

Community Nutrition in Japan
Faculty-led Education Abroad Program
Summer 2020

INSTRUCTOR

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COURSE DESCRIPTION

In 2005, Japan passed Shokuiku Kihon Ho (Food Education Basic Law) to address a wide range of problems at the intersection of health, food systems, and culture — increasing rates of diet-related chronic diseases, shrinking agriculture and fishing industries, low food self-sufficiency, and loss of traditional food culture due to globalization. This groundbreaking piece of legislation recognizes that a food systems approach that considers the many intricately related factors involved in feeding a population is needed to advance public health.

Loosely translated as food and nutrition education, shokuiku has myriad goals — boosting knowledge, skills, and disposition to make food choices that cultivate a healthy mind and a healthy body; building appreciation for and understanding of the people and natural environment involved in producing, transporting, and preparing food; promoting appreciation of traditional Japanese food culture; and revitalizing agricultural areas and fishing regions through chisan-chisho (local production, local consumption). More than a decade since its inception, the Japanese government is eager to spread shokuiku, the foundational concept of the legislation, around the world. Could Japan's novel approach help to expand and accelerate the impact of related work in the United States, which is grappling with many of the same problems?

In this fast-paced course, we will use Japan as our classroom to learn about shokuiku and how it is implemented through community nutrition policies and programs and by people who work in this exciting and evolving field. We will apply community nutrition terminology, principles, theories, and models to real-world situations and urban and rural settings in Japan while building critical thinking skills and gaining cultural competence. This two-week course will include field trips to schools where we will observe shokuiku lessons and eat school lunch, community nutrition organizations that support the health and well-being of older adults, farms that practice sustainable agriculture, and businesses that promote traditional food culture. We will also learn about hunger in Japan where an estimated 20 million people live below the poverty line and tour facilities designed to promote food security among individuals and families. In addition to field trips, students will learn about community nutrition in Japan through lectures

given by people who work in the field of community nutrition (e.g., dietitians, researchers, business owners and employees, farmers), small and large group discussions, readings, videos and films, and podcasts.

COURSE MATERIALS

Before arriving in Japan, you will be required to read material, watch videos and films, and listen to podcasts. All materials will be available through D2L.

ASSIGNMENTS AND ASSESSMENTS

Pre-trip paper

You will be required to reflect on the course materials and write a 750-1,000 word paper describing how you expect their Japan experience will complement and enhance your studies at Portland State University and what you expect to learn from your experience with regard to their personal and professional goals.

Photostory

You will take and caption at least one picture each day that reflects a moment that was impactful for learning about community nutrition. On our last day together in Japan, we will discuss your photos and captions in a focus group to learn how faculty-led education abroad programs can complement and enhance student learning about community nutrition and stimulate interest in learning more about community nutrition and the broader field of public health. You will be invited to participate in a photovoice research project in which your photos and captions will be analyzed to increase knowledge about the effectiveness of faculty-led education abroad programs in supporting the academic, inter- and intra-personal career, and intercultural development of students. If you choose not to participate in the research project, you will still participate in the focus group, however, your photos and captions and your focus group comments will not be used for research purposes. Regardless of whether or not you choose to participate in the research project, you will have the opportunity to share your photos and captions at one or more on-campus events.

Journal

Journals give you time to reflect on and articulate your experiences in the field and can serve as a way to integrate your experience with the course content. You will submit your entries each day using Google docs. Each entry should begin with the date and respond to the journal prompt that you will receive at the beginning of each day.

Post-trip paper

You will write a 750-1,000 word paper about your experience in Japan. How will you integrate what you learned into your studies at Portland State University? How did your experience in Japan influence how you think about community nutrition? In your paper, you will be expected to apply community nutrition terminology, principles, theories, and models to your experience in Japan in order to demonstrate your understanding of core course concepts.



Community Nutrition in Japan

Portland State University

IES Abroad Tokyo | June 22, 2020 – July 05, 2020

Portland State University Faculty: Betty Izumi

Portland State University Contact: Hannah Fischer

IES Abroad Contact: Maureen Brady Coyle

Addendum Date: July 10, 2019

Revised Addendum: July 23, 2019

Revised Addendum: August 19, 2019

Revised Addendum: November 20, 2019

ON-SITE ORIENTATION

Orientation Details. IES Abroad will provide an orientation for the School's students and accompanying faculty member promptly upon their scheduled arrival in Tokyo. The orientation shall include:

- Comprehensive information on health and safety, culture, and living in Tokyo. Students will be provided with an information packet during orientation which includes a detailed student handbook, local area information, and a program schedule.
- Guided Walking Tour
- Welcome Lunch

Faculty & Staff Meeting. Upon arrival at the IES Abroad Center, the accompanying faculty will meet with IES Abroad staff to discuss the details of the program and responsibilities of each party.

ACADEMIC PROGRAM

Courses. The School's faculty will teach the following courses for the School's students.

- *Community Nutrition in Japan*

Guest Lectures. IES Abroad will provide **three (3)** guest lectures related to the content of the program.

IES ABROAD CENTER

The IES Abroad Tokyo Center is located in Makuhari, a modern city in Chiba prefecture, which is in the Greater Tokyo Area. The Center space is a 20-minute train ride from Tokyo Disneyland, a 30-minute train ride from Tokyo Station on the Keiyo Line, and is a convenient distance to Narita airport. It is within walking distance of public transportation, Kanda University of International Studies, and many public amenities, which include extensive shopping and dining facilities, a movie complex, a game arcade, parks, and open spaces to relax and hang out. While the Center has easy access to Tokyo, it is also easy to enjoy the beaches, history, and natural attractions of Chiba prefecture (including hot springs!).

Library & Computer Lab. The School's students and faculty will have access to the library and computer lab at the main IES Abroad Tokyo Center on a shared basis with other students at the Center. High-speed Internet and printer access is available for students and faculty. The Center library is situated in the student lounge and offers more than a thousand volumes in English with a special emphasis on Japanese area studies.

Classroom Space. IES Abroad will provide **five (5)** hours of classroom space in or near the IES Abroad Tokyo Center for all the School's courses.

FIELD TRIPS AND EXCURSIONS

Local Excursions. IES Abroad will provide the following for the School's students, program assistant, and accompanying faculty member.

Day Trips. An IES Abroad representative will accompany the group on all of the following:

- Second Harvest. Includes tour. IES Abroad will make reasonable effort to arrange a discussion with the CEO.
- Kodomo Shokudo (Children's Cafe). Includes discussion with manager.
- School lunch center. Includes tour and discussion with school dietitian.
- Hachijo Dairy Industry. Includes tour and discussion with operator.



- Meal delivery service for older adults.
- Ajinomoto. Includes tour and discussion with manager.
- Visit to a traditional Japanese home.
- Local Elementary School. Includes discussion with school dietitian and school lunch included.
- Local Fish Market. Includes tour. IES Abroad will make reasonable effort to arrange a discussion with the operator.
- Edible Schoolyard Japan.

ACCOMMODATIONS

Student Housing. IES Abroad will arrange housing for the School's students in a hotel. Two students will share a room. A buffet breakfast and WIFI are included.

Faculty Housing. IES Abroad will arrange housing for the School's faculty member in a single room in a hotel. A buffet breakfast and WIFI are included.

Program Assistant. IES Abroad will arrange housing for the School's program assistant in a single room in a hotel. A buffet breakfast and WIFI are included.

MISCELLANEOUS

Cultural Events. IES Abroad will arrange **one (1)** cultural event in the form of a cooking class for the School's students, program assistant, and faculty member during the program.

Farewell Dinner. IES Abroad will arrange a farewell dinner for the School's students, program assistant, and faculty member at the end of the program.

Group Meals. IES Abroad will arrange an additional four (4) group lunches and one (1) IRORI dinners. One of the four group lunches will be with students from a local girls' school known to the School's faculty member.

STUDENT SERVICES SUPPORT

Fully-Trained Local Staff. The IES Abroad Center is a fully-staffed local office ready to respond quickly and professionally to student and faculty needs. An on-site Customized Programs coordinator will be designated specifically as the point of contact for students and faculty on the program. This on-site coordinator, in partnership with other IES Abroad Center staff, helps to oversee the academic quality for IES Abroad taught courses and to manage logistics including accommodations, field trips, cultural activities, and day-to-day administration. This coordinator will also handle on-site emergencies and manage student academic, health, and discipline issues in conjunction with the IES Abroad Dean of Students Office in Chicago. IES Abroad will provide information to the School's students concerning cultural activities and available local resources, such as libraries and athletic centers, in the program location.

24/7 Emergency Support. IES Abroad will provide 24/7 emergency support, including emergency protocols & evacuation plans, for students and accompanying faculty member pursuant to its customary policies and procedures.

Crisis Management Preparedness. IES Abroad has a Crisis Management Team (CMT). In the event of a crisis that may affect the health and safety of many, or even all, students in a specific location, the IES CMT is convened to assess and respond to the situation at hand. The CMT will respond in accordance with established IES Abroad practices and protocols and also may seek the guidance as



needed of appropriate experts, including, as examples, U.S. consular officials, local law enforcement representatives, and local health care providers.

Health Insurance. IES Abroad offers a carefully considered plan for international student insurance, to be provided for the School's students participating in the Program, as well as the official faculty member designated to operate the Program by the School. The plan is comprised of three parts:

- A)** 24-hour Medical/Travel/Technical Assistance, Emergency Medical Evacuation and Repatriation coverage provided by Cultural Insurance Services International (CISI) in conjunction with AXA;
- B)** Accident and Sickness Insurance provided by CISI; and
- C)** Security and Political Evacuation Services provided by CISI in conjunction with AXA and iJET Intelligent Risk Systems (iJET).

Trip Tracker. IES Abroad will monitor student whereabouts using *Trip Tracker*, a system that keeps track of students' locations when they are travelling independently.