



# UNRAVEL

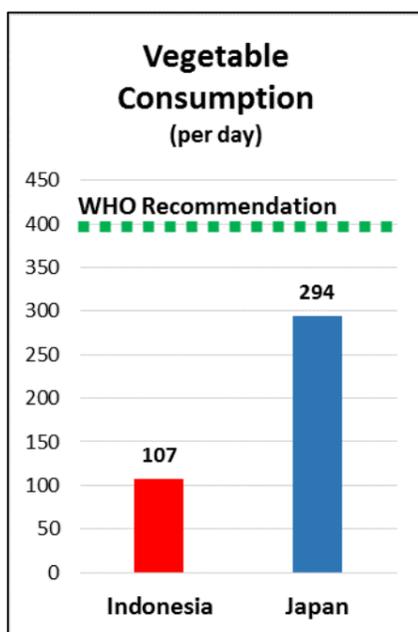


STUDENT EDITION, OCTOBER 2019

## A Solution to the Poor Diet of Indonesians: Kakiage

During the late summer of 2018, several students from Ochanomizu University Senior High School visited Jakarta, Indonesia, as youth members of AEON Asia Youth Leaders, sponsored by AEON One Percent Club. Based on the theme “Food and Health”, the

students attended lectures from experts on Indonesian food, participated in fieldwork, and held discussions with students from other Asian countries. After returning to Japan, one student, Mizuna Sato, continued to study about the Indonesian diet as part of the “Studies in Sustainable Society” program.



Indonesia Research Institute

### Indonesian Dietary Habits

With about 6,000 inhabited islands and over 300 recognized ethnic groups, Indonesian food has a wide diversity of cuisines. Many Indonesians have a preference for fried food, which can be seen in national dishes such as *nasi goreng* and *mie goreng*. These dishes use a significant amount of oil and often lack vegetables. In fact, according to the Indonesia Research Institute, the vegetable intake of Indonesians is 107 grams per day, which is a quarter of the WHO's



Photo by Mizuna Sato

Kakiage made by Sato

recommended value. (Graph on the left)

These unhealthy Indonesian food can be bought at a very low price at street food stalls, called *warung*. Warung food are usually enjoyed by middle-income people, which make up two-thirds of the population. For these people, it is hard to eliminate cheap oily foods from their dietary habits, because it is financially difficult for them to afford any other diet.

Furthermore, local people say that food education has not spread well yet in most areas away from the capital. Many Indonesians are not taught that eating a lot of greasy food and not enough vegetables could lead to serious health issues.

As a matter of fact, consuming food that fall short of nutrient balance has resulted in the growing number of people suffering in lifestyle-related diseases such as obesity and heart disease.

### Mizuna Sato's Research

Mizuna Sato, who learned about Indonesian food habits first-hand, thought *kakiage* can be an effective solution to help improve people's eating habits in Indonesia. Kakiage is a type of tempura which is made by deep-frying many kinds of ingredients, mainly carrots,

onions and spinach. Carrots and spinach contain dietary fiber and  $\beta$ -carotene which are said to help prevent lifestyle-related diseases. What is more, combining these vegetables with oil can accelerate the absorption of nutrients because  $\beta$ -carotene is a fat-soluble vitamin.

Although kakiage is deep-fried, it has better nutritional value than the typical Indonesian oily foods. The kakiage that she made as part of her studies can be seen in the photo above. Sato substituted *kushinsai* for spinach, since she had learned that spinach is hard to obtain in Jakarta.

It can be said that if kakiage were to be sold at a warung in Indonesia, it may improve the dietary habits of middle-income people who could be at risk of lifestyle-related diseases, while still providing food that is within the range of their preferences and financial capability.

The utilization of Japanese traditional food such as kakiage may become helpful in solving poor diet problems that exist in the rest of the world.

By Hinata Toyoda, Karen Nakajima, Mizuna Sato, Riko Chigasaki, Yukino Tanaka

## NOTICE TO READERS

This newspaper is published by Ochanomizu University Senior High School. The school is located in Bunkyo Ward, situated in the middle of 23 wards in central Tokyo.

During the Edo period, many samurai took up residence in the area. Then in the beginning of Meiji period, the class system during the feudal Japan was abolished and the residence sites were rebuilt into universities. Since then, Bunkyo Ward has been the home to many schools.

Furthermore, nowadays many foreign students study in the district. It has led to cultural diversity, as well as an increase in local students' curiosity towards internationalism.

In 2014, the Ministry of Education, Culture, Sports, Science and Technology designated our school as Super

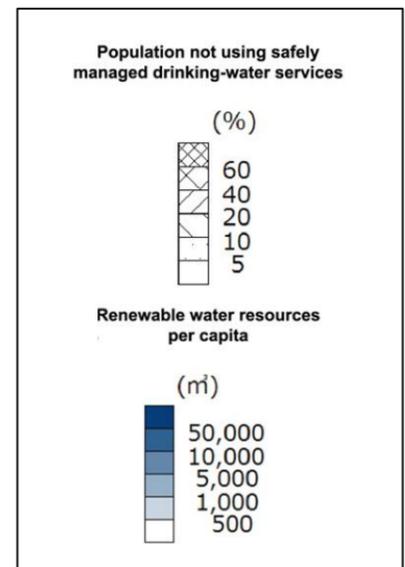
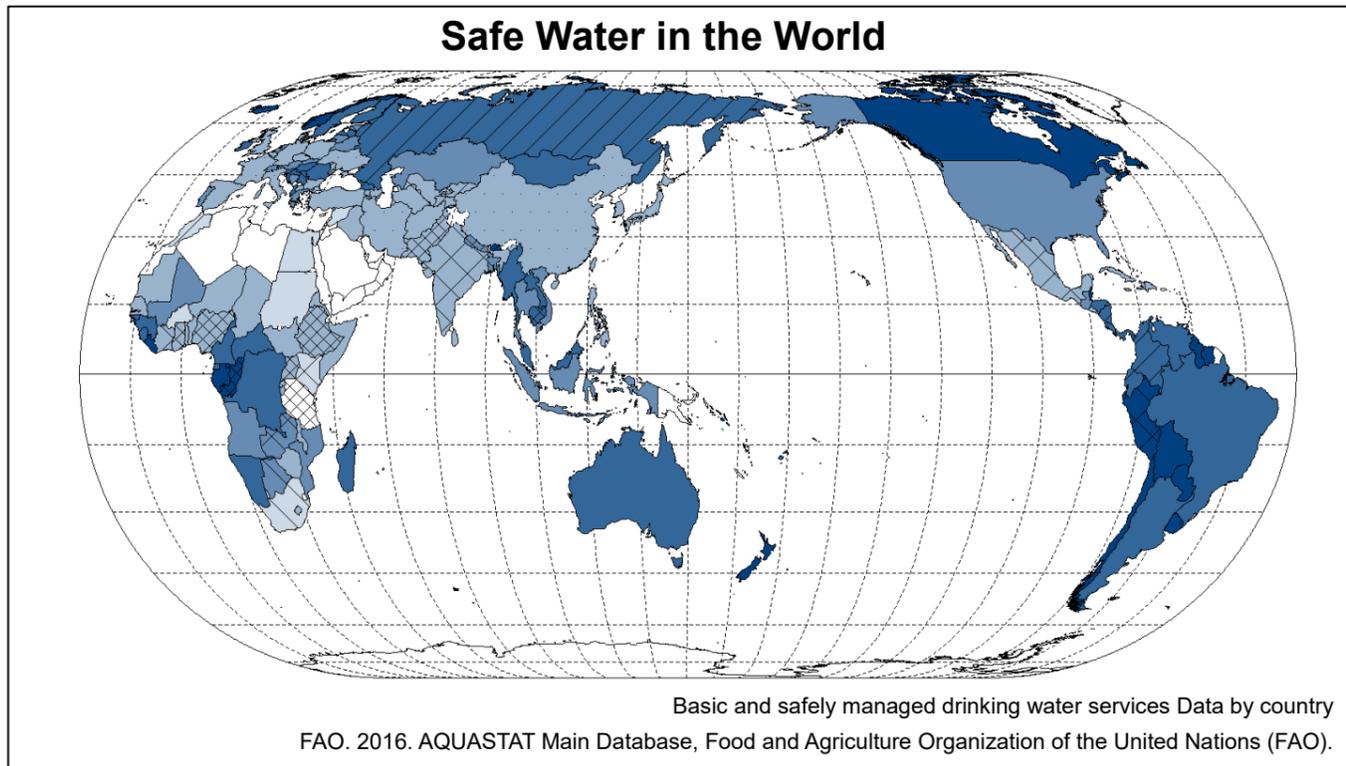
Global High School (SGH), which aims to foster global leaders.

*Unravel* shares some of the students' works on “Studies in Sustainable Society”. Based on each individual's interests and concerns for global issues, students chose which group to belong to from 7 groups: “Economic Development and the Environment”, “Life, Health and Medical Care”, “International Cooperation and Gender Issues”, “International Relations and Resolution”, “Information Technology and Creativity”, “Globalization of Music” and “Art and Expression”.

We hope this newspaper will tell you part of our activities and help you unravel this complex world.

By Yuino Chiba

# Struggles with Water — From Africa to Asia



Created by Megumi Sano

“If the wars of this century were fought over oil, the wars of the next century will be fought over water,” said Ismail Serageldin, the former vice president of the World Bank, in 1995. Water crisis was already feared at the time. The world today is full of problems regarding water.

In the Republic of the Congo, no matter how much water resources they have, people cannot get safe water unless infrastructure develops. Since men are busy working, women and girls have to carry water from rivers to their houses all day. Therefore, they cannot go to school. Due to this, Congolese

girls’ illiteracy rate is 27.1%, which is twice as high as the boys’ at 13.6%.

Singapore, a small tropical nation located in Malay Peninsula, has a fair amount of rain throughout the year. However, they have very little usable water resources because the land’s water-holding capacity is low. Many streets in Singapore are paved with asphalt or concrete and there are not enough large rivers to use as a source of water supply. With strong economic power, Singapore secures water resources by importing water from its neighboring countries, but being dependent on other countries for water resources has a risk of water

shortage in an emergency. Therefore, Singapore is now making three efforts to secure new water resources for current situations: the installation of 17 reservoirs in the country, the conversion of sea water into fresh water, and the recycling of used water into potable water called “NEWater”.

Many people may think that Japan is not involved with the world’s water shortage problems. However, Japan imports many agricultural and livestock products from countries like the United States, which means Japan indirectly uses water from these imports. Therefore, if an exporter is experiencing a problem

regarding water, it can be implied that the importer is associated with the issue as well.

The circumstances of the use of water varies from country to country. Water problems are connected with many kinds of issues — poverty, sanitation, human rights and so on. Water is the common property of the world, so it is crucial to think beyond the border and have everyone take responsibility towards the usage of water.

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By Chika Fujita, Megumi Sano,  
Misato Kobayashi, Rin Kurosaka,  
Sayaka Ieki  
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## Consumers as a Key to Reducing Food Loss

In Japan, about 64.6 million tons of food loss is produced in a year, 35.7 million by companies and 28.9 million from homes. This means consumers waste a cup of rice per person every day.

Food waste from homes can be cut down rather easily: using as much of a food ingredient when cooking (such as broccoli leaves or hearts of cabbages), buying and cooking just the right amount of food to reduce leftovers, and understanding that a best-before date is different from an expiry date.

Food loss produced by companies is much more complex. Japanese companies are very sensitive to food hygiene, so they have very strict criteria when

sorting out products. When a hygiene issue occurs on one part of the production line, companies often dispose of all the food, even when it is still edible.

Mayuu Yoshizawa, Juri Asao and Karin Saito, three students in Ochanomizu University Senior High School who studied about food loss in Japan among their peers, claim that excessive food waste from companies is caused by Japanese consumers’ hypersensitivity towards food hygiene. “Japanese people’s standard of food hygiene is unnecessarily high, and companies try their best to meet their demands for the sake of satisfying their customers. If we want things to change, it’s the

consumers that need to make a point to the companies. Companies would have to eventually listen to their voices,” Yoshizawa says.

One of the ways consumers can appeal to companies is to participate in ESG investment. ESG investment is the action to purchase products from companies that prioritize making an ethical and sustainable impact towards the environment, society, and governance. According to the Ministry of Agriculture, Forestry and Fisheries, the proportion of ESG investments out of working assets in 2015 is only 3.4% in Japan, whereas it is 52.6% in Europe, 21.6% in the USA, and 39.8% in Canada. This shows that

the idea of ESG investment is yet to spread in Japan. In other words, ESG investment has the potential to become a useful tool to connect consumers and companies in the future.

To improve the current producing and consuming systems into more sustainable and ethical ones, consumers and companies must change, work closely, and make actions together. ESG investment may be one of the keys to solving food loss in Japan.

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By Juri Asao, Karin Saito, Mayu  
Takigawa, Mayuu Yoshizawa, Saki  
Okawara  
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## GENDER INEQUALITY

## Modern Gender Bias in Japan

Men at work, women in the kitchen — this idea was the norm in Japan in the 2000s, but things have changed over the years. Now the Japanese are given a wider range of opportunities regardless of gender, but they still have yet to go. According to the Global Gender Gap Report 2018 by the World Economic Forum, Japan scored 0.662, and ranked 110 out of 149 countries. This makes Japan the lowest ranking country among the Group of Seven industrialized nations. As the report shows, Japan is not considered as a very progressive nation in terms of gender equality, due to aspects such as the significantly slow advance in political empowerment and gender parity in economic participation.

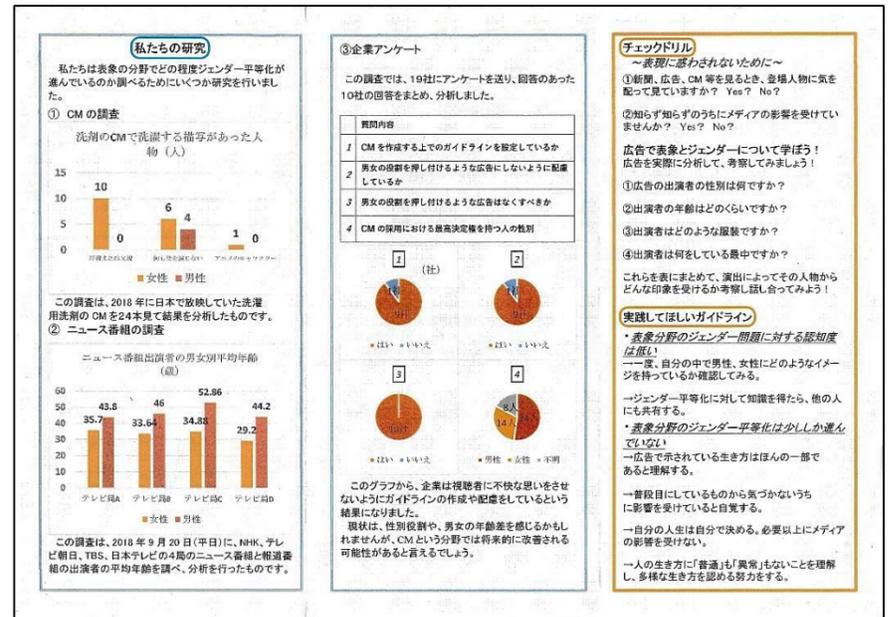
One reason why Japan has not completely overcome gender inequality may be “unconscious bias”. Unconscious bias is the prejudice against men and women that is formed subconsciously. It can exist inside anyone, and control the way people think about others.

One group in the course of “International Cooperation and Gender Issues” focused on the representation of gender in TV commercials. According to their study conducted, among 24 commercials of detergents broadcast in the last year in Japan, 17 women played the part of doing washing while only 4 men played the same role. The group suggests that this could give viewers the idea that it is a woman's job to do the laundry.

The group later drew up guidelines based on their research and advice from experts. The guidelines evoke readers to acknowledge that media shows only part of multiple lifestyles.

Another group took quite a different approach to this issue. The group thought it is necessary to improve early education to reform awareness before they recognize stereotypes regarding men and women.

They read a “gender-free” picture book to children and their caregivers at Sengoku library in Bunkyo Ward for a day. The book overturns the stereotypical ideas



Created by Yuka Ishida

### Leaflet for recognition

of how a boy and a girl “should be”, and teaches the children that they should not be tied down to their genders to live the way they want to.

Furthermore, members of the group made original bookmarks and a website on which has information about gender issues, their whole activity and their message. “We hope that they will contribute to make reasons why people start to make action for solving the issues,” they said.

Media and society; they are very powerful in a way that they

can easily embed opinions, and stereotypes into people’s minds. Gender roles are a social construct, but many treat it like nature. People must take a step back and reassess why people think the way they do, and consider how people can be more open-minded to accept, support, and encourage everybody’s life choices.

By Mai Futagawa, Riko Asano, Saki Fukuda, Shiho Hasegawa, Yuka Ishida

## Soap and Knowledge to Zambian Girls

In developing countries, many women have little access to hygienic sanitary materials and knowledge on menstruation. This situation results in many women managing their menstruation in unsanitary ways. For instance, in some rural districts in Zambia, women and girls reuse the same sanitary pads and napkins made from old cloths. This can cause infectious diseases. What is more, girls often feel uncomfortable and embarrassed about having periods because of local myths and taboos as well as inadequate education on menstrual hygiene condition at school. These girls need a supportive environment of education on menstrual hygiene.

A group of students in Ochanomizu University High School belonging to the course of “International Cooperation and Gender Issues” did researches and fieldworks to NGOs such as the Japanese Organization for International Cooperation in



Soap and a leaflet

Family Planning (JOICFP) and Plan International. The students were shocked to find that many girls around the same age as they were suffering under severe circumstances.

The group decided to help out their coevals. They made their



Photo by Yume Abe

own soap, along with leaflets about the importance of washing their cloth pads, and how to wash them with soap. They wanted to give sustainable aid by providing information, and not just material. They had the soap and leaflets delivered to 19 girls between the

ages of 13 to 22 in rural Zambia, through JOICFP. The girls responded to a questionnaire both before and after distribution. All of the 19 girls understood from the beginning that not washing sanitary pads is bad, but purely because it felt uncomfortable. In contrast, when they were handed the soap and leaflets, they came to acknowledge the medical reasons of keeping a clean underwear: prevention of diseases and infections.

Now, many organizations such as JOICFP and Plan International are working to provide the female population in developing countries what they need to live comfortably. Moreover, like the group of students who carried out the project, individuals are also capable of making a difference.

By Anri Takano, Asami Ito, Kae Bannai, Maho Yatsugi, Yume Abe

## NEW PERSPECTIVE

## Byobu as Lighting Equipment



Photo 1



Photo 2

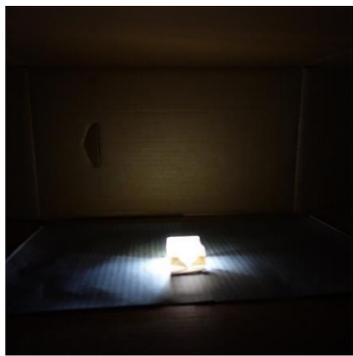


Photo 3



Photo 4

Photo by Ako Okaniwa

Japanese folding screens, known as *byobu* in Japanese, are traditional art and practical furniture. Byobu were commonly used by nobles in the ancient Japan, as they were effective to divide rooms, to block wind, and for women to avert the eyes of men.

However, there may be more to byobu than what has been known: it could also have been utilized as a method of lighting. One of the major hints was the fact that gold and silver foils were often used on surfaces, which reflects light well.

Ako Okaniwa, a student in Ochanomizu University Senior High School, who studied byobu in the course of “Art and Expression” proved this through an experiment. She created a miniature model of a room and a

replica of a byobu with gold wrapping paper. (Photo 1-4) When the room had the byobu, it was brighter than when the room didn't, so it can be said that a byobu with gold foil is effective to light a room. (Photo 2, 4)

Byobu is not only a beautiful art piece, but also a useful object. Okaniwa points out that people miss out on the practical aspects because museums tend to emphasize on the artistic side of byobu when exhibiting them. Looking into the origin of a culture could give us a sense of appreciation that humankind has not had before.

By Ako Okaniwa, Mayuko Kuriyama, Reiko Kishi, Yuna Osaka

## Historical Education Suggested by a High School Student

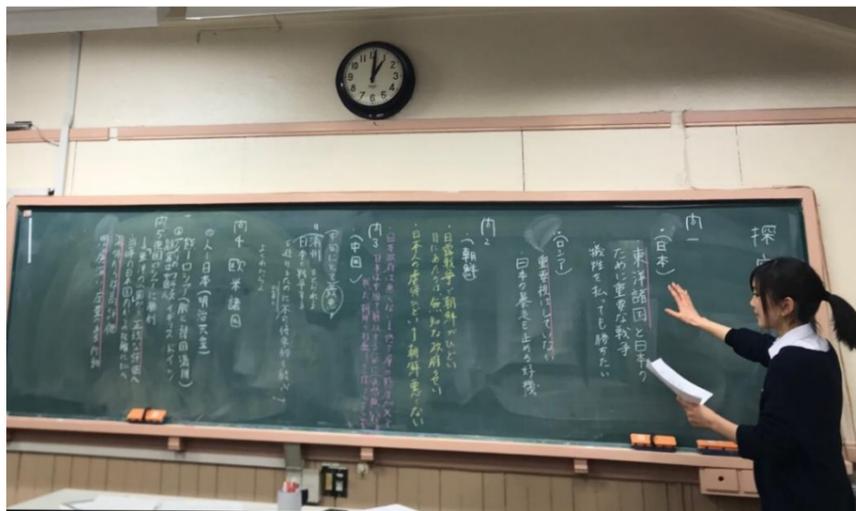


Photo by Yuka Suzuoki

### The lecture

Today, the increasingly globalized world makes international relationships more familiar to people. However, several international issues remain existent between Japan and some other countries. One student, Yuka Suzuoki, studied about the frictions between Japan and its neighboring countries.

Suzuoki explains that international conflicts occur partly because of misunderstandings caused by neglecting differences in political values and historical recognition. She says that people must have a change in their awareness to build good international relations: putting prejudice aside against foreign countries, acknowledging the differences in values between

cultures, understanding that every opinion could be justifiable.

As a part of her research, Suzuoki focused on historical education which plays a great role in establishing the values of an individual. Education could implant a one-sided viewpoint of intercultural understanding in our heads without being questioned.

Suzuoki proposes “interpretive learning” which is based on the common historical materials, pioneered by the Europe Union. Interpretive learning is a learning method where students must discuss historical events based on facts and data, and come to a conclusion on their own without being given the answers. In order to train one’s ability of grasping things from different points of

view, she divided the interpretive learning process into 3 steps. The first step is to become aware that what is regarded as common sense may not be so for other people. The second one is to understand different ideas of common sense. The final one is to learn how to put oneself in another’s shoes whose cultural backgrounds differ greatly.

Suzuoki then presented her research in lecture-style to first grade students and second grade students. Using her original teaching material, she talked about the Russo-Japanese War. The material includes quotations from actual newspapers that were published at that time in China, Korea, Russia and the U.S., and from a Japanese elementary school textbook which was actually used during the war. The participants were put into groups to discuss the war based on the given information. The students found out for themselves that it is possible to have different ways of interpreting. “This workshop helped me realize how divergent historical interpretation and education can be from country to country,” said one participant.

Interpretive learning may become a reliable style of education in the future.

By Hana Miyagaki, Kaho Oka, Maho Higuchi, Yuka Suzuoki

### UNRAVEL

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