

**NAKAMURA
SENIOR GIRLS' HIGH SCHOOL**

Nakamura International Course

**Class of 2024
Thesis Projects**

SUSTAINABLE DEVELOPMENT GOALS



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Introduction

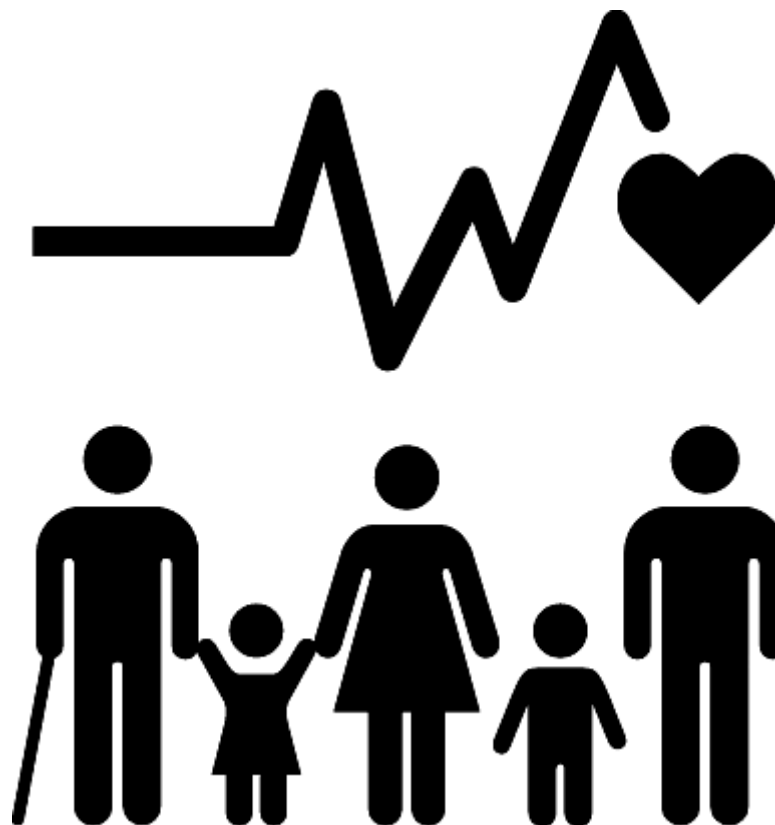
The Nakamura International Course (NIC) students, class of 2024, have successfully completed a one-year study abroad program. During their time in Canada, the students researched and wrote a thesis on the topic of their choice, selected from three of the seventeen Sustainable Development Goals (SDG's), instigated by the United Nations. Choosing an additional subject relevant to their interests, each student conducted research by using the internet and the school library. From this information they created a set of interview questions to ask both men and women during their study abroad and in Japan.

The students utilized critical thinking in order to plan and write a research thesis on their chosen topic, how this connects to their chosen SDG, and interpret the data collected from their interviews. In addition to this, the NIC students also presented their thesis to an audience to share what they have learned from their experiences.

In this collection are the theses written by each student.

Stasia Ise & Aoi Okazaki

***Good Health and Well-being:
The Global Food Crisis***



Saaya Aoyama

Nakamura Senior Girl's High School

Nakamura International Course Thesis Project

Introduction

Hunger, conflict, climate change and child abuse are but a few of the crises affecting our world today. While all of these are disturbing and require immediate attention, the one that I have chosen to focus on is the food crisis, more specifically, a lack of food and inadequate nutrition. According to World Vision Canada, a food crisis is defined as the worsening of the food situation in a short period of time (World Vision Canada, 2023). The number of people affected by hunger rose by 210 million during the COVID-19 pandemic, and one in nine people are facing hunger (WORLD FOOD PROGRAMME, 2023). The world is concerned about future food shortages. What should we do to create a society without a food crisis? In this thesis I will introduce the problem of the world's food crisis and suggest some solutions to the problem.

Background

Have you ever forgotten to eat something in your fridge? I think most people have, at least once. Many times I have forgotten that I had purchased food, and the forgotten foods expired. Even though the ingredients are often still edible, they are discarded. I think most people have had this experience before.

In recent years, the United Nations Sustainable Development Goals initiatives were developed, and among them, food loss is a very familiar issue that I could relate to, so I decided to explore it as a theme for my thesis project. Problems such as climate change, or starvation caused by conflict have resulted in unstable food supplies in many regions. In regions with an oversupply of food, people are throwing away food that is still edible, and within the expiration date. With it, comes a lot of news about the high costs of its disposal. There are many places where food is not

available and people die from malnutrition. In developing countries, such as Indonesia and Brazil people walk dozens of kilometers to get water because water is not available near them, or their environment is not sanitary. Most often, the victims are the weak. There are concerns about inevitable food shortages in the future due to various issues such as man-made conflicts, natural disasters such as earthquakes, tsunamis and floods, and exponential population growth. In addition to natural food sources, research is being conducted on genetically modified foods, insects for consumption, synthetic meat, and synthetic seafood, but those artificially developed foods are safe for the human body. Ways to eliminate food loss and ensure that people all over the world have equal access to healthy and safe food should be seriously considered. In Japan, there is a wonderful word used to warn people not to waste things: *Mottainai*, which means wasteful. This word applies not only to food waste, but also to saving electricity and saving money. There are many things people can do to eliminate wastefulness. For example, consider whether they really need something before buying it, repair broken items to make them usable, sell items no longer used to recycle shops to reduce waste, and remake clothes. Wastefulness can be reduced with a little ingenuity. If each person improves their level of awareness, big changes can be made. Food loss in particular, is an initiative that anyone can start right away.

Food loss associated with businesses can be classified into four categories; Food manufacturing industry, food wholesale industry, food retail industry, and restaurant industry. Among them, the food manufacturing industry has the largest amount of food loss due to overproduction, with 1.21 million tons per year, followed by leftover food at home and food spoilage. Thus, the majority of food loss is generated by business operators.

Supporting Arguments

First, six family and friends in both Japan and Canada were interviewed about the food crisis when I studied abroad for 10 months. There are 1.3 billion tons of edible food wasted every year. Of that, Japan has disposed of 6.12 million tons (Ministry of Agriculture, 2020). There are some foods that can be eaten but are discarded. The current global food crisis is caused by soaring food prices and the cause is a combination of a global pandemic, conflicts, and economic problems, and in the originally poor growing conditions, various conditions such as soaring fertilizer and fuel costs overlap, and the serious situation continues. Especially after 2020 and the global pandemic caused by the new coronavirus, the food crisis is expected to become even more serious in the future due to the Russo-Ukrainian War. Africa and Asia are particularly affected by the war. Twenty-six million children under the age of 5 are suffering from wasting, which is the most visible and life-threatening form of malnutrition (UNICEF). When children starve in their years of growth, they are more susceptible to various diseases due to malnutrition. In fact, many children are dying because of malnutrition caused by the food crisis.

The first question was, "Hunger is a problem in the world, due to poverty, conflict, and climate change. What do you think we should do about this?" In response to this question, both countries showed awareness of the global hunger problem and are concerned about further hunger in the future. They all said that the cause of hunger is strong countries with money and power that dominated weak and poor countries, forced them to work under harsh working conditions, and robbed them of all the grain and other food they harvested. When asked if they thought their own country was one of the wealthier and stronger countries, or one of the weaker and poorer countries, all of those questioned felt that their countries were wealthy.

Canada produces more food than they eat. In fact, food self-sufficiency was overwhelmingly higher in Canada, with Japan at 38% and Canada at 264%.

Canada's land mass is massive, and wheat and soybeans can be produced on a large scale on vast agricultural land. As a result, they produce and export more agricultural products to foreign countries than they consume at home. Furthermore, since they can produce large amounts of feed, such as corn, they can also produce a large amount of livestock, such as cattle and pigs, which they also export (農業ジョブ, 2019). In Japan, the government and local Non Profit Organizations (NPO) are working to eliminate income disparities in order to combat poverty and food loss, and there is a child support allowance and financial assistance for single-parent families. The Japanese government enforced the *Food Loss Reduction Promotion Act* on October 1, 2019 with the aim of reducing food loss (Consumer Affairs Agency). This aims to reduce food loss by clarifying the responsibilities of the national and local governments, and establishing basic policies and other matters that form the basis of measures to reduce food loss. The purpose is to promote comprehensiveness.

When shopping, people generally don't like to take products from the front of shelves because they are closer to the expiration date. By choosing products that are close to the expiration dates and purchasing those products, food waste can be prevented.



A food bank in Canada

In Canada, food banks are also utilized. A food bank aims to help those in need and provides free food by the goodwill of people. Supermarkets and other stores have large boxes in which you can put food that you wish to

donate. It is an initiative that is familiar to many, and easy to participate in.



Free bananas available in Canadian supermarkets

Additionally in Canada, bananas are offered for free in supermarkets. People who need them, can take as many as they need.

These Canadian measures reduce waste.

Without this system, usable food would need to be discarded. In addition to food, the Japanese interviewees felt that they need to take care when using water, too. Easy access to running water means people tend to take it for granted and overuse it by taking long showers or leaving the water running while brushing teeth. Water is a limited

resource, so it must be used carefully. Another way to eliminate wastefulness is to make a shopping list, to grow food at home to supplement our food supply, and to take only the amount of food we can eat onto our plates. The current situation is that one-third of the food produced in the world, or about 1.3 billion tons, is thrown away. The amount of food produced each year is about 4 billion tons, which is enough to feed the world's entire population (World Food programme, 2018). However, developed countries are throwing away their surplus, while developing countries are experiencing a food imbalance, a shortage of food due to poverty, climate change, and conflicts.

When asked whether they knew about the predicted food shortages in the future and if there are solutions they can offer, everyone knew there would be food shortages in the future, but since there is still plenty of food available now, most

people cannot imagine a future of food shortages and do not feel affected by it.

Canadians suggested that growing their own food and self-sufficiency is a way for people to all work together to create a more sustainable world. Japan currently eats food from all over the world, including Japanese, Western, and Chinese food, but if food imports stopped, there would be no choice but to eat food that can be produced domestically.

Conclusion

Recently, many people waste food that is still edible. Some people are living in such a way that suggests food is plentiful and common, while others are suffering from starvation. There are concerns that if food loss continues, there will be a shortage of food worldwide. I think it is difficult for people, myself included, to realize that food loss is directly linked to hunger and global poverty. In order for as many people as possible to be able to eat a satisfying amount of food in the future, each and every one of us should first grasp the seriousness of the food loss situation in the world today. Of course, you can't go back and start over, so I think it's important to think about what we can do and be conscious of what you can do now for the future.

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Gender and Actors



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Introduction

Nowadays, people prefer to watch movies on demand, such as *Netflix*, and *Disney+* rather than at a movie theatre or on television (Statista). These streaming platforms give people more opportunities to see and understand the actors because they can watch movies anytime. When thinking about actors, some people might imagine a specific actor, and that would include female actors. For example, Emma Watson, Zendaya, and Julie Andrews, to name but a few, and even though there are many famous female actors, an overwhelming percentage are male actors in the United States (ZIPPIA, 2023). Male actors are often seen more than female actors in movies (Women and Hollywood, 2022). Unfortunately, this issue even exists in Hollywood. Thus, the acting industries must take a fresh look at gender issues, such as using female actors as often as males, to make cross-gender acting more widely seen, and to show positive female representation; therefore, I will explore gender issues in the acting industry and their solutions.

Background

What is gender? According to the World Health Organization, “Gender refers to the characteristics of women, men, girls and boys that are socially constructed”. Furthermore, it says “includes norms, behaviours and roles associated with being a woman, man, girl or boy, as well as relationships with each other.” Also, it mentions that gender can change over time. Namely, it is not necessarily the biological sex (WHO, 2023).

Gender issues are one of the most important problems in the world, although I feel the government does not think about gender issues seriously enough in Japan. These issues include gender stereotypes, gender inequality, such as male

dominance of women and salary gaps, as well as barring same-sex marriage. When I was an elementary school student, I often watched the anime, *Gintama*. This anime was watched more often by boys than girls, then some girls asked me why I watched “anime for boys.” Because of that, I doubted if girls should only watch “anime for girls”; however I could not agree with that, so I chose the topic of gender for my thesis. I chose to link gender to actors for several reasons.

When examining actors, there are various types. Each type of actor has their own expression. In theatre, actors always have a live audience, so they are required to adapt to unexpected situations during plays. Movie actors and voice actors can retake a scene if they make mistakes. On the other hand, they have to meet the demands of directors.

The first reason why I chose actors as a topic is that I love to watch and act in plays. I have belonged to a drama club since I was 13, often taking on the roles of male characters. I have seen *Takarazuka* in Tokyo. *Takarazuka* is an all-female drama ensemble. They speak and sing in low voices, like males, and play not only male characters, but also female characters. This piqued my interest in female



Takarazuka 『CITY HUNTER.』 - 2021

actors playing the roles of male characters in movies and dramas. It is called cross-gender acting.

Secondly, my dream is to be a voice actor. I learned about the profession of voice acting when I was in elementary school, while watching anime. At that time, I admired that they were acting just through their voices. Additionally, most of the young boy characters are played by female voice actors, and some voice actors

who have gender-neutral voices can act as characters of the opposite gender. In this way, voice actors can do cross-gender acting easier than theatre or movie actors.

Third, I am interested in all things related to drama. For example, there are two traditional Japanese theatre industries. The first one is *Kabuki*, which has only male actors, and the second one is the aforementioned, *Takarazuka*.



Kabuki - 2020

To illustrate the relationship between gender and actors, there are many genres in theatre and movies: action, comedy, romance, mystery, and horror. Many of these have a template. In particular, horror movies often depict a

fragile woman protected by a heroic man. These kinds of templates are considered gender stereotyping. The acting industry has other gender issues besides gender stereotyping. Gender inequality is often seen. For example, salary gaps, underrepresentation of minor communities, and a gender disparity in the ratio of leading characters.

Supporting Arguments

I studied abroad in Canada for ten months, and joined a theatre company and drama class. I asked ten questions to four people there. I interviewed three Canadians and a Brazilian. Three of them were female, including a teacher and two 16-year-old girls. One Canadian was a 17-year-old non-binary person. All of them engaged in theatre. In Japan, I interviewed two people; a 16 year-old female, and a

17 year-old male. In response to the first question: *which gender they think has more actors*, four people answered that there were more male actors. One interviewee said males had more positive attributes than females, such as stamina, looks, and acrobatic skills. According to El Estoque, there were only 6.7% female characters in the Marvel Cinematic Universe (MCU) movies as of October 2021 (El Estoque, 2021). The MCU movies are known for action movies, such as *Spider-Man*, *Iron Man*, *Captain America*, and *Black Panther*. The actors are required to have stamina and acrobatic skills, even if there are stunt doubles, and biologically, males have larger frames, muscles, and more stamina than females. A Canadian answered that most lead roles were male and it prevents female actors from becoming famous. Others said that they were more familiar with male actors because they saw male actors more often than females. On the other hand, two people answered that it was even. According to a drama teacher, it is even; however, the competition is higher for females because there are fewer female roles. As claimed by Women and

ACTOR GENDER STATISTICS

32.5% of actors are women and 67.5% of actors are men.



Actor Gender Statistics - ZIPPIA, 2023

Hollywood, the proportion of main male characters to females' was 66% to 34% in 2021. Similarly, male lead characters in movies made up 56%, while females made up just 25% (Women and Hollywood, 2022). At that time, there were over 11,286 actors in total. The gender proportion was

67.5% of male actors and 32.5% of female actors (ZIPPIA, 2023). When analyzing this research, there are only half as many female actors as male actors in movies.

For the second question: *what the issue with females playing the role of males is*, only one interviewee thought there was no issue with it. In comparison, both Japanese interviewees said that the issue comes down to the fundamental differences between males and females, such as body structures, including voice



The Danish Girl - 2015

frequency and muscle mass. The Canadian interviewees answered that these differences cause confusion to audiences, or make them uncomfortable. These problems appear with male actors playing female characters as well. Currently, gender and transgender are becoming big topics of movies or dramas. As an example, a film called *The Danish Girl* (2015), is a nonfiction story about a transgender woman, Lily Elbe. This film was

popularized by the actor who portrayed Lily, Eddie Redmayne, who won the Academy Award for Best Actor for his role in it. As it shows, Redmayne's cross-gender acting was highly praised by critics. Another interviewee suggested that female actors playing male characters are less of an issue in theatres, than in movies or shows. In fact, some *Takarazuka* actors act as male characters, called *Otokoyaku*, and it is accepted by audiences because it is known as cross-gender acting. Additionally, some female actors have to act as male characters in a school drama club, especially at single-sex schools.

Lastly, for the third question: *what kind of gender reforms they think are needed in the acting industry*, only one Japanese interviewee answered that it didn't need any special reforms. A Japanese woman said that directors should make

gender-based films more famous. Also, a Brazilian interviewee said that including the new genres is one type of reform. Gender is one of the new genres in film. This genre breaks stereotypes and remodels people's perception. Three Canadian interviewees referred to making more female lead characters and using more female actors in the films. One said the movie industry should hire not only female actors, but also female writers and directors because they can put accurate female representation and stories into movies. For instance, in the media, such as in books or movies, women are often portrayed as "damsels in distress", which is a phrase that refers to a young woman who is in trouble and needs a man's help (Cambridge Dictionary, 2023). When considering Disney movies, most of them feature a princess who is overly trusting, loyal, kind, loving, innocent, and has animal friends. The male part is often a prince who is strong, handsome, righteous, and heroic. Movies are often written by men, and they struggle to write and create multidimensional female characters (Statista). In contrast, the *Harry Potter* series is written by J. K. Rowling, who is a woman and has a lot of accurate portrayals of female characters such as Hermione Granger. Her characteristics are thoughtful and knowledgeable, and she comes up with ideas to solve problems and save Harry and other characters in the story. One interviewee commented that audiences must be willing to support female's leading films; otherwise, all these issues will not be solved. That includes critics. According to Market Watch, female critics gave an average of 73% to male-protagonist films and 74% to female-fueled films. Conversely, male critics doled out an average rating of 70% to male-protagonist films and 62% to female-fueled films (MarketWatch, 2018). As it shows, male critics' reviews have much more prejudice than females', and an interviewee thought to review with an unprejudiced view is a solution to these issues.

Conclusion

I examined the actors' gender issues and their solutions through interviewing people. The interesting part was that Canadians pointed to the same or similar things most of the time regardless of gender and age, while Japanese answered with different perspectives depending on their gender. It shows how Canadians understand gender issues and take them seriously. In summation, the main gender issues that exist in the acting industry are; gender inequality, lack of acceptance of cross-gender acting by audiences, and female misrepresentation. Therefore, the acting industry should do away with gender stereotypes of characters by using gender-based films, and in order to do that, female actors, directors, and writers should be engaged. In addition, wherever possible the audiences' unprejudiced evaluations are also important in solving the issues. It is important to learn about gender issues and try to solve them, because gender issues exist not only in the acting industry and in other countries, but also in other industries and in Japan.

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～ジェンダーと俳優～ 伊藤更紗

この論文では俳優界に存在するジェンダー問題とその解決策について紹介する。私がジェンダーをテーマに選んだ理由は、日本の政府がジェンダー問題をあまり深刻に考えていないからだ。そして、演劇が好きで興味があること、宝塚を観てクロスジェンダー演劇に興味を持ったこと、声優はクロスジェンダー演劇がやりやすいこと、が俳優をテーマに選んだ理由である。また、それぞれのジャンルにはジェンダーステレオタイプがある。たとえば、ホラーでは、か弱い女性とそれを守る英雄的な男性がよく出てくる。

私はカナダで4人、日本で2人に10の質問をした。どちらの性別の方が俳優に多いと思うか、という質問には、多くが男性と答え、男性は容姿に加えて体力やアクロバットなどのアピールポイントが多くあると指摘した。実際アクション映画は俳優にアクロバットの技術が求められ、生物学的に考えると必然的に男性の方が多くなる。演劇の先生は、男女比は同じだが、男性の主役が多いため、女性の競争率が高いと回答した。次に、女性が男性の役を演じることの問題点はなにかという質問で、カナダ人全員が、骨格などの体のつくりの違いで観客が困惑するということを指摘した。最後に、どのようなジェンダー改革が演劇界に

必要と考えるかという質問に、女性の表現の間違いを防ぐために女性の俳優、脚本家、監督を起用すること、観客が主役が女性の作品を喜んで受け入れること、と回答した。

演劇界の主なジェンダー問題は、役の男女比が不平等な点、クロスジェンダー演劇が広く認められていない点、そして脚本上での女性の表現が間違われている点である。演劇業界はジェンダーを題材にした映画を使ってジェンダーステレオタイプをなくすべきである。そのために女性の俳優、監督、脚本家を関わらせ、その上で観客が「偏見のない」評価をすることが大切だ。

Good Health and Well-Being: The Secret to Longevity in Japan



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Introduction

There are 196 countries and about 8 billion people on this planet (ELEMENIST, 2023). Each country has different cultures and traditions. Depending on the climate and geography of the country, the traditional food will also be different. In this context, what comes to mind when you hear the word "Japanese food"? In my case, I think of miso soup, tempura, and rice. It is known throughout the world that Japanese food is good for one's health. I believe that health and diet are closely related. Today, Japan has the highest life expectancy in the world (MEMORVA, 2023). I thought that the difference in average life expectancy from country to country may be strongly related to food culture. In addition to food culture, medical care and welfare systems are also considerations. In this thesis, I will explain the reasons for the long average life expectancy of Japanese people.

Background

I learned in school that the average life expectancy for Japanese people is the longest in the world, and that according to the World Health Statistics of the

Average life expectancy

Rank	Country	Age
1	Japan	84.3
2	Switzerland	83.4
3	South Korea	83.3
15	Canada	82.2

World Health Organization (WHO) for the year 2022, as seen in the table above, the average life expectancy of Japanese men and women is 84.3 years. Japan ranks first, Switzerland second, South Korea third, and Canada fifteenth in terms of average life expectancy. This remarkable longevity has always intrigued me,

prompting me to delve deeper into the factors contributing to the Japanese people's extended lifespan, so I researched my topic before I went to study in Canada.

First, one of the primary factors that caught my attention was Japanese food. I had an image of Japanese food as healthy, containing many nutrients. Indeed, the traditional Japanese diet is based on healthy foods such as vegetables, fish, soybeans, seaweed, and rice. These dietary staples are renowned for being nutrient-rich, low in fat, and providing a well-balanced nutritional profile. The significance of diet in shaping health cannot be overstated, and possibly holds a key to Japan's longevity puzzle. However, when looking into the details in writing this thesis, I learned that there are several other reasons besides diet. In addition, I found out Japan's public health and healthcare systems also play crucial roles. Japan has an advanced public health approach. Preventive medicine and health education are widely endorsed in Japan. For example, annual physical examination and health class. There is an advanced medical system that facilitates early detection and access to appropriate treatment. The Japanese healthcare system is well-known for being efficient, allowing for early health issue detection and providing timely access to necessary treatments. In

addition, Japanese people are generally very health-conscious and have a healthy lifestyle that includes regular health exams, exercise in moderation, smoking bans, and drinking alcohol in moderation. “Beyond the physical



Baby receiving vaccine

aspects, there is a cultural propensity for stress management and relaxation

techniques, contributing to the overall health and happiness of the population“ (Ministry of Health, 2023). As I was born and raised in Japan, I know much about Japan, but I do not know as much about other countries. To gain a broader perspective, I conducted interviews with some people in Japan and Canada. In addition, I explored various international sources on diets, food cultures, healthcare systems, and the multifaceted factors that influence longevity across different countries. In my research, I discovered that while diet undoubtedly plays a substantial role in Japan's long life expectancy, it is complemented and reinforced by a comprehensive framework of public health initiatives and individual wellness practices. Japan's success in achieving the world's highest life expectancy serves as an example of how a holistic approach to health, encompassing diet, public health, healthcare systems, and lifestyle choices, can significantly impact the well-being of a nation (Nara Medical Association, 2018). Since Canada is an immigrant country, we cannot make an exact comparison between Japan and Canada, but I was able to learn about the differences in diet and medical systems.

Supporting Arguments

I stayed in Coquitlam, British Columbia, in Canada for ten months. While in Canada, ten questions about health were asked to four people. Ten questions were also asked to two Japanese people before I went to Canada. The interviewees are as follows: Interviewee A is a male from the United States. Interviewee B is a male from Canada. Interviewee C is a female from Canada. Interviewee D is a female from the United States. Interviewee E is a female from Japan. Interviewee F is a female from Japan. Interviewee G is a female from Japan. These interviews revealed that there are differences in attitudes toward health depending on age and country.

Interviewees were asked what they thought people needed to stay healthy. All interviewees said that health was related to food and exercise. Interviewer F and G also said that in addition to this, a regular lifestyle and sleep are important. The World Health Organization (WHO) gives the following definition of health: “Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity” (Friends of WHO Japan, 2023). Maintaining good health as defined by WHO requires diet, exercise, regularity of life, and mental care, as the interviewees said. In regard to diet, interviewees were asked about the food in their countries. Interviewee A said that they have a lot of one-course meals like pasta. They also feel that they eat junk food, such as hamburgers and French



An example of junk food

fries, more often than Japanese. Furthermore, they say they eat more frequently than the Japanese. Japanese people basically eat three meals a day. They may have a light meal around 3 p.m., such as a snack. Conversely, in many other countries, people eat more than three meals a day. However, in accordance with some religions, there are some foods that cannot be eaten, and some people fast, which is abstaining from food for a certain length of time (地球の隅っこから, 2023).

Next, let's shift our focus to Japanese cuisine. Insights were gathered by inquiring with individuals in Canada about their perceptions of Japanese food. Interviewee A said that Japanese people have a strong image of eating rice. Interviewees B and C said they think Japanese eat a variety of foods, including fish and meat. They also said that there are many foods in one meal. Interviewee D said



An example of Japanese food

she thinks Japanese people eat a lot of fish, like sushi and sashimi. Rice is a major source of carbohydrates and provides energy efficiently. Rice also contains vitamins, minerals, and dietary fiber, providing balanced nutrition (Zoujirushi, 2020). The traditional Japanese eating style is known as *ichiju-sansai*, which consists of rice, miso soup, main dishes, and side

dishes. This style provides a well-balanced meal. Japan is surrounded by the sea which is rich in fresh seafood and sea products. Seafood is enjoyed in a variety of forms, including raw fish dishes such as sushi and sashimi, grilled fish, and hot pot dishes. For this reason, the Japanese diet has had a positive impact on the health of Japanese.

Healthcare and welfare systems also play an important role in the longevity of Japanese people. The Japanese healthcare system is of high quality and all citizens have access to basic medical service (D'Souza, 2017). In addition, there is a well-developed welfare system to support the elderly, the disabled, and those with low incomes. Japan's welfare system is divided into some main categories. They are childcare, child welfare, maternal, child and widow welfare, welfare for the elderly, and welfare for the disabled (ミラクス介護, 2023). This allows people to manage their health and live their lives with peace of mind. As Japan is an aging society, services are provided with consideration for the maintenance of the health and welfare of the elderly, for example barrier-free laws and home-help services.

Similarly, Canada also has a very good health care system. Canada has a health insurance system for non-regular employees, self-employed persons, and students. There is also the same system in Japan (Sompo Japan, 2022).

Employees' Pension Insurance is a system that enrollees join when they reach a certain age. Under these systems, the insured person and his/her family can receive public health insurance services by paying a portion of the medical expenses. Other activities are designed to promote health and prevent disease. Health checkups and vaccinations are provided at the municipal level to support healthy living. This comparison shows that the health care systems are not very different in Canada and Japan. The Canadians interviewed said they had no complaints about the healthcare system. On the other hand, Japanese people complained about the long waiting time at hospitals and the high cost of medical care in Japan. A survey conducted on patients at Ofuji Hospital in Shizuoka Prefecture showed that about 70 percent of patients were satisfied with the doctors' explanations, facilities, and ease of consultation. However, only 35 percent of patients were satisfied with the waiting time for consultations (Ofuji Hospital, 2023). Also, in a survey conducted by the Ministry of Health, about 65 percent of respondents said they feel that medical costs are high (Ministry of Health, 2005).

Canada's life expectancy ranking is 15th in the world (MEMORVA, 2023). As a result of interviews and studies, we know that Japanese food makes us healthy. This is because it contains more diverse ingredients and nutrients than other countries. On the other hand, there is little difference between Japan and Canada in terms of the healthcare system. Although there was a difference in life expectancy ranking, the difference between Japan and Canada was only 2.1 years. However, countries with average life expectancy in the 50s and 60s do not have medical

systems like Japan and Canada, and they do not have easy access to doctors, for example, the Republic of Chad and South Africa. This clearly establishes a strong correlation between healthcare systems and people's health.

Conclusion

In conclusion, many factors contribute to Japan's longevity. There is no doubt that the Japanese diet, characterized by a nutritious and balanced diet, plays an important role. Preventive medicine, health education, and efficient access to medical care also contribute to the health of the population by ensuring early detection and timely treatment. While Japan excels in these two areas, it is important to recognize that similar healthcare systems exist in countries such as Canada, where life expectancy is somewhat lower. In addition, many people in developing countries die from diseases that could be prevented or cured in developed countries such as Japan and Canada. Achieving SDG No.3, which focuses on Good Health and Well-being, will undoubtedly lead to increased life expectancy in developing countries. As advocated by the United Nations Sustainable Development Goal No.3, it underscores the need for a holistic approach to improving the health and well-being of people around the world. There are many other problems in the world besides those presented in this thesis. I think people should pay more attention to such issues and I hope that the goals of the SDG's will be achieved and people all over the world will be happy.

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～日本人が長生きな理由～ 岩渕朱莉

もともと日本人は健康であるイメージをもっていたが、保健の授業で日本人の寿命が世界一長いことを知りその理由に興味を持った。また小学生や中学生のころから発展途上国の現状について学ぶ機会が多くあり、例えば何時間も歩いて水を汲みにいかないと水がない場所に住んでいる人がいたり、学校に通えず毎日何時間も仕事を手伝っている子供がいたりすることなどを学んできた。この論文では、主に日本と外国(主にカナダ)ではどのような違いがあり、日本人は健康で長生きをすることができるのかを調べた。調べた結果、主な理由は食生活と医療制度の違いであった。日本は一食の品数が多いのに対し、外国は一品料理が多く、栄養が偏りやすいことが分かった。医療制度に関しては日本とカナダではあまり大差がなかったように感じる。しかし、先ほど書いたような発展途上国は医療制度が充実していなかったり、満足に栄養が取れなかったりする。そのため平均寿命や五歳以下の死亡率が日本やカナダより何倍も高かった。日本では学校や企業が様々な取り組みを行っているので知らない人のほうが少数派だと感じるが、カナダではSDGSを知らない人が多数派であった。SDGsは先進国と発展途上国どちらもが協力して、2030年までに達成することが目標だが今のままでは達成することができないと私は感じる。SDGsには17の目標があり、私がこの論文で書いたテーマは「すべての人に健康と福祉を」という3番の目標である。これらを達成させるにはもっといろいろな国の人々が世界の現状を把握して興味を持ち、解決できるように行動に移す必要がある。SDGsを達成できるように、また人々がもっといろいろな問題に目を向けて解決ができるように、心から願っている。

Good Health and Well-Being: A Comparison of Japan and Canada



Yui Ogawa

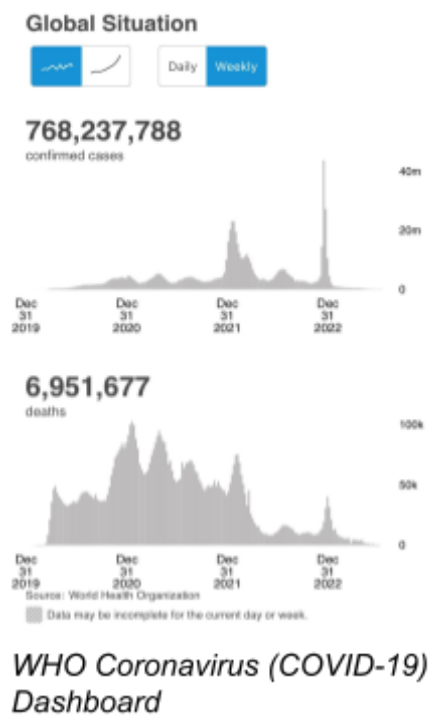
Nakamura Senior Girls' High School

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Introduction

In Japan, there is a phrase that has existed since the Muromachi period; *mubyō sokusai*. It means “living in good health, without illness” (マイナビニュース, 2022). This phrase is used when praying at a shrine, or is used as a talisman. Like this phrase, many Japanese people hope to be able to live a long time in good health. What about in other countries? I think everyone who lives in this world wants to stay healthy, like Japanese people. However, in modern society, there are differences from country to country in the medical care we receive. There are huge disparities that need to be addressed so people can get first-rate medical care. Therefore, in this thesis I will compare the medical systems in Japan and Canada, and research the problems of medical systems and the effect it has on people.

Background



WHO Coronavirus (COVID-19) Dashboard

In 2019, COVID-19 spread around the world, and our lives changed dramatically. Students all around the world could not go to school for many months and had to use *Zoom* to participate in online classes. Also, we had to live with masks, and it became difficult to go out like we did before. About 6.9 million people in the world died through the pandemic (WHO, 2023). We are still not able to live like we did before the COVID-19 pandemic, but a TV program showed that in some countries, not everyone was wearing masks. While masks were still considered necessary in Japan, people overseas were returning to their regular

lives, maskless. Why is it that the COVID-19 pandemic started to spread at the same time all over the world, but some countries were able to return to life as before, faster than others? Throughout the pandemic, the timing of vaccinations in Japan lagged behind other countries (The Asahi Shimbun, 2021). Why are we not able to live as well as we used to, compared to other countries? I think that these disparities were brought about by the differences in the healthcare systems of each country .

What can I do for the development of developing countries? I read a book when I was a child and learned that many children my age were unable to attend school, and had to go to work from a young age, or they died before reaching adulthood due to illnesses. My contribution, so far, has been raising money for UNICEF and other organizations. Additionally, in elementary school, I participated in a UNICEF fundraising call. However, this alone is not enough. They need more help. Children living in developing countries need not only a healthy life, but also a healthy environment for study. I am not involved in politics or medicine, so it is hard to help them directly, but I hope that through this thesis project, I can learn about the current situation in developing countries and call on as many people as possible to cooperate with developing countries.

Throughout the COVID-19 pandemic, an interest in medical disparities formed, and a desire to solve the medical disparities between developed and developing countries was born. Through my time in Canada, the differences between medical care in Canada and Japan became apparent, and the desire to learn about the medical systems of various countries grew. By learning about the healthcare system of not only Canada, but also other countries, improvements could be found, and the positive aspects of healthcare in Japan would become visible.

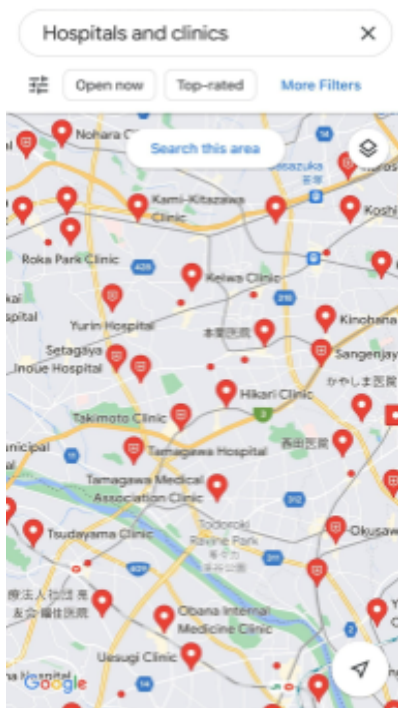
Supporting Arguments

I stayed in Burnaby, British Columbia in Canada for about 10 months, and while there, interviewed 4 women. My interviewees were Canadians, Canadian-American, and Canadian-Vietnamese. I also interviewed a school nurse and my mother in Japan before starting the study abroad program. Ten interview questions were asked about the medical system in each country, and the interviewees' hopes for the future.

First, they were asked, "Can you use the medical institutions in your country with confidence?" Five out of six people answered, "yes". From these responses, we can see that in both Japan and Canada, people can use medical institutions with peace of mind. However, only one person said that in Japan, when we move to another place or go to a new hospital, they do not have our medical records. In Japan, doctors are required by law to write medical records for each patient (The Ministry of Health, Labour and Welfare, 1948). The medical records contain information about the patient, their illnesses and injuries, what kind of treatment they received and what kind of medicine they were prescribed. By sharing the information on the medical records with not only doctors, but also with all medical professionals, such as nurses and medical clerks, information sharing becomes smoother, and the correct treatment is provided. On the other hand, an interviewee said that in Canada there is a medical institution called a "Family Doctor". Typically, one family will use the same clinic and doctor, but not everyone has a family doctor. If you are injured or have a cold, you should first see a family doctor, and if necessary, a family doctor will write a referral letter and send you to see a specialist. Since a family doctor is the same for all family members, the advantage is that even if there is no medical record system like Japan, patient information, such as past medical history and allergy

information, can be collectively managed. One interviewee, who has a family doctor in Canada, said that if you are not born in Canada, it is hard to find a family doctor. If you do not have a family doctor, you can go to the walk-in clinic, but often have wait times that are hours long.

The next question was “Do you think your country has different medical care



Google Maps in Setagaya city, Tokyo



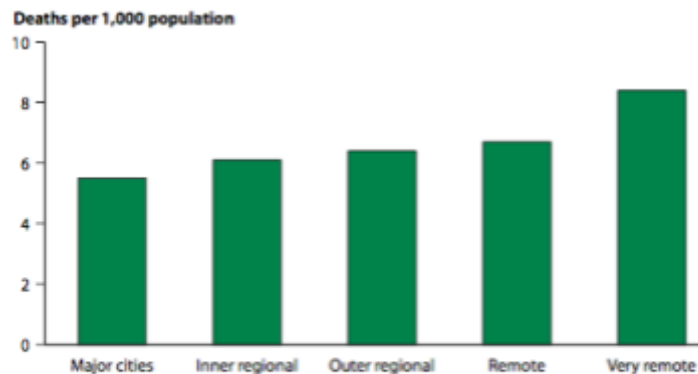
Google Maps in Erimo town, Hokkaido

depending on where you live?” Everybody answered “yes” and think that people living in rural areas lack access to quality health care. Especially in Canada, there are situations where access to medical care is difficult not only in rural areas, but also in isolated areas, such as

First Nations reserves. In both countries, health disparities in sparsely populated areas have been found to be a big problem. In villages in northern Canada, people travel for hours to receive medical care, or even take a plane to see a specialist. Similarly, in countryside Japan, there are areas where people have to use their cars to get medical attention, a fact that can be stressful. The Google maps above show how many hospitals and clinics exist in two places. On the left, is Setagaya city in Tokyo, where 938,288 people live. On the right is Erimo town in Hokkaido, where

only 4,173 people live. From these Google maps, it is obvious that in isolated places there are only a few hospitals that differ from big cities.

Thirdly, interviewees were asked “Do you think your country’s medical insurance is good enough?” Five out of six people responded, “yes”. Are there differences between the



Note: Rates have been age-standardised to the 2001 Australian population.
Source: ABS 2013.

Age-standardised death rates by remoteness area, 2012

insurance systems in Canada and Japan? Canada has a Universal Health Insurance system, which allows any citizen to have public health insurance. Medical expenses are basically free, and pregnancy and childbirth are also covered. However, you are responsible for all dental and optical treatments, rehabilitation and prescriptions (せかいじゅうライフ, 2019). On the other hand, Japan has a system called National Health Insurance. By joining National Health Insurance, you only have to pay 30% of your own medical expenses, and the elderly and infants, in particular, have even less out-of-pocket expenses. Japanese health insurance covers not only medical examination fees, treatment costs, and prescription fees, but also specialized treatments such as dental care and eye treatment, so you can receive specialized treatment without worrying about medical expenses. As you can see, Japan's health insurance is more expensive than Canada, but you can easily get high-quality and professional treatment (Rei, 2022). Also, although medical care is free in Canada, it can be said that there are inconveniences, such as not being able to see a specialist immediately.

These findings show that Japan and Canada have different health care and insurance systems, but the most serious common problem is the disparity in healthcare between urban and rural areas. As a countermeasure to this problem, Japan's Ministry of Health, Labour and Welfare (MHLW) is working to assign doctors from areas with many doctors, to areas with few. Furthermore, in Mie Prefecture, public hospitals and private hospitals were integrated to create a new hospital, making it possible to receive specialized medical care such as pediatric medical care and emergency medical care in areas where access to medical care was difficult (MIRASUSU for SDGs, 2021). In addition, future medical care using AI and other technologies is also expected. Hospitals, doctors, and patients can communicate using smartphones and televisions, and services can be received at home. (Shishido, 2023). However, this medical disparity is not only happening in one country, but also around the world. According to a survey by the World Bank and the World Health Organization (WHO) in 2017, 3.5 billion people, or half of the world's population, did not have access to high-quality basic health services. In addition, 95% of the countries and regions that do not have access to health services are developing countries.

Conclusion

Indeed, there is a common problem of regional healthcare differences between Japan and Canada, but when we look at it on a global scale, it becomes clear that there is a large regional disparity in healthcare between developed and developing countries. People, especially those living in urban areas, including myself, often focus on medical development in developing countries and are unaware of regional disparities in medical care in their own countries. Some medical

personnel and governments are doing their best to solve the problem, and most people are not even aware of the current state of medical problems around the world, and in their own countries. Solving these problems requires a lot of time and cooperation. I hope that those who read this thesis will understand the current state of this world, and that many people will cooperate in solving the problem. That way, by 2030, we will have a world where all men and women, young and old, can live long, healthy lives.

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～全ての人に健康と福祉を：日本とカナダの比較～ 小川結

日本には「無病息災」という言葉が室町時代から存在する。日本人は昔からこの言葉の通り、健康で長生きしたいと願ってきた。他の国の人々はどうであろうか？現代社会において、国によって受けることのできる医療は異なり、全ての人々が優れた医療を受けることができていない。新型コロナウイルス感染症のパンデミックを通じて、私は医療格差への関心が高まり、先進国と途上国の医療格差をなくしたいという思いが生まれた。そこでカナダ留学の経験を活かし、カナダの医療制度を学ぶことで、日本の医療の良い面だけでなく、改善点も見つけられると思い、このテーマを選んだ。

日本とカナダで行ったインタビューを通して、日本とカナダは全く異なる医療制度や医療保険が採用されているが、両国民とも自国の医療を安心して利用できることが分かった。また、日本とカナダの両国において、国民が受けることのできる医療に都市部と地方での地域差があるという共通した問題が見つかった。特に人口の少ない地域には医療機関が少ないため、その地域に住む人々は医療を受けるために何時間もかけて移動し、それが彼らにとってはストレスとなっている。しかし医療の地域格差は一国の間だけでなく、世界規模でも問題となっている。世界銀行と世界保健機関の調査によると、2017年には世界人口の半分にわたる35億人が、質の高い基本的な医療サービスを受けることができなかった。また、この医療サービスを利用できない国や地域の95%が発展途上国である。

私を含め、都市部に住む人々は、発展途上国の医療開発に注目することが多く、自国内の医療の地域格差について意識できていない。問題解決にむけて尽力しているのは一部の医療関係者と政府だけであろう。私はこの論文を読んだ方々が世界の現状を理解し、一人でも多くの方が問題解決に協力してくださることを願う。そうすれば、2030年までに世界中の老若男女が、健康で幸せに長生きできる世界が実現すると確信している。

Introduction

What is the purpose of wearing makeup? These days, people wear makeup regardless of whether they are men or women. Makeup helps you to express yourself and makes you feel good about yourself. When I am feeling down, anxious, or starting something new, using my favorite color or wearing new makeup lifts my spirits and makes me feel like I can do anything. If the reason for wearing makeup is for self-expression and confidence-building, then men should be allowed to wear makeup, too, without being shamed or subjected to negative comments. So, why are men criticized for wearing makeup? I think the biggest reason men's makeup is criticized is that there are many people who still have old fashioned ideas. We have to reduce the number of people with this idea. In this thesis, I will explore the necessity of gender equality in the use of makeup.

Background

I chose this topic because I want everyone to be able to enjoy what they love. There is no "right" way with makeup; we can decorate ourselves in any way we like. This has nothing to do with gender. I think men can use pink eyeshadow and red lipstick. I started wearing makeup when I was in junior high school, but at first I was often criticized by those around me because I had long lashes with black eyeliner and red lipstick. People around me often told me that men don't like that kind of makeup, and it's not girly. It was difficult for me to understand why I had to wear makeup that other people liked, and not what I liked. This seems to be a common theme; women's makeup is always remarked on by men. Many girls like makeup because of the influence of their mothers. I think there are many people who have been scolded for using their mother's makeup without permission, when they were

little. When I was young, I asked my mother to buy children's makeup for me.

Although the reasons for it have changed over the years, men have a long history of wearing makeup; in fact, for more than 100 years. The reasons are wide and varied, including for religious purposes, to boast of one's social status, as an insect



Red makeup

repellent, and to protect the skin and eyes from ultraviolet rays. In ancient Japan, there was a type of makeup called *red makeup*. That red was the color of protection against evil, so it was used not only for the face, but also for the body, to prevent evil things from entering the body. In the Heian

period, national isolation and a unique makeup culture was born. It was popular for both men and women to pluck all their eyebrows, apply a thick layer of white powder, draw thick eyebrows and paint their teeth black.

In the Sengoku period, makeup was mainly used by samurai of high rank, such as generals. In the Edo period, makeup was only for the upper class, but influencers such as Kabuki actors and prostitutes helped to spread it among townspeople. Men had fewer chances to wear makeup, but everyone was careful about their appearance, their status and class. Some men used lotion and powder, just like women. Men's makeup faded out in the Meiji period because the government promoted rapid modernization in order to stand shoulder to shoulder with other great powers. The top priority for men was to be healthy enough to support industry, and the makeup and fashion industry was seen to be a hindrance to that. In fact, the Meiji Emperor himself, gave up eyebrow makeup, which had been a custom of court nobles since the Heian period, and moved to wearing a military

uniform with a western look and a beard, in order to appeal to the public (Sanai, 2021).

Supporting Arguments

In order to research this thesis, ten questions were asked to four interviewees from Canada, and two interviewees from Japan. The Canadian interviewees were made up of three females and one male, while the Japanese interviewees were both males.

The first question asked was, *what does it mean to wear makeup?* The interviewees said makeup helps to raise their mood and gives them confidence.

Where their opinions differed, two males said that they use makeup to hide their complexes and to make themselves look better. In recent times, Korean idols have played an important role in influencing men to wear makeup, in an effort to improve their appearance. Korean idols are experiencing a surge of popularity all



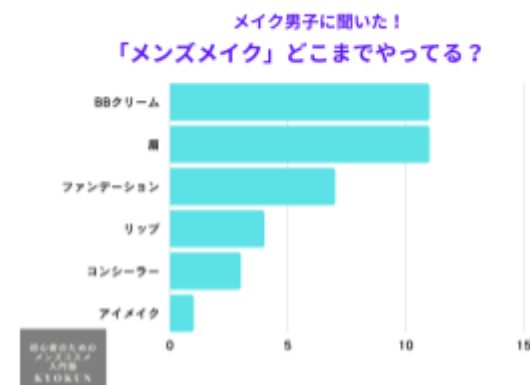
Male Korean idols wearing makeup

over the world, regardless of gender. As a result, Korean skin is trending as

beautiful, and the number of

Japanese men who use makeup have also rapidly increased.

According to a survey of 200 men in Japan who sometimes or usually wear makeup, the majority said that



they focus mainly on skincare, such as light foundation and eyebrow shaping (acocha-style.me, 2023).

The next question asked: *What do you think of men who wear makeup?* Interviewees of both countries agreed that men should be able to wear makeup because all people want to be seen in a positive way by those around them. On the site, *acocha-style*, 100 females were interviewed. They were asked if they thought of men's makeup as positive or negative. More than half of them answered, "positive". Their answers suggested that makeup was a good tool to help cover their complexes and gain self-confidence, while many of those who answered "negative" said, "I don't like it when it's overdone." Some people said that if males spend more time on



their beauty routine than girls do, it will be difficult for them to maintain a relationship. The same website researched the extent to which men's makeup is considered acceptable by

women. Many women think that base makeup, that which makes their skin look beautiful, such as BB cream, concealer and foundation, is acceptable. However, many women dislike it when men use blush and eyeshadow, because it makes them look too feminine. From a woman's perspective, the key to men's makeup is that it looks natural and not overdone (acocha-style.me, 2023).

Finally, when asked, *do you want to wear makeup every day?* There were different opinions between Japanese and Canadians. In the case of Japanese, they said "yes" to this question. There are days when they have a busy schedule or feel tired, however they would like to wear makeup everyday, if possible. In contrast,

most Canadians said “no” to wearing makeup every day because they also like to be bare-faced sometimes. Makeup is bad for the skin and as such, many Canadians don’t wear makeup on their days off, or when they stay at home. However, they do wear makeup when they go to school, or hangout with friends. They often opt to wear “natural makeup”, which consists of only mascara and lipstick.



Global sales for men's skin care

Currently, the global cosmetics industry predominantly caters to women. However, there is an increase in the number of men who are using special body care products. “South Korea, the USA and Brazil are global leaders in the demand for shaving foams, as well as products for styling and caring for beards.” Outside of unisex and gender neutral products, men’s makeup needs are being specifically catered to (interpack, 2023).

Demand for skincare products for men is increasing. There are also many makeup products such as eyebrow pencils and foundations on sale. Men’s beauty consciousness is increasing, not only in South Korea and other Asian countries, but also all over the world. Products with simple black and white packaging are now being sold, to make them easier for men to buy, and makeup brands that were previously aimed at women are now being sold exclusively for men.



Make up brands exclusively for men

Conclusion

Canadians and Japanese expressed a variety of opinions about makeup. One constant was that all of the interviewees wear makeup for themselves. In my opinion, everyone can wear makeup, however if men wear makeup they might be stared at due to differences in culture and a lack of broad-mindedness. Men and women have different ways of applying makeup, and the products they use. In order for men to be able to buy and use cosmetics as easily as women, cosmetics companies must sell products that are easy for men to use, and increase the number of men used in advertisements. We need to spread the awareness that wearing makeup does not look unnatural. Just as men can use cosmetics for women, women can also use cosmetics for men. Cosmetics for women tend to be glittery, while those for men tend to be simple. People of all genders should be able to buy their favorite brands and colors.

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.～メイクにおける男女差～嶋村彩

最近では男女関係なくメイクをする人が増えています。メイクで自己表現をする人が多い中、古い考えを持っている人も多く、メンズメイクが否定されています。この論文ではメイクの中での男女平等の必要性を話します。私がこのテーマを選んだ理由は皆が楽しみながらメイクができるようにしたいからです。男性のメイクの歴史は長く約100年あります。平安時代に鎖国が進み、日本独自の眉を抜いてふと眉を書いたり、白粉を厚く塗り、歯を黒くするメイクが流行りました。

現在、世界のメイク用品業界は主に女性を対象としていますが男性用の製品の需要が高まっています。韓国をはじめとするアジア諸国だけでなく世界中で男性の美容意識が高まっていて、男性でも買いやすいような白と黒のシンプルなパッケージや男性専用のブランドも販売されています。

私は日本とカナダのメイクの考え方の違いを調べるために、日本人男性2人、海外の子4人にインタビューをしました。海外の人も日本人もメンズメイクについていろいろな意見が出ました。そんな中で変わらない意見は自分のためにメイクをしていることでした。私はメイクは誰でもできるものだと思っていますが、文化の違いや考え方の違いから白い目で見られることがあります。男性と女性ではメイクの仕方や使用する製品が違います。男性も女性と同じように気軽に製品を購入、使用できるようメイクの会社は男性が使いやすい商品を販売し、広告に沢山の男性を起用する必要があると思います。そのように男性が化粧をするのは不自然なことではないという意識を広めていくべきだと思っています。

Good Health and Well-being: A Comparison of Food Culture in Japan and Canada



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Introduction

Food is an essential part of everyday life, and every country has a food that defines them. When we hear someone say, "Japan", we instantly think of sushi. Likewise, when we hear "Canada", we think of maple syrup. Food culture covers not only the food we eat, but "the attitudes, beliefs and practices that surround the production and consumption of food" (XYU and BEYOND). Nowadays, food is grossly wasted. Instead of throwing away excess food, or food that is about to be discarded because of the use-by date, it should be used to help those who are in need. Some supermarkets divide its food into smaller portions, in an effort to avoid wasted food. In this thesis, I will compare the food cultures of Japan and Canada and suggest solutions to the global issue of food wastage.

Background

There are four main parts of any national culture: food, language, clothing, and events. Food is used for celebrations, and as basic staples of the country. Some countries have more than one language, or some feel strongly about preserving their language. Similarly, traditional dress is very important in some countries and should not be appropriated.

I have been interested in the cultures of other countries since I was a child, when my parents started to foster interest in other countries' cultures. Among them, I became interested in food culture. I like to eat traditional foods from many countries. In particular, I like to not only eat, but also make cookies, cakes, omelet rice and miso soup. In my free time, I also like to watch videos about how to make sweets and dishes on television and YouTube. I do all of this because in the future, I'd like a job in the food industry. For these reasons, I think this topic is very interesting.

Japanese food is called *washoku* in Japanese. Japanese food is nutritious. As Japan has four distinct seasons, there are seasonal dishes, too. Many people think Japanese food consists of rice, miso soup, fish, and side dishes, but Japan has a long history of other food staples. According to a website about Japanese culture , during the Jomon period, Japanese people ate mammoths, deer, and acorns. In the Yayoi period, people started to make rice fields, so rice became a Japanese food staple. Additionally, people used kelp stock and bonito flake stock (Japanese Perfect



Japanese food

Day, 2019).

In the Meiji period, the ban on meat was lifted and the Westernization of diet started to progress with foods like curry, pork cutlet and potato croquette. In the Heisei period, the word, *washoku*, was registered by UNESCO as an

Intangible Cultural Heritage (Kobayashi Food, 2018). Canadian food is similar to

American food. Popular Canadian foods are poutine, maple syrup, and lobster.

Canada is unique in that it is home to people from many different countries, so there are foods from many countries in

Canada. For instance, Canada was

originally a British colony, which is why fish and chips, a British dish, is often eaten.

French food is also as well known in Canada, as French is one of Canada's official languages. However, since the 18th century, the increase in the number of

immigrants from central, southern, and eastern Europe, as well as from China, has further spread the cuisines of various countries (Statistics Canada, 2016). Just as



Canadian maple syrup

local cuisine differs in Hokkaido, Osaka, and Okinawa in Japan, each province in Canada has its own traditional cuisine. Vancouver, where I lived, is located on the Pacific coast, and is famous for its salmon dishes.

Supporting Arguments

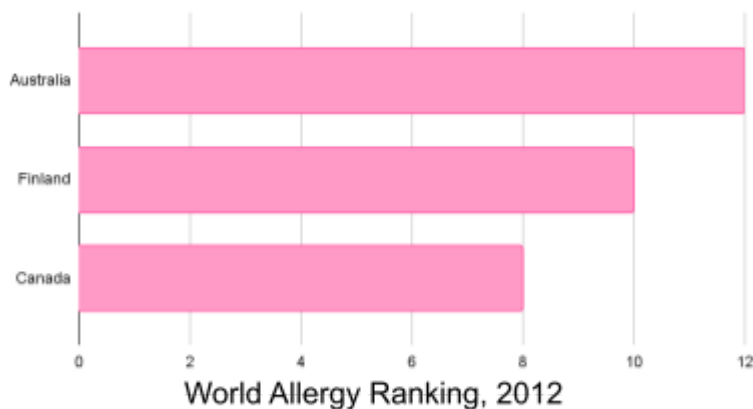
I stayed in Port Moody, British Columbia in Canada for around one year. I interviewed a Chinese-Canadian woman, two Canadian women and a Canadian man. Additionally, I interviewed a Japanese man and woman in Japan.

The first question was, *there are children in the world who are not able to eat three satisfying meals. What is your country doing to improve this?* Two Japanese people said there are cafeterias for children in Japan. This organization's name is *Good Neighbors Japan* and is a certified Non-Profit Organization. This organization helps families struggling to pay for food in Japan and more than 40 other countries. These families can get free food boxes. It contains rice, vegetables, fish and snacks. Four Canadian people said there are similar organizations in Canada, too. For example, there are food banks, hampers, soup kitchens, and meal programs that individuals in need may utilize. Food Banks is an organization that works with organizations around the world. Food Banks help people who need some food to live. The Ministry of Foreign Affairs' goal is to provide food security for people in need, and believes that people can become satisfied when their basic needs are met; when people have physical, social, and economic access to sufficient, safe, and nutritious food, and they can live an active and healthy life. In addition, children in Canada who do not have access to three meals a day can receive assistance from the public school system (Government of Canada). A Canadian teacher said, "Our federal government donates to other countries and does matching programs as well,

which means that when a Canadian donates, the Canadian government matches the donation.”

The next question asked was, *how do children with food allergies eat lunch at school in your country?* In Japan, some schools have school lunches, while others are required to bring their own lunch. Both Japanese people said, “If your school has school lunches and you have allergies, then you should bring your own lunch box or tell your teacher about your allergies beforehand.” Compared with that, some Canadian people said elementary schools have generous support for allergies, such as allergies of peanuts. Canadians have the third highest amount of food allergies in

Studies reporting Food Allergy Prevalence in preschool children ≤ 5 years



the world, with a large portion of that an allergy to peanuts.

One Canadian interviewee said, “In this country, if you're a child under 18, you have a two percent chance of having a Peanut Allergy”,

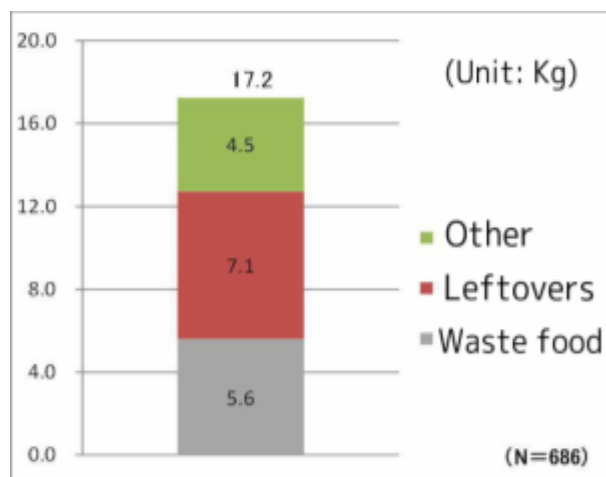
so some Canadian snacks have an indication mark on the package to alert buyers that the product contains peanuts. According to Food Allergy Canada, a peanut allergy is one of the most common food allergies, and it's considered a priority food allergen by Health Canada (Food Allergy Canada 2023). Priority food allergens are foods that cause the majority of allergic reactions (Food Safety Commission of



Canadian chocolate bar showing the symbol for Peanut allergies

Japan). The Canadians interviewed said, “Canada has come a long way with food allergies and sensitivities. Most places cater to those needs.”

When asked, *What do you do with food that can still be eaten, but is discarded in your country?*, some Japanese people said that extra food is sent to a facility. In Japan, we call these facilities “children’s restaurants” and “food banks”. The facilities give food to poor children, people who have trouble buying food, and those who are homeless. Other Japanese people said that almost all of the extra food goes to the garbage. In Japan, most of the wasted food comes from schools and private houses (Ministry of Agriculture, Forestry and Fisheries). At school, there is an excessive amount of leftover school lunches. Students have food preferences, their likes and dislikes, and often do not eat the food they dislike. In 2013, 17.2 kg of



Causes of food wasted in Japan, 2013

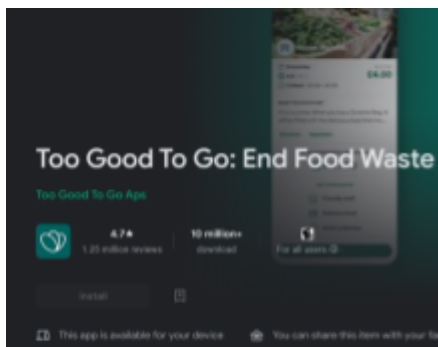
food were thrown out per student. In regular families, 15 kg per person per year is disposed of (Ministry of the Environment). This year, due to the implementation of the United Nations Sustainable Development Goals (SDG’s) and restrictions placed because of the COVID-19 pandemic,

many people became more aware and active about the prevention of food loss. In 2015, there were around 6.46 million tons of extra food. However, in 2019 that number decreased to 5.7 million tons of extra food. By being careful and prudent, people could reduce food wastage by almost a million tons (United Nations).

At some stores, leftover food is given for free, or at reduced prices. There are many bakeries that aim to decrease the amount of leftover food. Recently, some bakeries freeze the leftover bread and make a frozen bread box. They sell these boxes online in Japan.



In Canada, there are food banks that team up with grocery stores and have apps like "Too Good To Go", where restaurants discount leftover food. Food banks provide food free of charge to those who are food insecure due to a lack of money.



Too Good To Go App

Also, "Too Good To Go" was born in Denmark in 2016. Unfortunately in Japan, it is not available. The number of users is around more than 20 million people. Around 40,000 hotels, restaurants, hotels, fruit shops, bakeries, sweets shops and supermarkets register it. When they have extra food, if they use this app, they will not have to dispose of them. As a result, they could reduce extra food by around 600,000 meals every year (nikkei X TOREND0).

Conclusion

In conclusion, I talked about good health and a comparison of food culture in Japan and Canada. I found that Japan and Canada have different traditional foods and food culture. Even the way of expressing our gratitude to the person who cooked the meal is different in each country. Before studying abroad in Canada, I was interested in other countries' food and culture, but the serious problems of food and environmental issues are something I didn't know anything about. I'm glad that I

could compare Japan and Canada's food culture and interview some Japanese and Canadian people. Also, I hope all countries share how to decrease a lot of wasted food in the future. As a result, I think many countries can connect and communicate ways to actively solve global environmental problems.

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[B4%E3%80%85%E5%A2%97%E3%81%88%E3%81%A6%E3%81%84%E3%82%8B%E3%80%82](#). [Accessed 20 April 2023].

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私は以前から様々な国の食文化に興味があった。食べることはもちろん、作ることや調べることも好きだ。そこで私は国際科の生徒としてカナダへ留学するという貴重な機会を得て、これを機に食文化について日本と比較することに興味を持ち、このテーマに決めた。自分が気になる部分だけではなく、注目されている飢餓問題や食糧破棄、アレルギー問題といった今後の未来に影響するであろうことにも目を向けたほうが良いと思ったからだ。カナダでのインタビューや1年間の生活を通して、私が日本と大きく異なると感じたことは余った食料の行き先だ。日本では無料で必要としている施設へ送ったり値引きして定価販売することが多い。インタビューや調べによるとカナダでは食べ物廃棄を防ぐ為の組織やアプリ、ボランティア活動、フードバンクといったようなものが存在していた。日本と比べ、現代的技術を活用しているように感じられた。また、食べるのが大好きな私はカナダでもよくお菓子を買っていたのだが、どのお菓子、どの食品にも基本的にピーナッツ使用・不使用のマークがはっきりと書かれていた。なぜピーナッツだけなのだろう。気になってインタビューとはまた別にインターネットや友達に聞いた。日本では卵やお蕎麦がアレルギー注意必須食材であるように、カナダではピーナッツがそうであった。ピーナッツ使用表記だけでなく場所によっては持ち込み禁止の所もある。例えば、自己判断が困難な年齢の子供たちが生活している幼稚園や小学校、また、飛行機への持ち込みをしていた時期もあったそうだ。「食」という概念には食べることの幸せとは裏腹に飢餓問題や食糧破棄、アレルギー問題といった問題も沢山存在する。このThesis Projectを通して国によって食材は勿論、食問題の解決策も異なることが分かった。様々な国が問題解決の為に世界にそれを共有し、食問題が世界から1つでも減ることを願う。

NAKAMURA SENIOR GIRLS' HIGH SCHOOL

Nakamura International Course

Thesis Projects

～概要～

中村高等学校国際科では、高校2年次に1年間の海外留学(英語圏)を経験します。そして留学中に研究計画に沿って調査を進め、課題論文を作成します。

2024年度中村高等学校国際科3年生は、「ジェンダー(社会的・文化的に創り出された男女の違い)」「すべての人に健康と福祉を」をテーマにしたプロジェクト学習に果敢に挑戦しました。少子高齢社会の日本で、様々な分野で女性の活躍が期待されます。女子教育の場でこそできる「社会貢献・社会創造を担う女性とは」を課題として、グローバルキャリアという視点を軸に、各自が設定したテーマを一人一人が追求しました。国際科の目標「Think Globally, Act Locally」の実現です。

留学前にテーマ決定をし、調査方法を学びました。留学中も本校の教員(英語を母国語とするネイティブスタッフ)の指導を受けながら、現地の多様な人々にインタビューを実施、さらに図書館や資料館など必要な機関を訪ね、フィールドワークを行いました。帰国後に、調査結果を整理し、論文としてまとめました。昨年度に引き続き、その成果を刊行いたします。

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