

Nurturing the Makers of a Sustainable Society

—What We Want Everyone to Do Together in School Education—

Naruto University of Education
Graduate School
Home Economics Education Course



国立大学法人

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What We Want Students to Learn: What One Can Do Individually

Elementary School

- Carry your own (MY) bottle and eco-bag to reduce waste of resources
- Separate garbage properly by checking the garbage disposal marks
- Turn off electricity frequently to eliminate wasteful usage

Junior High School

- Plan before you shop
- Take good care of your clothes to make them last longer
- Walk or bike as much as possible instead of driving

Senior High School

- Reduce food loss through eco-friendly cooking
- Learn about eco labels and look for them when shopping
- Know how to store food to make it last longer
- Know what's in your refrigerator before you shop for groceries

What We Want Students to Learn: What One Can Do Individually

~Fostering knowledge and understanding~

- To know how to preserve food for a longer period of time
- To know the types of environmentally friendly symbols and labels
- To understand the environmental impact of using electricity and cars
- To know how to properly care for clothes and understand how to make them last longer

Food

- Look at food labels, check for eco-friendly marks and labels when shopping.

Clothing

- Practice at home how to make clothes last longer.

**PRAC
TICE**

Housing

- Turn off electricity frequently to eliminate wasteful usage.
- Walk or bike as much as possible instead of driving.

Consumer Life

- Carry your own bottle or eco-bag.
- When school events such as school trips provide opportunities for shopping, conduct shopping planning activities.

What We Want Students to Learn: What One Can Do Individually

Classroom Proposals for Nurturing Builders of a Sustainable Society
through Home Economics Education

○Consumer Life `Ethical Consumption` (Senior High School)

Learning eco labels as a source of information



Survey of eco labeled products (practical activities)

⇒ **Reduces resource consumption, raises awareness on producers and environmental protection**

○Clothing `Clothing Care` (Junior High School)

Learning how to remove stains and control for insects and mold



Learn appropriate methods of stain removal through experiments
(hands-on activities)

⇒ **Acquiring knowledge and skills to reduce waste and resource consumption**



At Work: What We Can Do in School

○ Things that can be done in class

Not only in home economics, but also in comprehensive studies, HR, etc.
Classroom activities in collaboration with students

○ Things that the whole school can plan and work on

Planning events and systems as a school
Activities by all students, teachers, etc.

At Work: What We Can Do in School

○ Things that can be done in class

- Save energy by considering the frequency use and temperature of the air conditioner in the classroom
- Reduce leftovers from school lunches by considering the causes and countermeasures for them
- Learn about local food culture through school lunches and promote local production for local consumption
- Learn about the SDGs
- Have a lot of discussions with various people and come up with various ideas to reduce environmental burdens



At Work: What We Can Do in School

○ Things that can be done in class

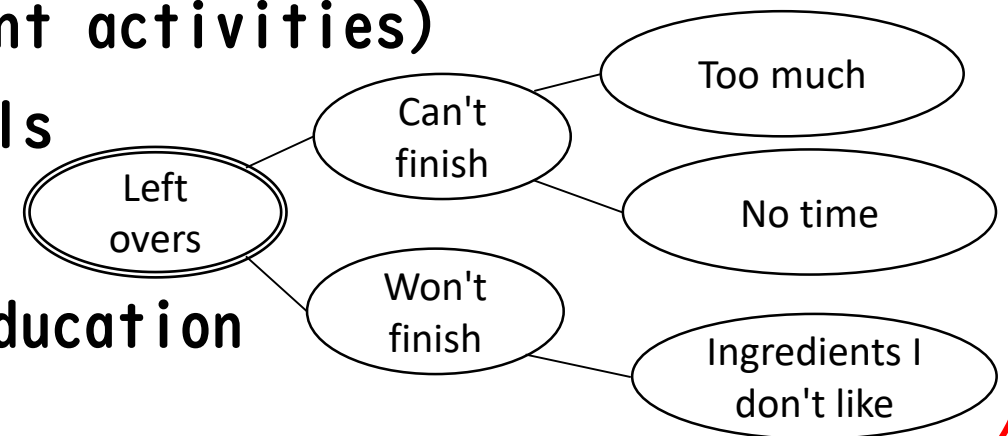
- Reduce leftovers from school lunches by finding the causes and introducing countermeasures

Grasp and present the actual situation of leftovers

Examine problems and solutions (student activities)

Adopt and implement excellent proposals

⇒ Food loss reduction, fostering a sense of ownership through dietary education



At Work: What We Can Do in School

○ Things that can be done in class

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Activities by all students, teachers, etc.

At Work: What We Can Do in School

○ Things that the whole school can plan and work on

- Clean up the area together with children and local residents by picking up garbage
- Create a system for reusing used items (uniforms, reference books of senior students, etc.)
- Collect recyclable waste at school (plastic bottle caps, etc.)
- Work on rooftop wall greening and green curtains
- Proactively introduce fair trade products (place them in purchasing areas, sell them at cultural festivals, etc.)



At Work: What We Can Do in School

○ Things that the whole school can plan and work on

- Create a system for reusing used items (uniforms, books previously used by senior students, etc.)

Hold regular hand-off and exchange events

Collect used books from upperclassmen who have finished taking entrance exams and give them to lowerclassmen through rock-paper-scissors tournaments

⇒ Reduction of waste and less use of resources

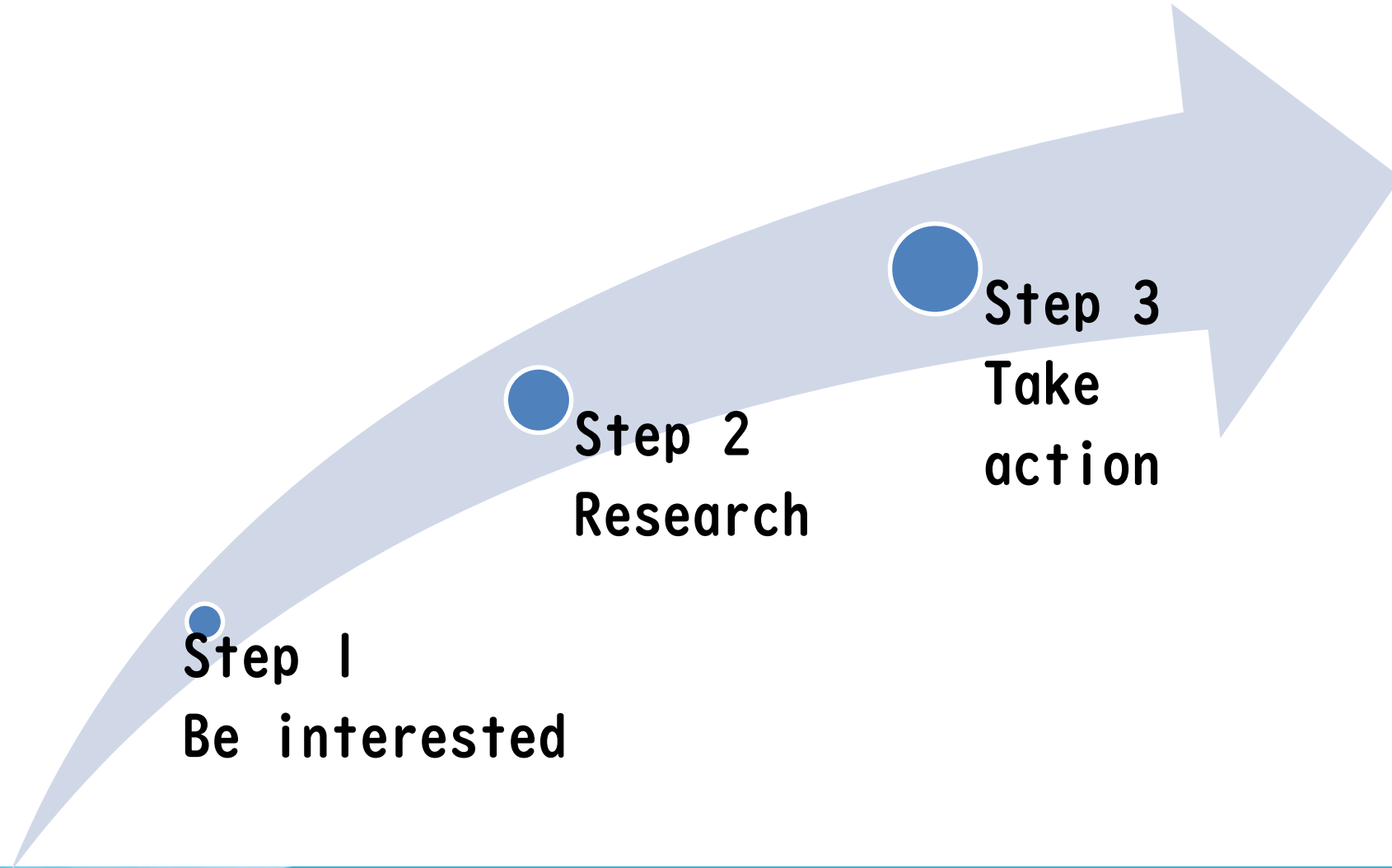


In the Community Where We Live: What We Can Do in the Community

- Hold sales events and events to show the good qualities of local products
- Set up recycling stations and thoroughly promote the 3Rs (reduce, reuse, recycle)
- Quantify the amount of garbage disposed of in each town
- Improve sidewalks to make it easier to travel 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 We Live: What We Can Do in the Community



Step1 Be Interested

- ❑ Local specialty product sales and events
- ❑ Flea markets and drop-off exchanges
- ❑ Local clean-up events

Get interested in and participate in events around town!



SDGs Study Group
(Naruto University of Education Library)



Plastic Bottle Cap Collection Corner
(AEON MALL Tokushima)

Step2 Research



- Learn about ethical consumption and the SDGs.

For example...

★Ethical Consumption: A Little Good You Can Do for the Future

By the Consumer Affairs Agency

<https://m.youtube.com/watch?v=80ytz49rKNU>

★What are the SDGs? By the Japan Committee for UNICEF

<https://www.unicef.or.jp/kodomo/sdgs/about/>



Source: Consumer Affairs Agency website

Step 3 Practice

Short-term Practices

- Separate garbage properly so that it can be easily recycled
- Walk where you can!
- Conserve electricity and water, and incorporate renewable energy sources

Long-term Practices

- Increase greenery and contribute to carbon neutrality
- Improve sidewalks to make it easier to travel on foot
- Increase the number of places where renewable energy can be used