



# UNRAVEL



PROFESSIONAL EDITION, NOVEMBER 2019

## A Solution to Poor Diet of Indonesians: Kakiage

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

### Indonesian dietary habits

With about 6,000 inhabited islands and over 300 recognized ethnic groups, Indonesia has a wide diversity of cuisine. 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 recommended amount. (Graph on the upper right)

Such unhealthy Indonesian food can be bought at a very



Photo by Mizuna Sato

Kakiage made by Mizuna Sato

low price at street food stalls, called *warung*. Warung food is usually enjoyed by middle-income people, which make up two-thirds of the population. For such 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.

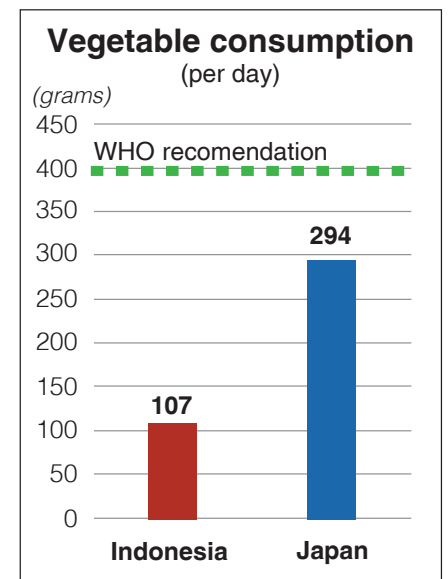
Furthermore, many Indonesians are not taught that eating a lot of greasy food and not enough vegetables could lead to serious health issues.

In fact, consuming food that falls short in nutrients has resulted in a growing number of people suffering from lifestyle-related diseases such as obesity and heart disease.

### Mizuna Sato's research

Mizuna Sato believes *kakiage* could be an effective solution to help improve people's eating habits in Indonesia. Kakiage is a type of tempura 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 greater nutritional value than the typical Indonesian oily foods. The kakiage that Sato



Indonesia Research Institute

made as part of her studies can be seen in the photo above. Sato substituted *kushinsai* for spinach, as she learned that spinach is difficult to obtain in Jakarta.

It can be said that if kakiage was sold at warung in Indonesia, it could improve the dietary habits of middle-income people who could be at risk of lifestyle-related diseases, while still providing food that is within their budget and preferences. The utilization of Japanese traditional food such as kakiage may become helpful in solving poor diet problems that exist in other parts of the world.

By Hinata Toyoda, Karen Nakajima, Mizuna Sato, Riko Chigasaki and 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 the 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. This has led to cultural diversity, as well as an increase in curiosity among local students towards internationalism.

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

school as a Super Global High School (SGH), which aims to foster global leaders.

*Unravel* shares some of the students' activities for “Studies in Sustainable Society.” Based on each individual's interests and concerns for global issues, students chose one group to belong to from among seven: “Economic Development and the Environment,” “Life, Health

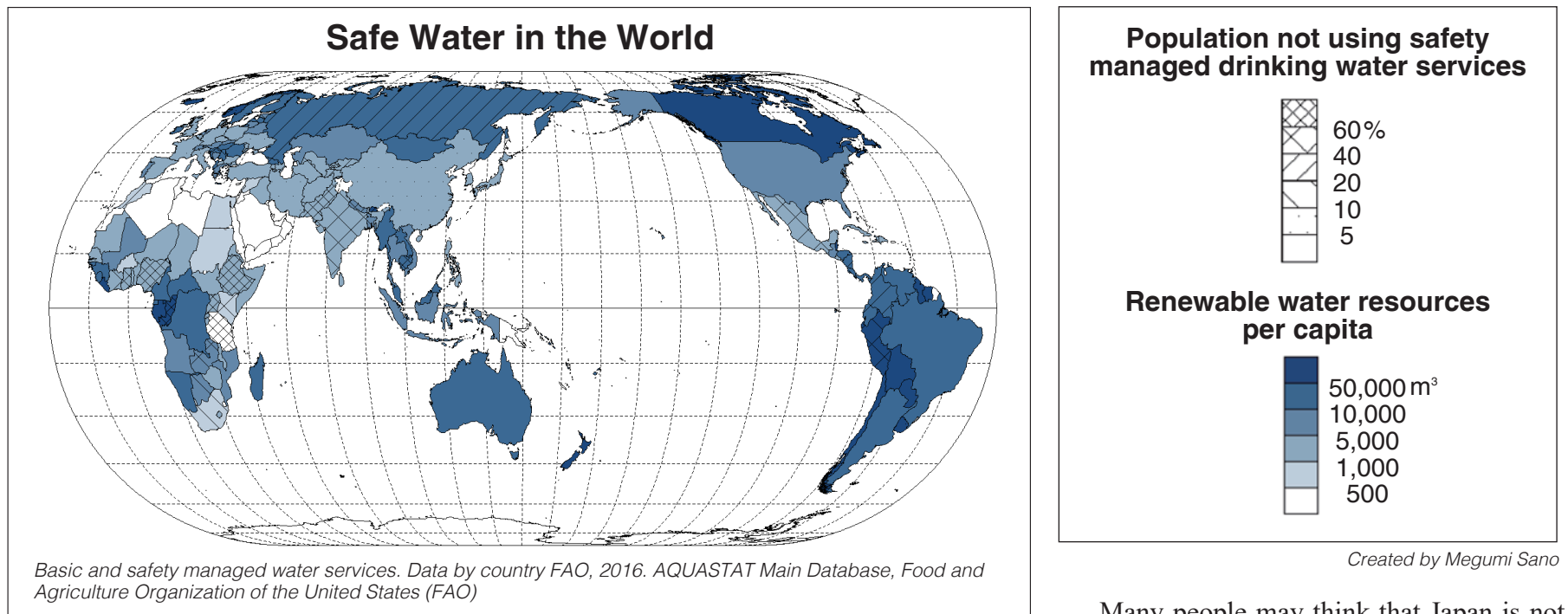
and Medical Care,” “International Cooperation and Gender Issues,” “International Relations and Resolution,” “Information Technology and Creativity,” “Globalization of Music” and “Art and Expression.”

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

(By Yuino Chiba)

## RESOURCE UTILIZATION

# The Struggle for Water, from Asia to Africa



“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. A global water crisis was already feared at the time, and the world today is facing serious problems regarding water.

In the Republic of the Congo, no matter how abundant the water resources, people are unable to access water without proper infrastructure development. As men are busy working, women and girls have to carry water from rivers to their houses all day, keeping them from going to school. As a result, the illiteracy rate among Congolese girls is 27.1 percent, which is twice as high as boys, at 13.6 percent.

Singapore, a small tropical nation in

the Malay Peninsula, has a fair amount of rain throughout the year. However, it lacks 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 neighboring countries, but being dependent on other countries for such resources brings a risk of water shortages in an emergency. Therefore, Singapore is now making three approaches to secure new water resources: 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 for these imports. Therefore, if an exporter faces 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 vary from country to country. Water problems are connected with many other issues as well, such as poverty, sanitation, human rights, etc. Therefore, it is crucial to think beyond borders and have everyone take responsibility toward the usage of water.

*By Chika Fujita, Megumi Sano, Misato Kobayashi, Rin Kurosaka and Sayaka Ieki*

## Consumers are Key in Battle against Food Loss

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

Food loss from homes can be cut down rather easily, such as by using as much of a food ingredient as possible 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 complicated. 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 at Ochanomizu University Senior High School who studied food loss in Japan among their peers, claim that excessive food loss from companies is caused by Japanese consumers' hypersensitivity toward food hygiene. “Companies try their best to meet such demands for the sake of satisfying customers,” Yoshizawa said. “If we want things to

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

One of the ways consumers can appeal to companies is to participate in ESG investments. An ESG investment is the action of purchasing products from companies that prioritize making an ethical and sustainable impact on the environment, society and governance. According to the Ministry of Agriculture, Forestry and Fisheries, the rate of ESG investments out of working assets in 2015 was only 3.4 percent in Japan, whereas it was 52.6 percent in Europe and 21.6 percent in the United States.

This shows that the idea of ESG investments has yet to spread in Japan. In other words, ESG investments have the potential to become a useful tool to connect consumers and companies in the future.

To make the current production and consumption systems more sustainable and ethical, consumers and companies must change, work closely together and act together. ESG investments may be one of the keys to solving food waste in Japan.

*By Juri Asao, Karin Saito, Mayuu Takigawa, Mayuu Yoshizawa and Saki Okawara*



GENDER INEQUALITY

# Closing Japan's Gender Gap

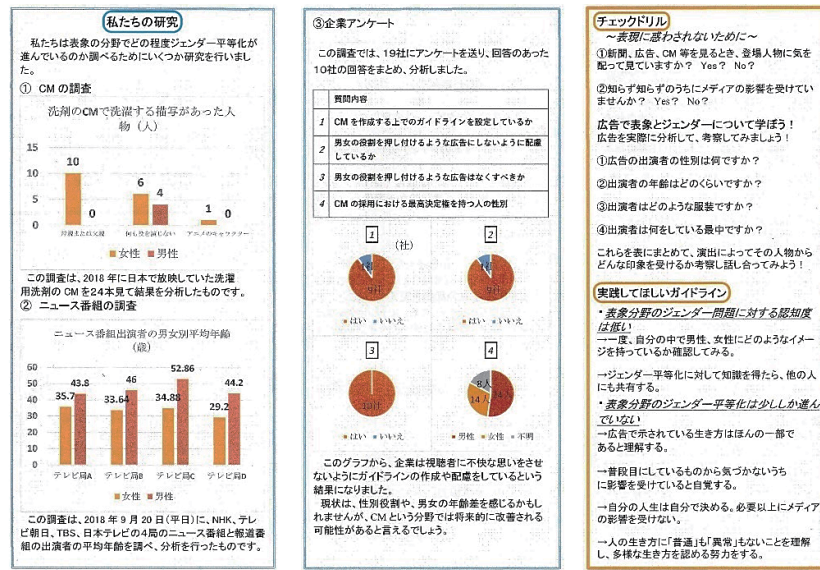
**M**en at work, women in the kitchen — this idea was the norm in Japan in the 2000s, but things have changed over the years. Now, Japanese have a wider range of opportunities regardless of gender, but there is still much room for improvement.

According to the Global Gender Gap Report 2018 by the World Economic Forum, Japan scored 0.662, and ranked 110 out of 149 countries.

As the report shows, Japan is not considered a very progressive nation in terms of gender equality, due to the slow advance in political empowerment and gender equality in economic participation.

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

One group in the course “International Cooperation and Gender Issues” focused on the



Leaflet for recognition

representation of gender in TV commercials. According to the study they conducted, among 24 commercials for detergent broadcast in the past year in Japan, 17 showed women playing the part of those doing the laundry, while only four men were shown playing 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 encourage readers to acknowledge that media shows only one side of a variety of lifestyles.

Another group took quite a different approach to this issue. The group members saw it as necessary to improve early education to reform awareness before identifying 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 stereotypical ideas of how boys and girls “should be,” and teaches the children that they should not be tied down by gender and instead should live the way they want to.

Members of the group also made original bookmarks and a website with information about gender issues, their entire activity and their message. “We hope these activities will encourage people to take actions of their own toward resolving such issues,” they said.

Media and society are very powerful in that they can easily embed opinions and stereotypes into people's minds. Gender roles are a social construct, but many treat them like they are part of nature. People must take a step back and reassess why they think the way they do, and consider how to be more open-minded.

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

## Peer to Peer: Soap and Leaflets for Zambian Girls

In developing countries, many women have little access to sanitary materials and lack knowledge about menstruation. This situation has resulted 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. Such conditions can cause infectious diseases. What is more, girls often feel uncomfortable and embarrassed about having their period because of local myths and taboos as well as inadequate education on menstrual hygiene at school. Such girls need a supportive environment for learning about menstrual hygiene.

A group of students in the course “International Cooperation

and Gender Issues” interviewed NGOs such as the Japanese Organization for International Cooperation in Family Planning (JOICFP) and Plan International. The students were shocked to discover that many girls around the same age as them were suffering under severe circumstances.

The group decided to help out their counterparts. They made their own soap, along with leaflets about the importance of washing cloth pads and information on how to wash them with soap.

Wanting to offer sustainable aid by providing information, not just material, they had the soap and leaflets delivered to 19 girls between the ages of 13 and 22 in rural Zambia, through JOICFP.

The Zambian girls responded to a questionnaire both before and



Soap and a leaflet

after distribution. All 19 of them understood from the beginning the importance of washing sanitary pads, but only from the perspective of not doing so being uncomfortable. In contrast, after they were given the soap and leaflets, they acknowledged the medical reasons for keeping their undergarments clean, specifically the prevention of diseases and infections.

Now, many organizations such

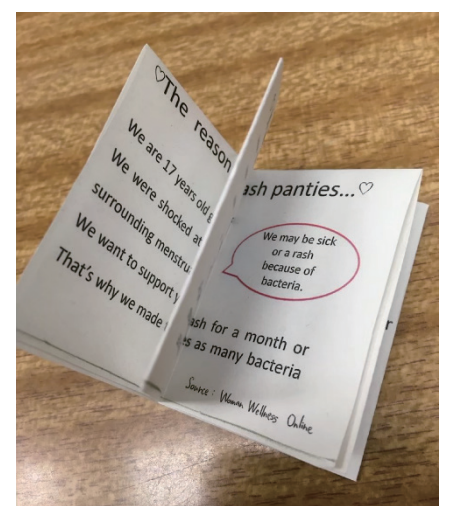


Photo by Yume Abe

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

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



## NEW PERSPECTIVES

## Light-giver: Byobu More than Just a Work of Art

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

However, there may be more to byobu than what has been known: they may 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 reflect light well.

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

room and a replica of a byobu with gold wrapping paper. (Photos 1-4) As the room with the byobu was brighter than the room without one, it can be said that byobu with gold foil is effective in lighting a room. (Photos 2, 4)

Byobu screens are not only beautiful art pieces, but also a useful objects. Okaniwa pointed out that people tend not to consider the practical aspects because museums tend to emphasize the artistic side of byobu when exhibiting them. Looking into the origin of a culture can make us appreciate aspects that have been previously overlooked.

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



Photo 1



Photo 2



Photo 3

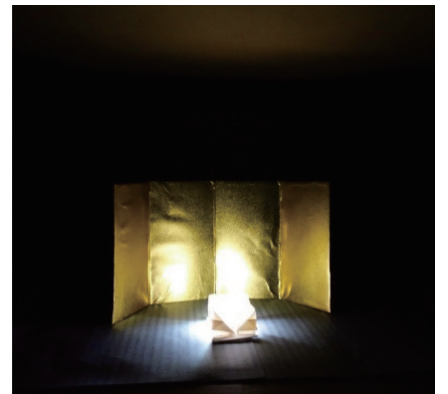


Photo 4

Photo by Ako Okaniwa

## Interpretive Learning: History from Multiple Viewpoints

Today, the increasingly globalized world has made international relationships more familiar to people. However, there are several ongoing issues between Japan and some other countries. One student, Yuka Suzuoki, studied the frictions between Japan and its neighbors.

Suzuoki explained that international conflicts occur partly because of misunderstandings caused by neglecting differences in political values and historical recognition. She says that people must change their awareness to build good international relations, by putting prejudice aside against foreign countries, acknowledging differences in values between cultures, and understanding that different views could be justifiable.

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

Suzuoki proposes “interpretive learning,” which is based

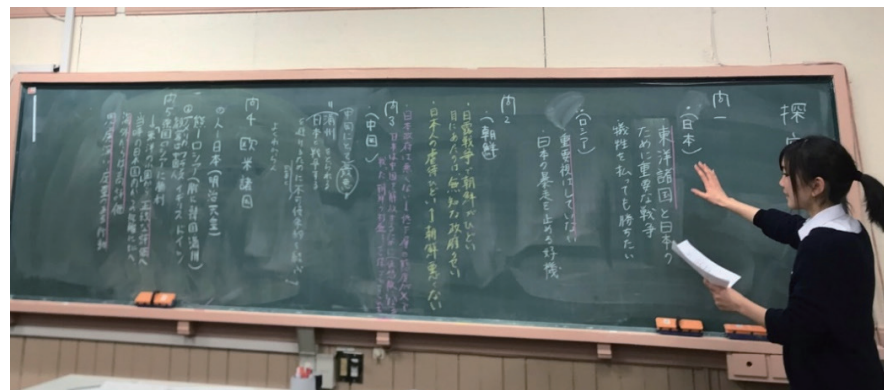


Photo by Yuka Suzuoki

The lecture

on common historical materials, pioneered by the European Union.

Interpretive learning is a method whereby students 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 to grasp things from different points of view, she divided the interpretive learning process into three 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 the shoes of someone whose cultural background differs greatly.

Suzuoki then presented her research as a lecture to first- and second-year students. Using original teaching materials, 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 United States, and from a Japanese elementary school textbook that was actually used during the war.

The participants were put into groups to discuss the war based on the given information. They discovered for themselves that it is possible to interpret things in

different ways.

“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 style of education that is increasingly relied on in the future.

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

## UNRAVEL

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