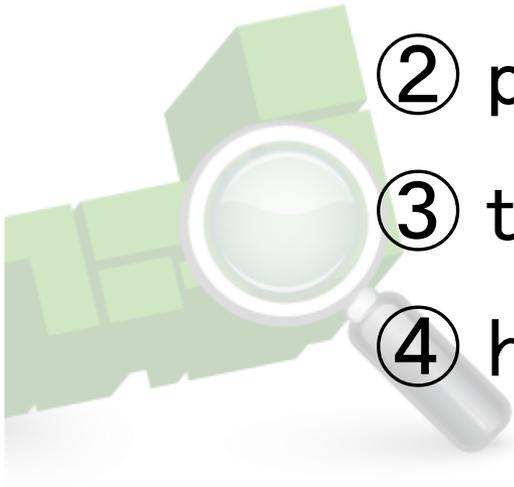
③ abstinence from smoking

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What do you do in the “kenkō rando [health land]” facilities that you can find across Japan?

- ① see a doctor for a checkup
- ② play sports
- ③ take a bath
- ④ have a healthy meal



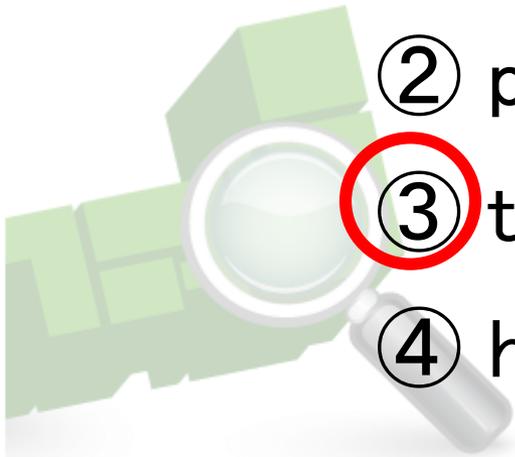
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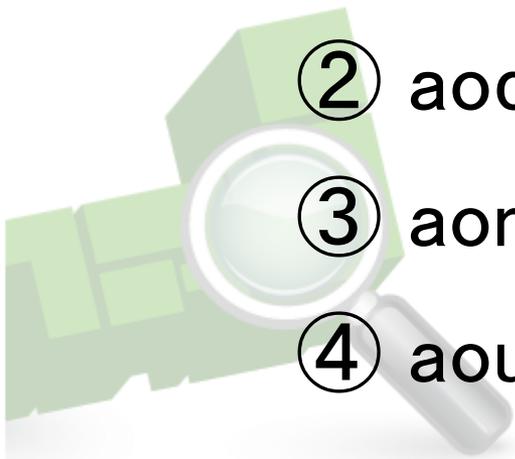
Which of the following is used in Japanese foot reflexology because it is said to stimulate pressure points on one's feet?

① aozasa (green bamboo grass)

② aodake (green bamboo)

③ aomatsu (green pine)

④ aoume (an unripe green ume)



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