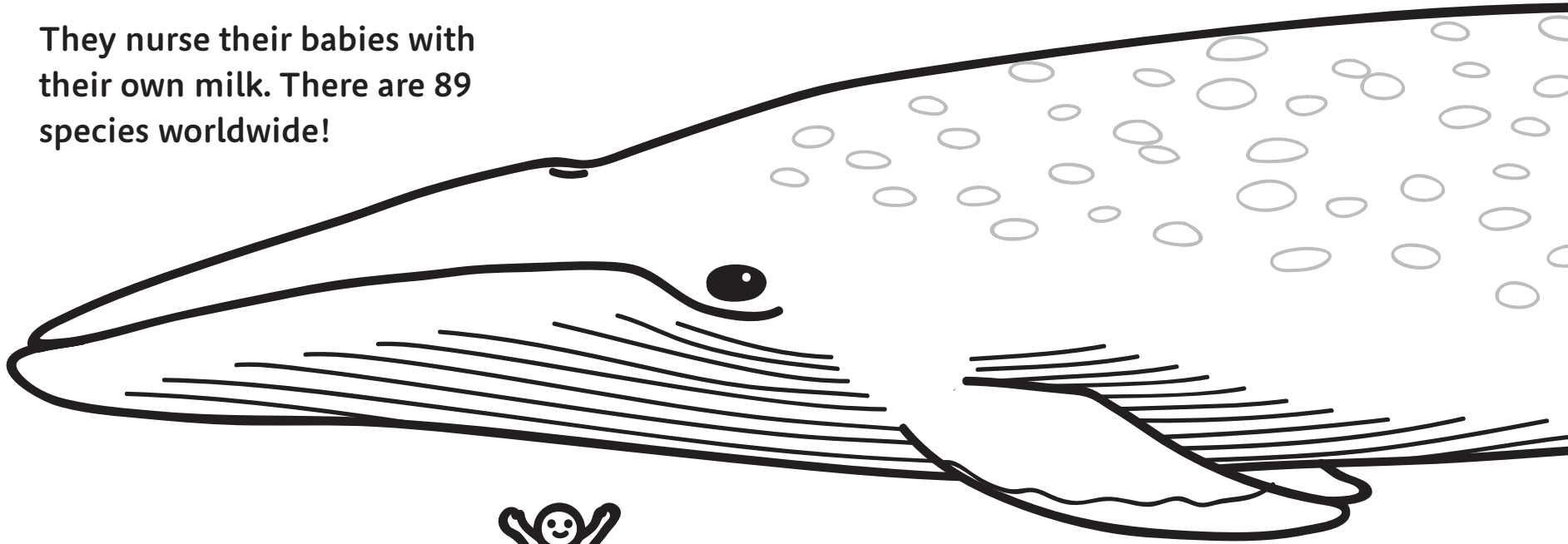




# Whale Coloring Book

# Whales and dolphins are mammals like us.

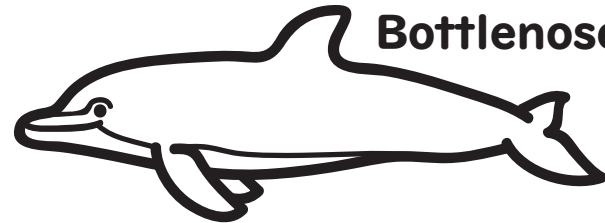
They nurse their babies with their own milk. There are 89 species worldwide!



Human

**Different size,  
different name**

Any species over 4 meters is called a whale. Anyone smaller, a dolphin.

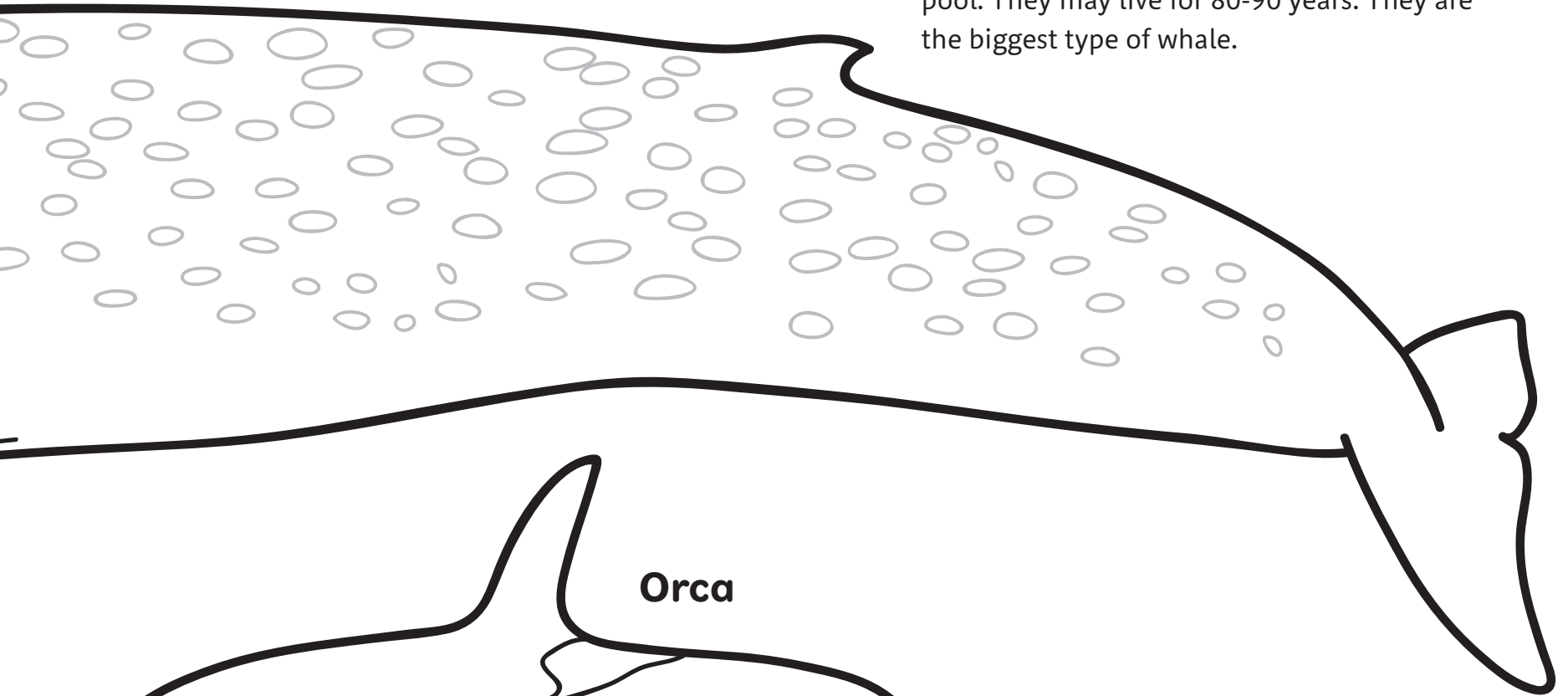


Bottlenose dolphin

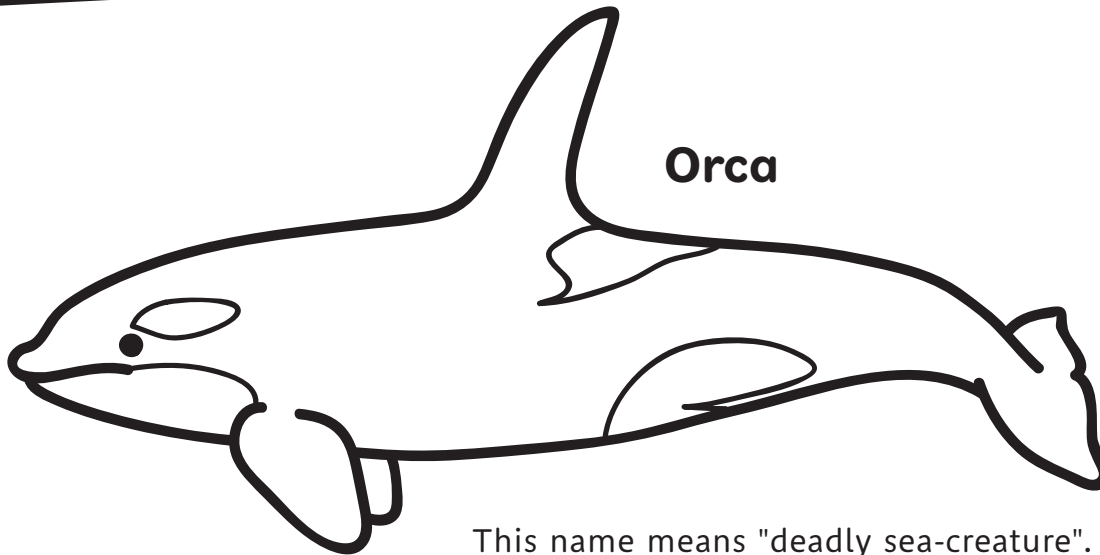
They are friendly and you may spot them in the aquarium.

## Blue whale

They grow bigger than a 25-metre swimming pool. They may live for 80-90 years. They are the biggest type of whale.

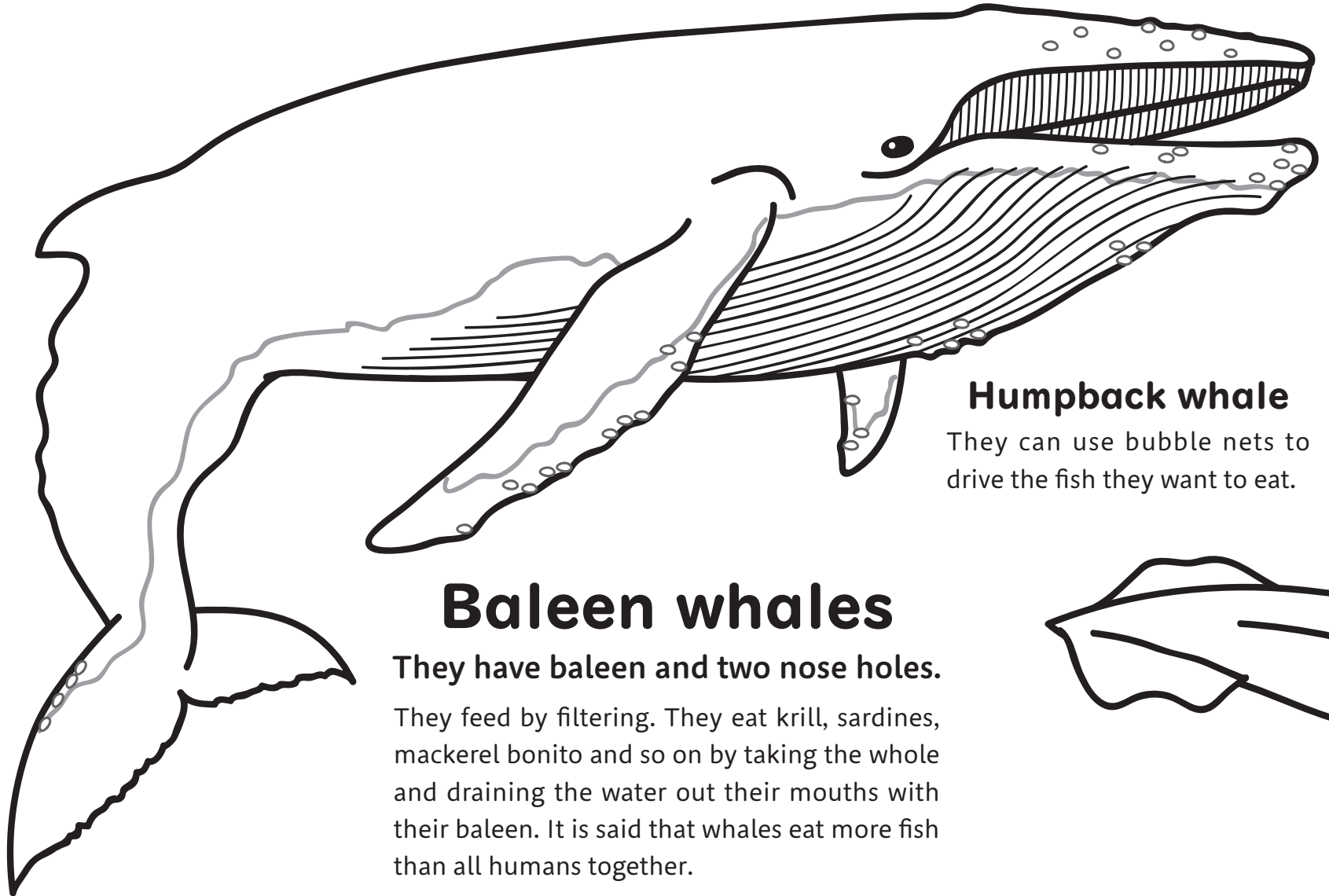


## Orca



This name means "deadly sea-creature". They are also called killer whales. They may eat other whales.

# What are baleen whales and toothed whales?



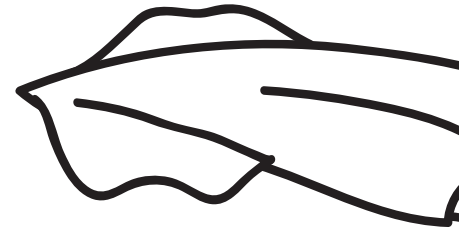
## Humpback whale

They can use bubble nets to drive the fish they want to eat.

## Baleen whales

They have baleen and two nose holes.

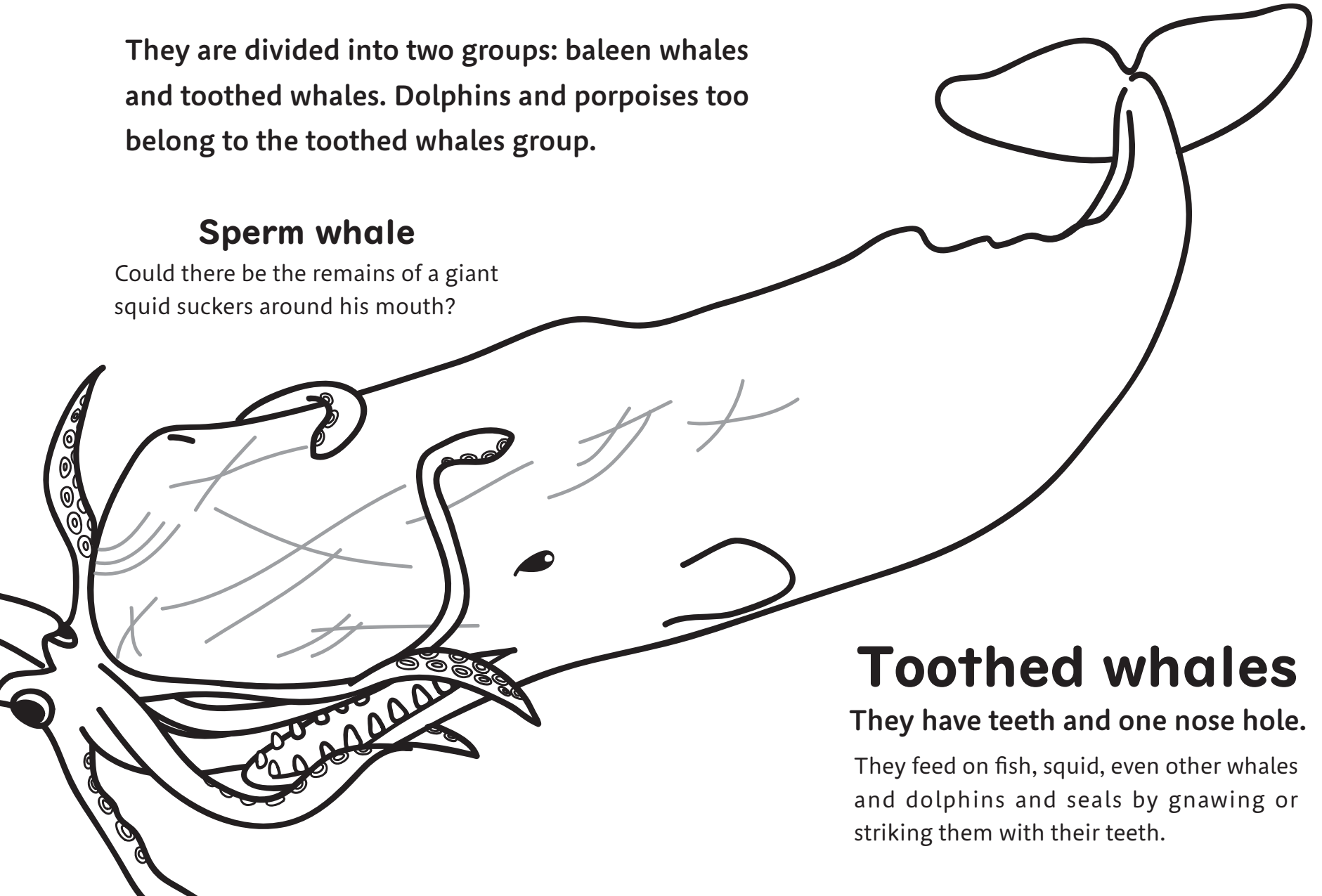
They feed by filtering. They eat krill, sardines, mackerel bonito and so on by taking the whole and draining the water out their mouths with their baleen. It is said that whales eat more fish than all humans together.



They are divided into two groups: baleen whales and toothed whales. Dolphins and porpoises too belong to the toothed whales group.

### **Sperm whale**

Could there be the remains of a giant squid suckers around his mouth?



### **Toothed whales**

They have teeth and one nose hole.

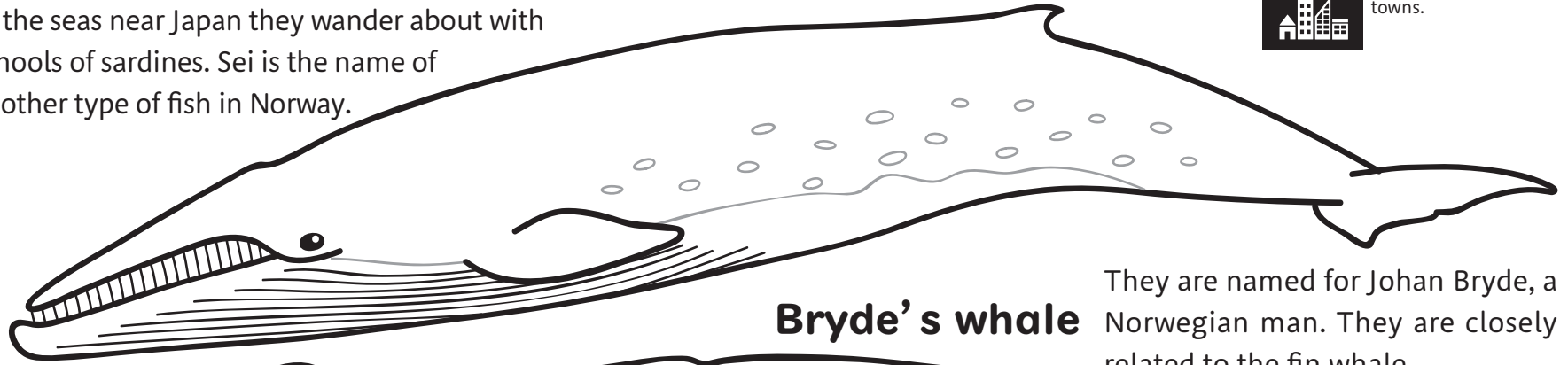
They feed on fish, squid, even other whales and dolphins and seals by gnawing or striking them with their teeth.

# Sei whale

In the seas near Japan they wander about with schools of sardines. Sei is the name of another type of fish in Norway.

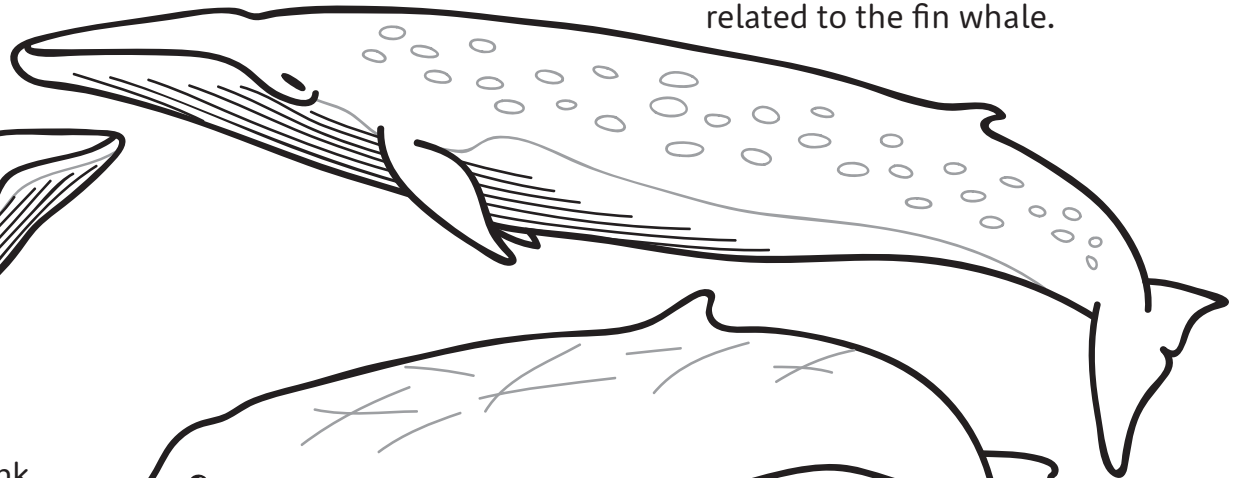
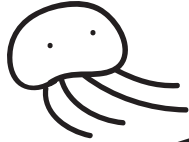


Catching whales helps to keep harbours and towns.

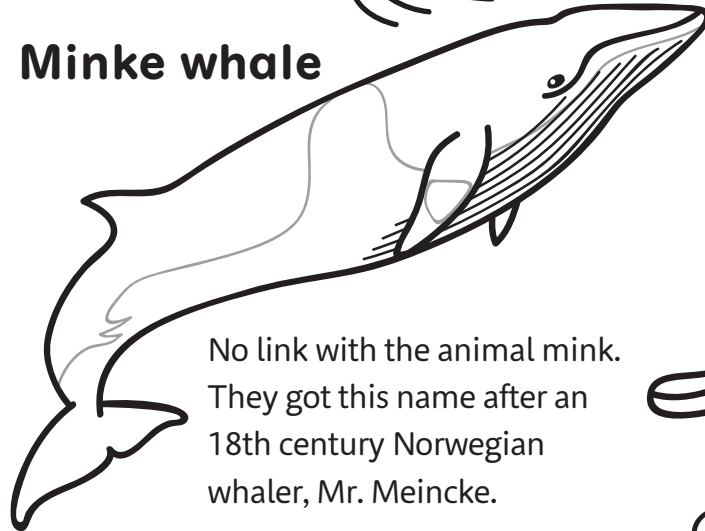


## Bryde's whale

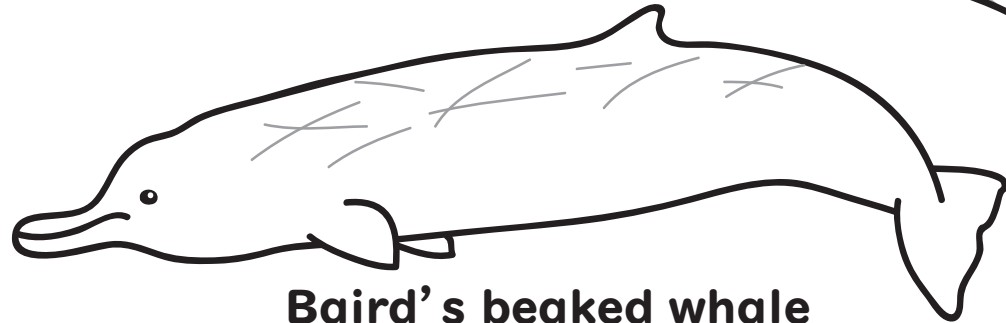
They are named for Johan Bryde, a Norwegian man. They are closely related to the fin whale.



## Minke whale



No link with the animal mink. They got this name after an 18th century Norwegian whaler, Mr. Meincke.



## Baird's beaked whale



Named after Spencer F. Baird, an American man. Also called giant bottlenose whale. The snout looks like a bottle!

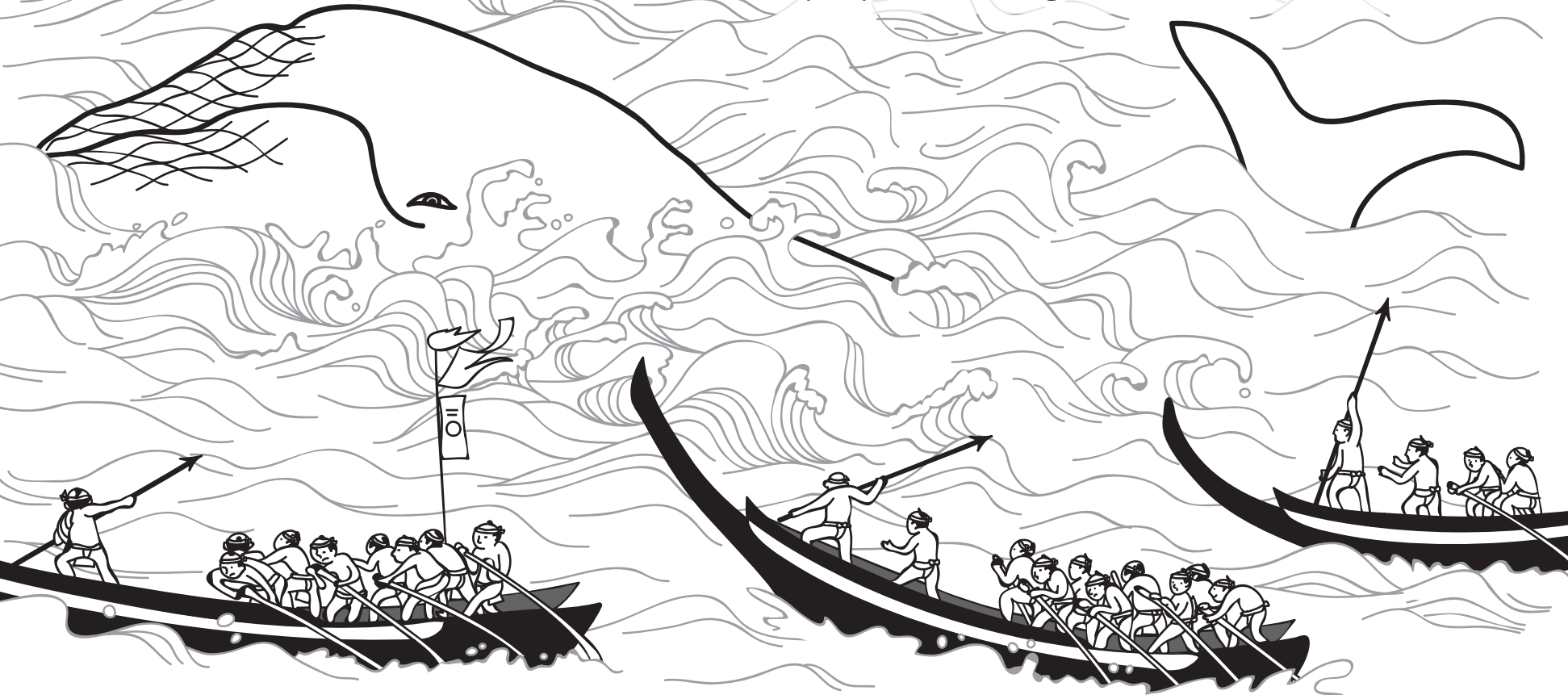
# Whales caught and eaten in Japan



In maritime countries where it is difficult to raise cattle, whales are an industry (they provide us with food, money, jobs).

# Catching whales?

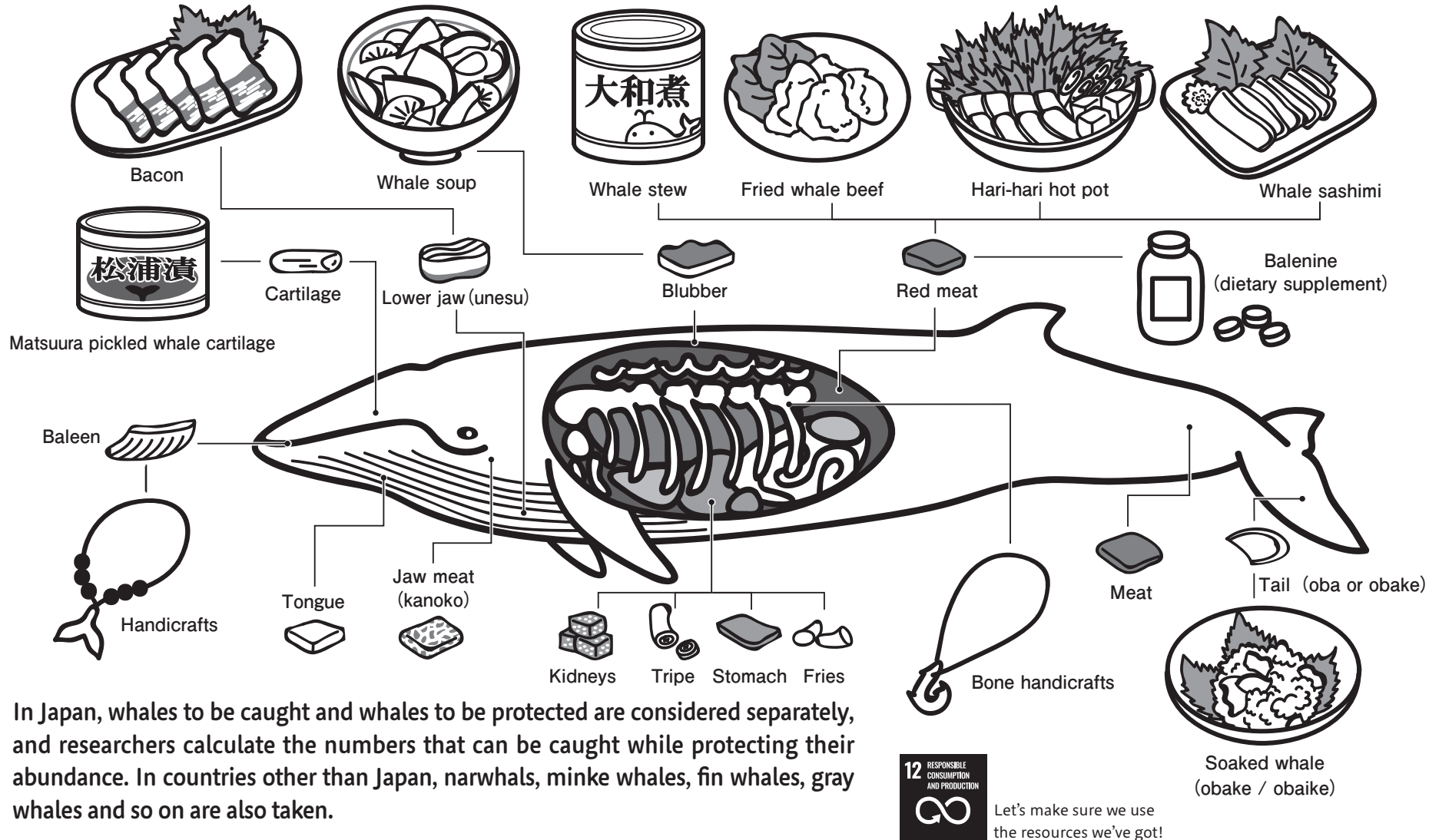
Since long ago there were and still are many people who work hard to catch, transport and cook them as food. It is the work of all these people that brings food to our tables.



# Use of whales

Whales are rich in DHA and EPA because they eat a lot of fish. Eating whale means getting the best of both fish and meat!

**Quiz** Whales are hunted, not haunted. “Obake” means ghost in Japanese. What do you think obake refers to?



In Japan, whales to be caught and whales to be protected are considered separately, and researchers calculate the numbers that can be caught while protecting their abundance. In countries other than Japan, narwhals, minke whales, fin whales, gray whales and so on are also taken.



Let's make sure we use the resources we've got!



# What is food culture?



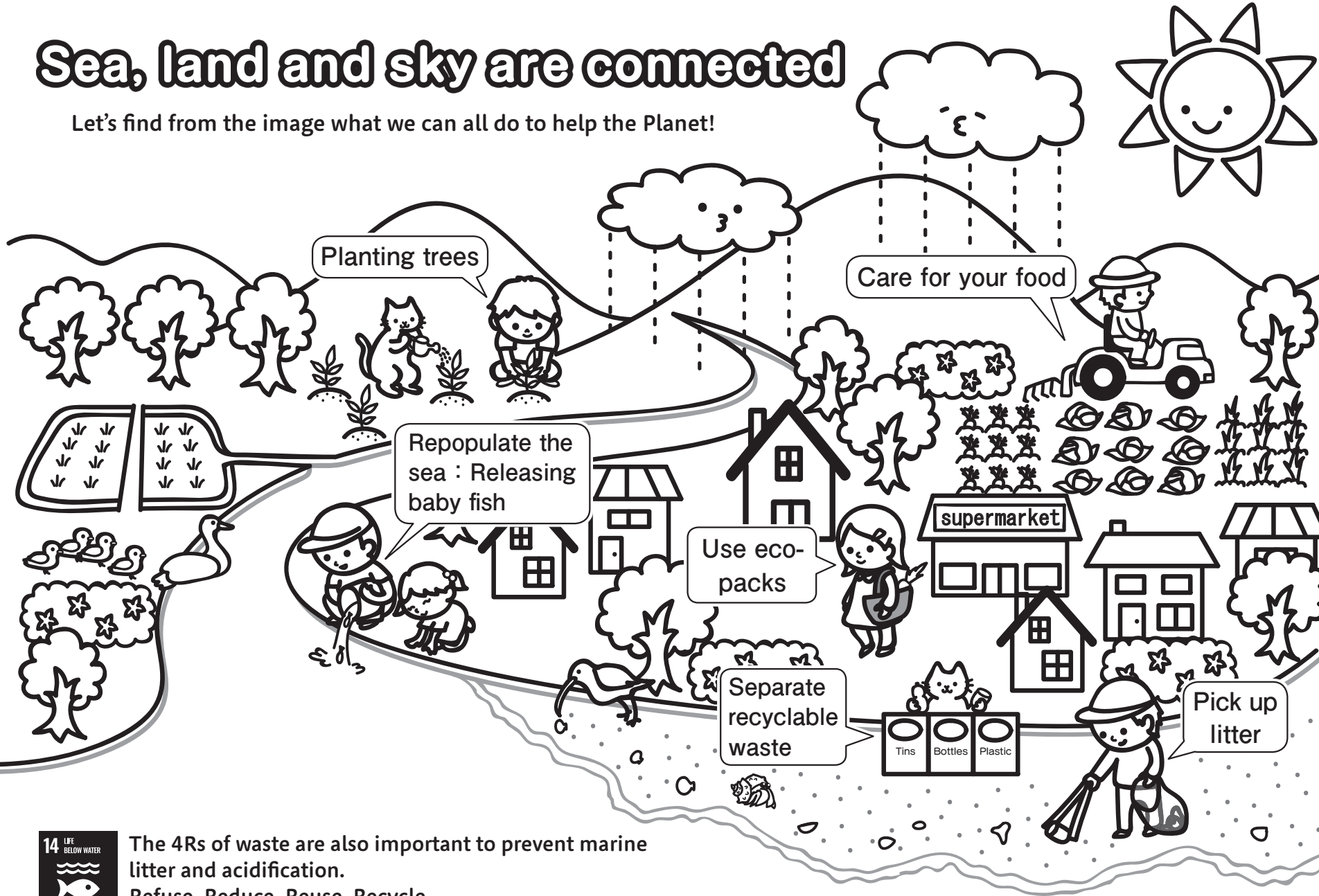
Let's recognize each other's national and regional produce!



We human beings stay alive by eating living things. All over the world, there is a cuisine that suits each place. For example, in Peru, cows and pigs don't grow well in the cold high mountains, so people eat alpacas and guinea pigs. It's important to both feel sorry for all food animals and to appreciate the diversity of ways of thinking and cultures!

# Sea, land and sky are connected

Let's find from the image what we can all do to help the Planet!



Planting trees

Care for your food

Repopulate the sea : Releasing baby fish

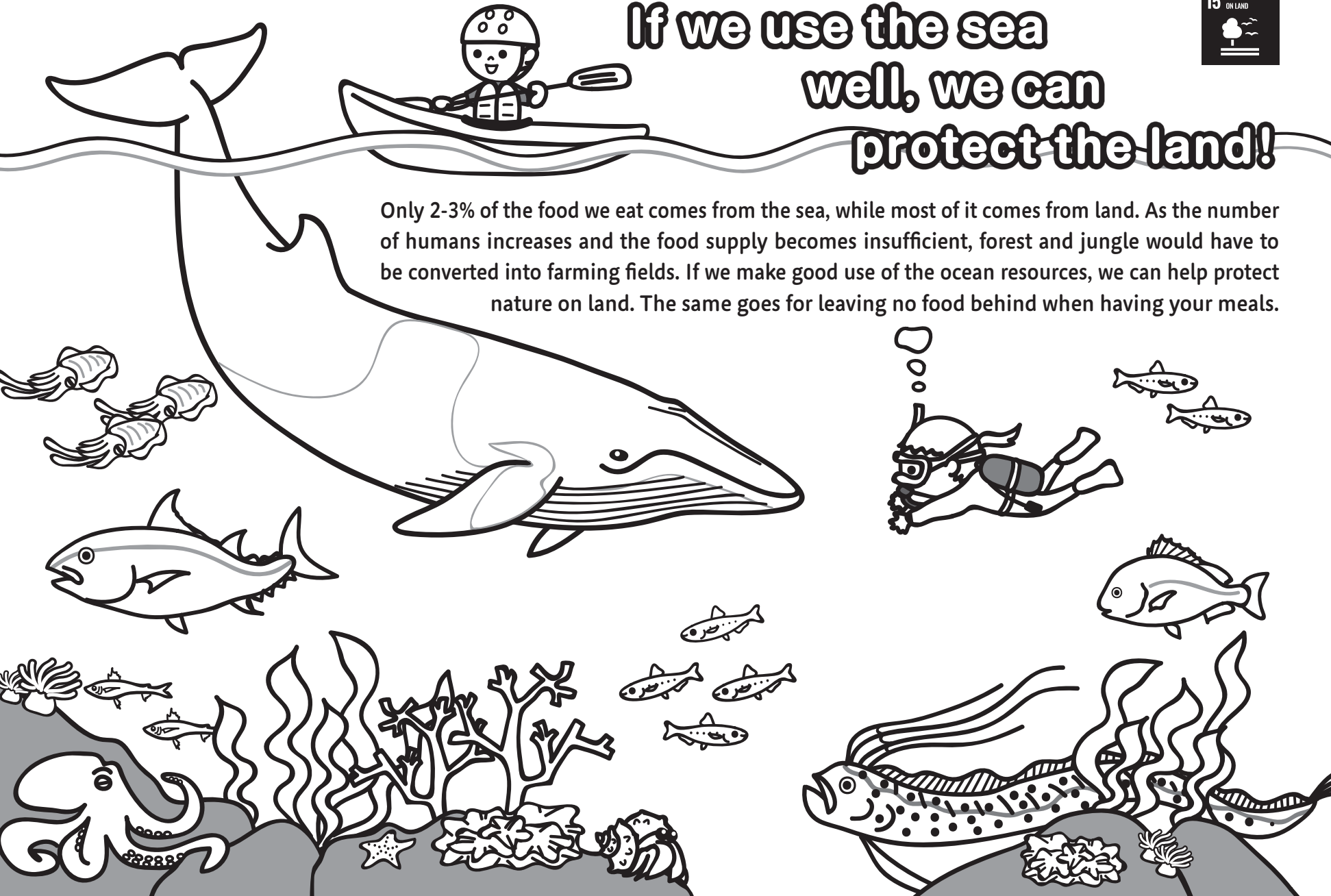
Use eco-packs

Separate recyclable waste

Pick up litter

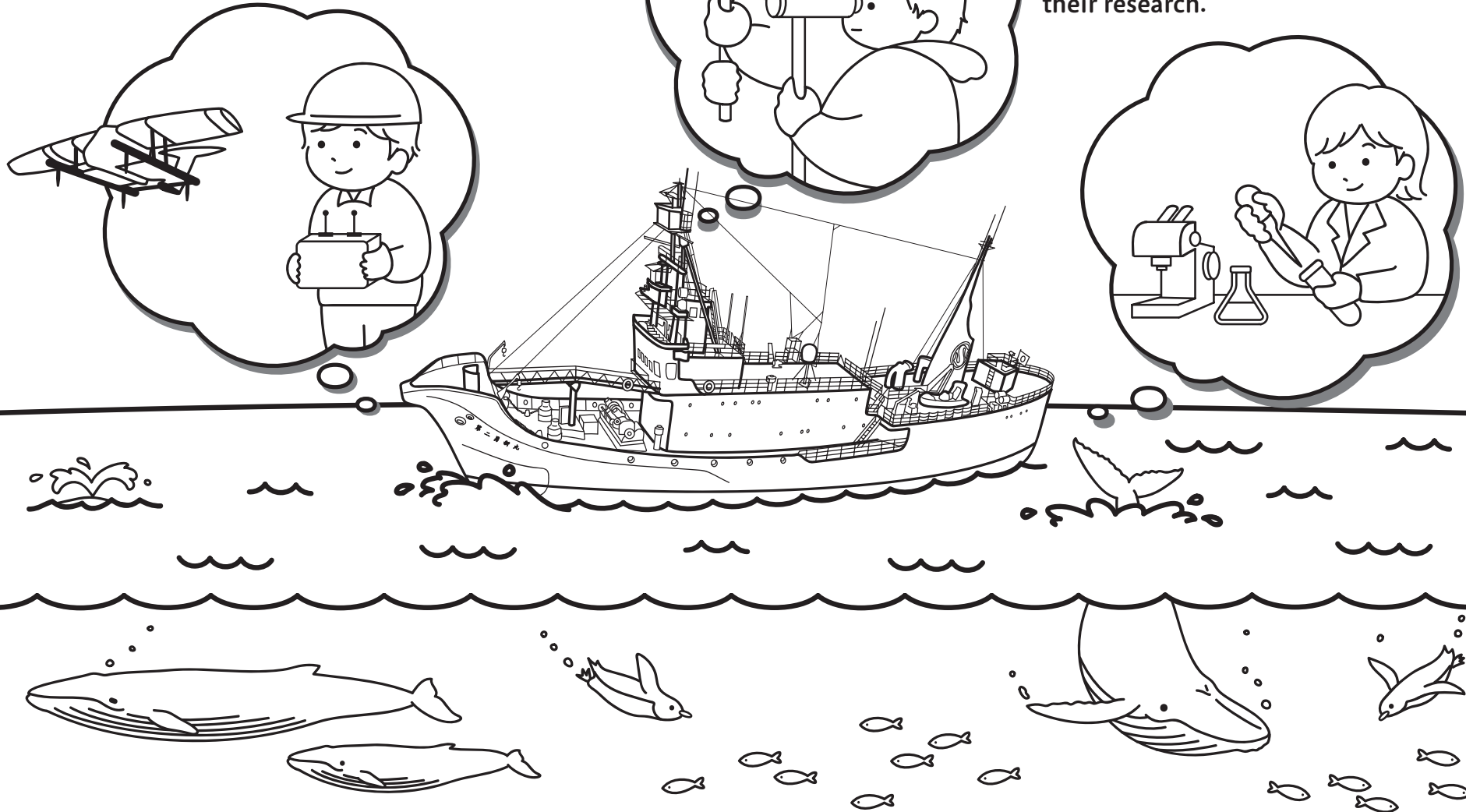
# If we use the sea well, we can protect the land!

Only 2-3% of the food we eat comes from the sea, while most of it comes from land. As the number of humans increases and the food supply becomes insufficient, forest and jungle would have to be converted into farming fields. If we make good use of the ocean resources, we can help protect nature on land. The same goes for leaving no food behind when having your meals.



# For the sustainable use of whale resources

To study whales both at sea and on land, we use lots of equipment, even drones! Whales are huge, but both female and male scientists work hard on their research.



In 2015 the U.N. General Assembly adopted the 2030 Agenda for Sustainable Development that includes 17 Sustainable Development Goals (SDGs) to transform our world. The new Agenda emphasizes a holistic approach to achieving sustainable development for all.



THE INSTITUTE OF  
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一般社団法人 大日本水産会

JAPAN FISHERIES ASSOCIATION

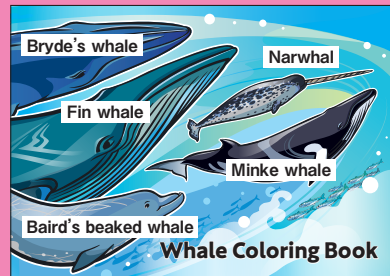
JAPAN FISHERIES ASSOCIATION  
Promotion Center for Consumption

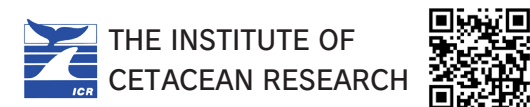
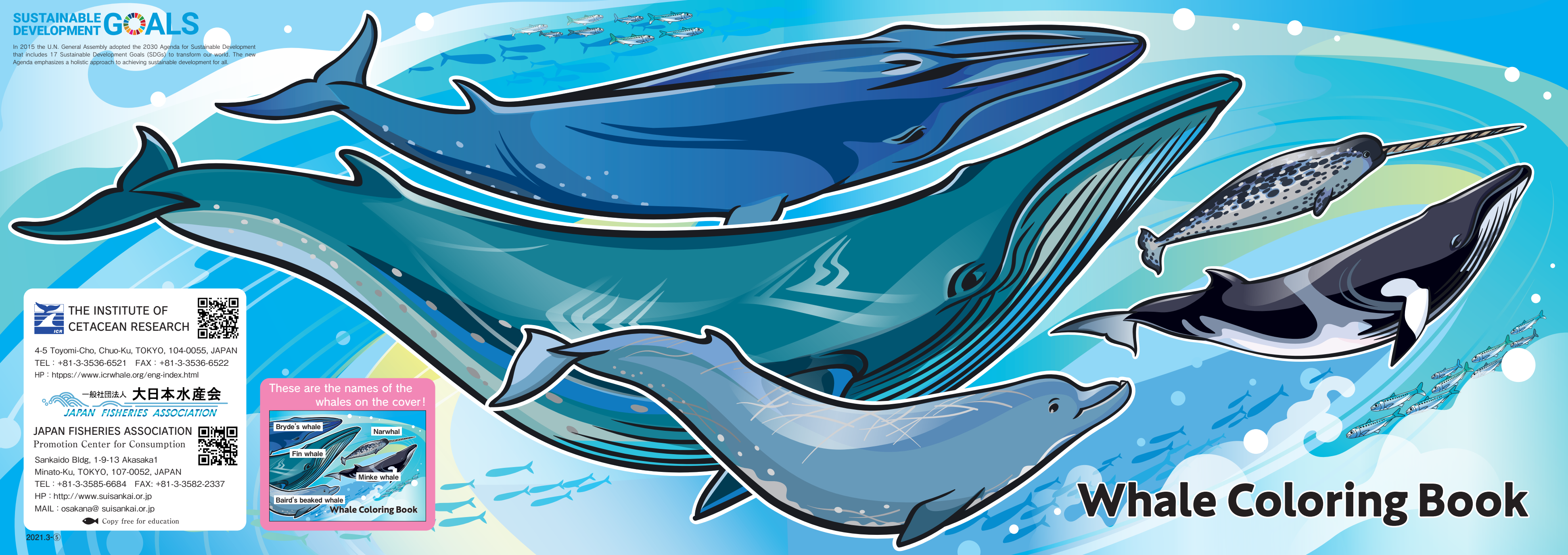


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MAIL : [osakana@suisankai.or.jp](mailto:osakana@suisankai.or.jp)

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These are the names of the  
whales on the cover!





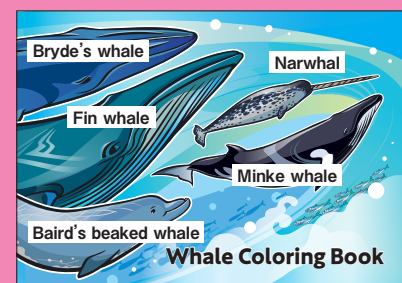
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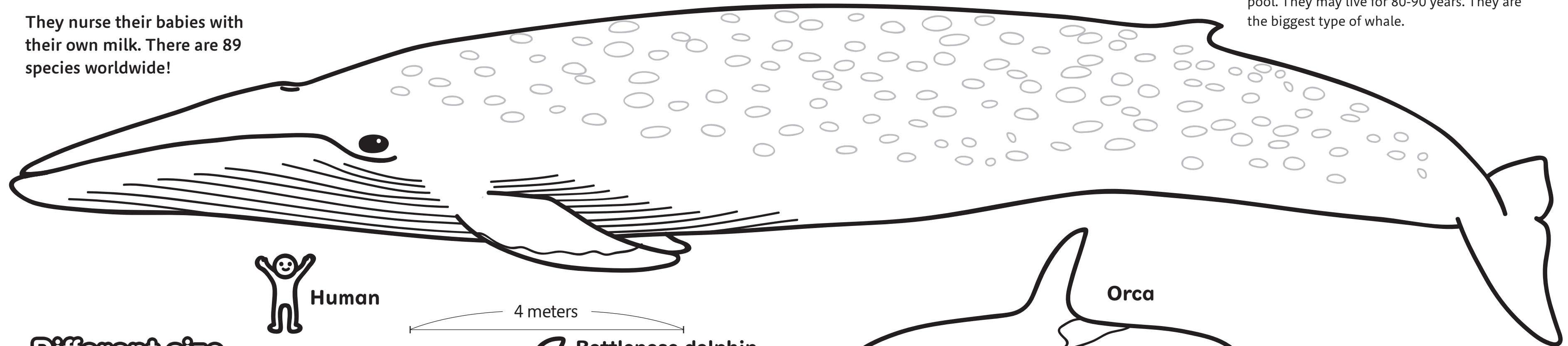
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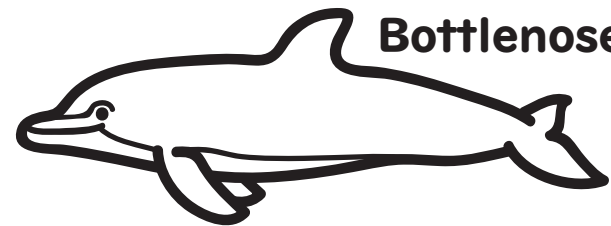
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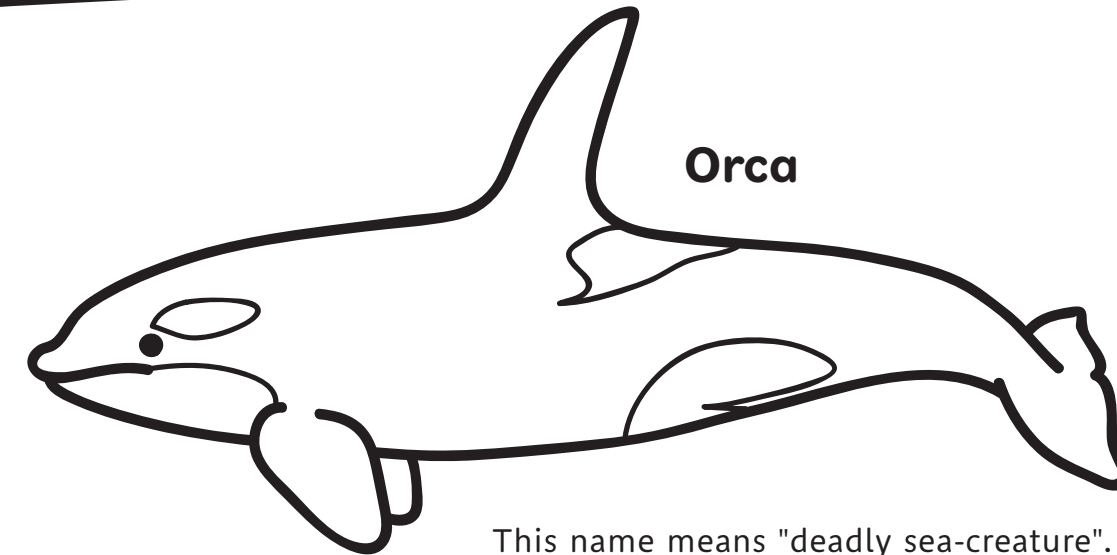
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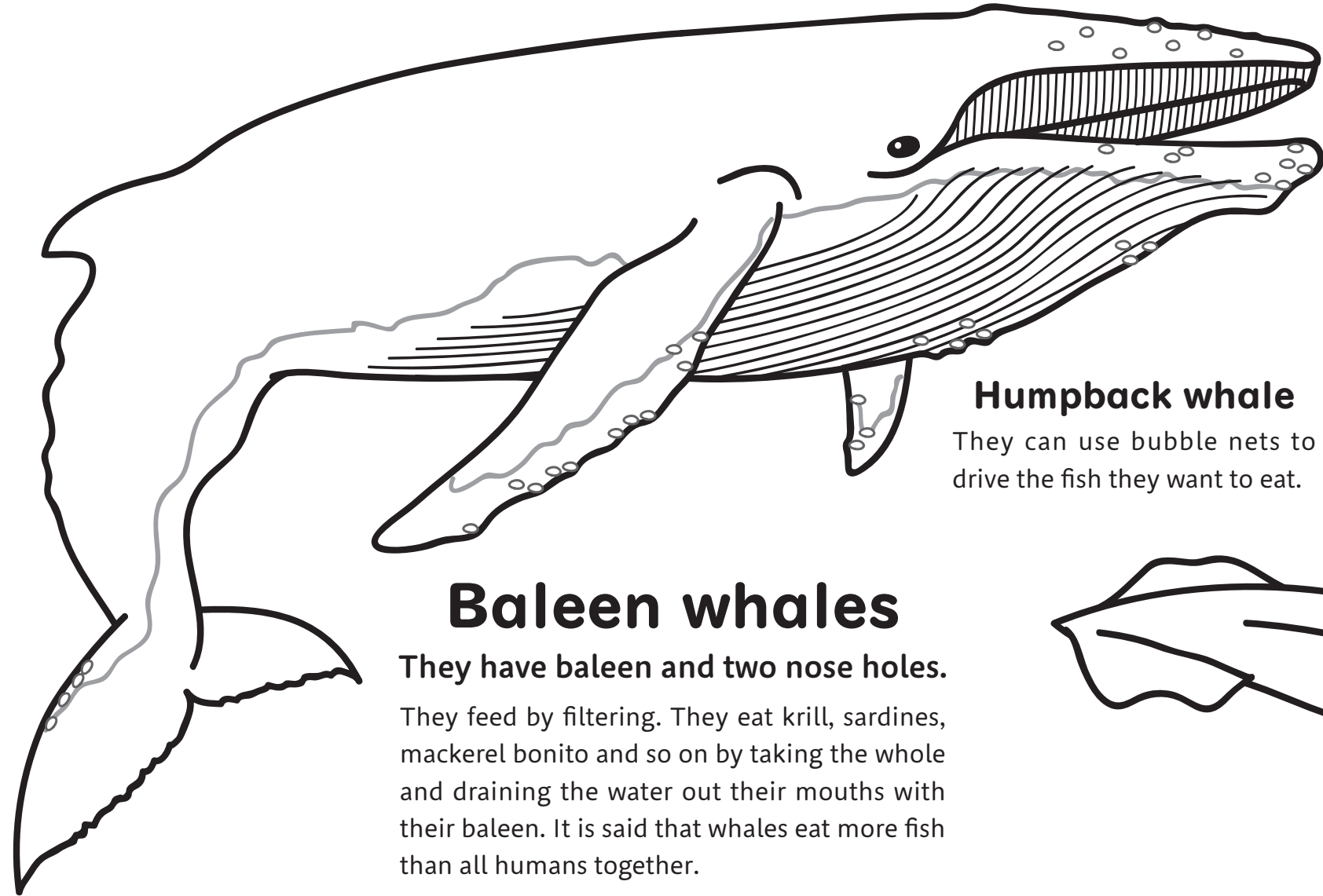
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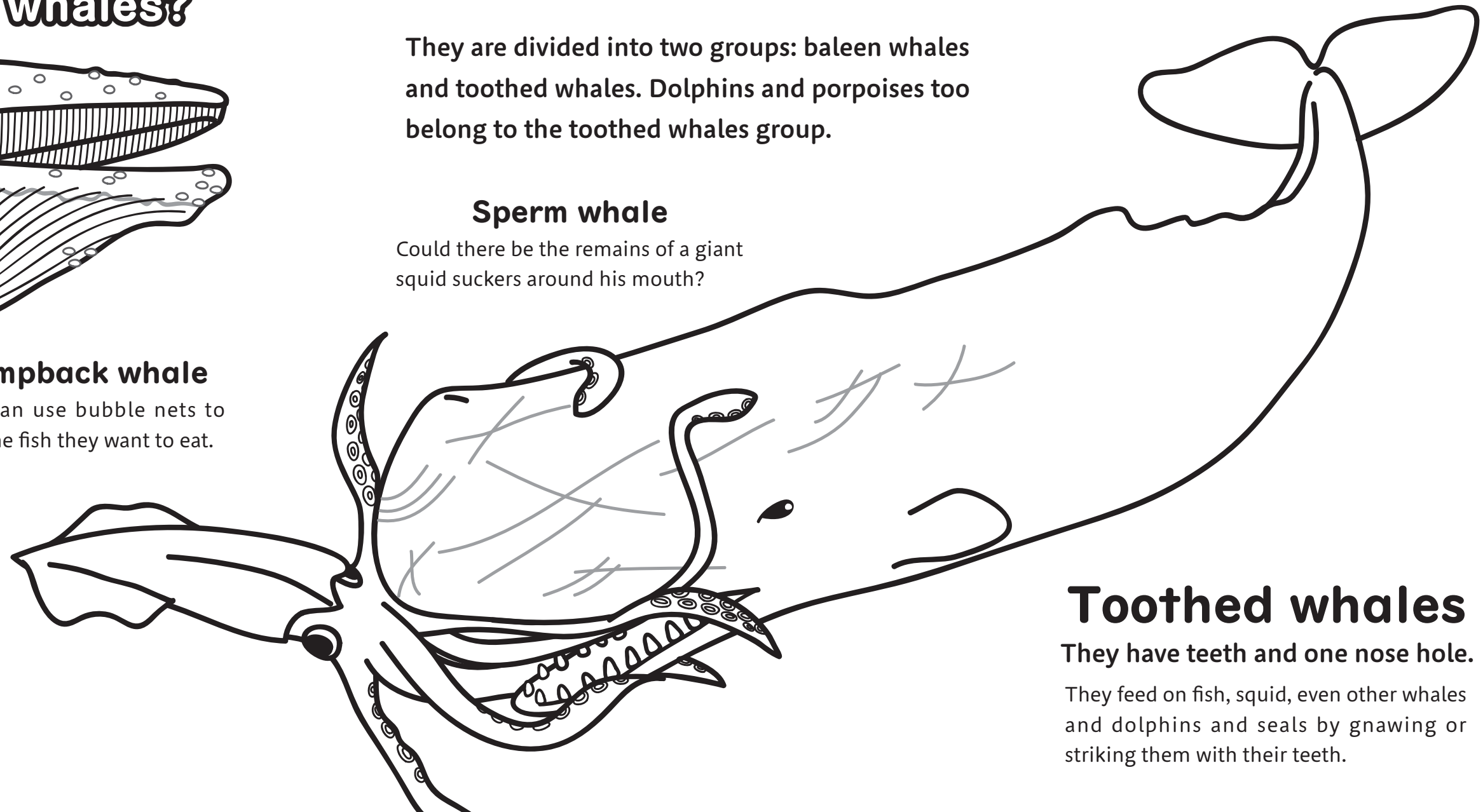
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