

Fostering Builders of a Sustainable Society

Naruto University of Education
Home Economics Education Course



Naruto University of Education Home Economics Education Course



7 students enrolled in 2022

All aspire to become middle school or high school home economics teachers



Specialized learning and research in education and home economics, with hands-on training at schools



What we want students to learn in home economics: What one can do individually

- Plan before you shop
- Carry your own bottle (MY bottle) and eco-bag to reduce waste of resources
- Remember the eco labels and look for them when shopping
- Know what's in your refrigerator when you shop for groceries
- Know how to preserve food to make it last longer
- Reduce food loss through eco-friendly cooking
- Make clothes last longer by taking care of them properly
- Separate your garbage by checking the garbage labels
- Walk or cycle as much as possible instead of driving
- Turn off the lights frequently to reduce wasteful spending



What we want students to learn in home economics: What one can do individually



- **Remember the eco labels and look for them when shopping**
Home economics Consumerism [Ethical Consumption]
Knowledge: Eco labels as the source of information
Practice: Influence on consumption behavior
⇒ Reduction of resource consumption, protection of producers and environment
- **Make clothes last longer with proper care**
Home economics Clothing [Clothing Care]
Knowledge: Stain removal methods,
insect and mold control, etc.
Practice: Influence on clothing management
⇒ Reduction of waste and resource consumption



At your future workplace: What we can do in school

- Create a system to reuse used items (uniforms, books previously used by senior students, etc.)
- Collect recyclable waste at school (plastic bottle caps, etc.)
- Clean up the community with children and local residents by picking up trash
- Work on green rooftops, green walls, and green curtains
- Think about how often we use the air conditioner and what temperature we use it at, and try to save energy
- Reduce leftovers from school lunches by finding the causes and introducing countermeasures
- Learn about local food culture through school lunches and promote local production for local consumption
- Proactively introduce fair trade products (put them in purchasing, sell them at cultural festivals, etc.)
- Do research related to the SDGs
- Have a lot of discussions with various people and come up with various ideas to reduce environmental impact



At your future workplace: What we can do in school

- **Create a system to reuse used items (uniforms, books previously used by senior students, etc.)**

Hold regular transfer and exchange events

Collect used books from seniors who have completed their entrance examinations → give to the juniors via a rock-paper-scissors-tournament

⇒ Reduction of waste and resource usage



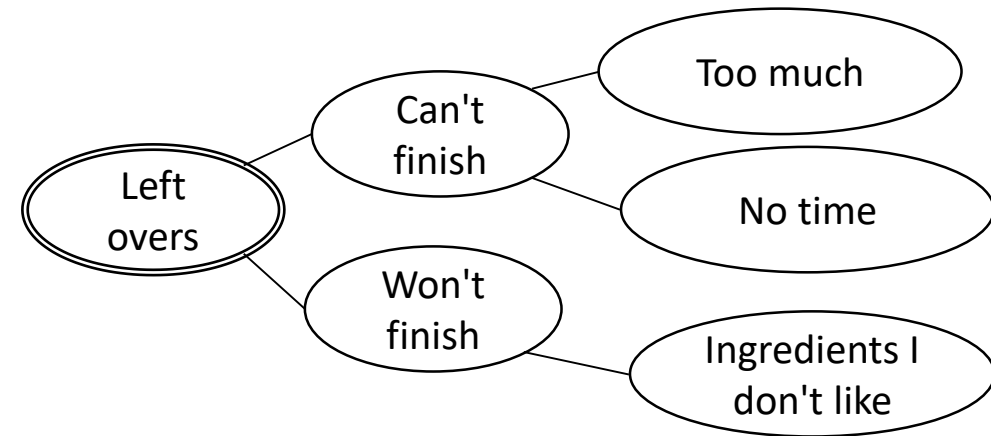
- **Reduce leftovers from school lunches by finding the causes and introducing countermeasures**

Grasp and present the actual situation of uneaten food

Examine problems and solutions (student activities)

Adopt and implement excellent proposals

⇒ Reduction of food loss, fostering a sense of ownership through dietary education



In the community where you will live: What we can do in the community

- Hold sales events and events to show the goodness of local specialties
- Set up recycling stations and thoroughly promote the 3Rs (reduce, reuse, recycle)
- Quantify the amount of garbage disposed of in each town
- Improve sidewalks so that it is easy to move around on foot
- Work on donation and fund-raising activities for developing countries
- Hold flea markets and hand-me-down exchanges
- Hold study sessions on ethical consumption and the SDGs
- Organize clean-up events in the community
- Increase the number of places that use renewable energy
- Increase greenery and contribute to carbon neutrality



In the community where you will live: What we can do in the community



- **Hold study sessions on ethical consumption and the SDGs**
Environmental education and consumer education: the need to keep a wide range of generations updated
→ Give back to the community and return as a professional home economics teacher
⇒ Increased awareness, reflection in behavior
- **Quantify the amount of garbage disposed of in each town**
Visualize the amount of waste generated by the community
→ awareness of the problem
Subdivide the community into smaller areas
→ awareness of the parties involved
⇒ Reduction of waste



An aerial photograph of the Naruto University of Education campus and its surrounding environment. The campus is situated on a peninsula, featuring several large, multi-story academic buildings, a central courtyard with greenery, and various sports facilities including a baseball field, tennis courts, and a swimming pool. The campus is bordered by a body of water, and a large suspension bridge is visible in the background, spanning across the water. The surrounding landscape consists of lush green hills and mountains, with a clear blue sky and scattered clouds. The text "Thank you for your attention." is overlaid in the center of the image in a large, white, sans-serif font.

Thank you for your attention.