

Realize the Importance of our Health By Visualize "What we Can Not See"

Unit O TWINCLE program in IPB, Indonesia



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Wish Students to Keep Health...

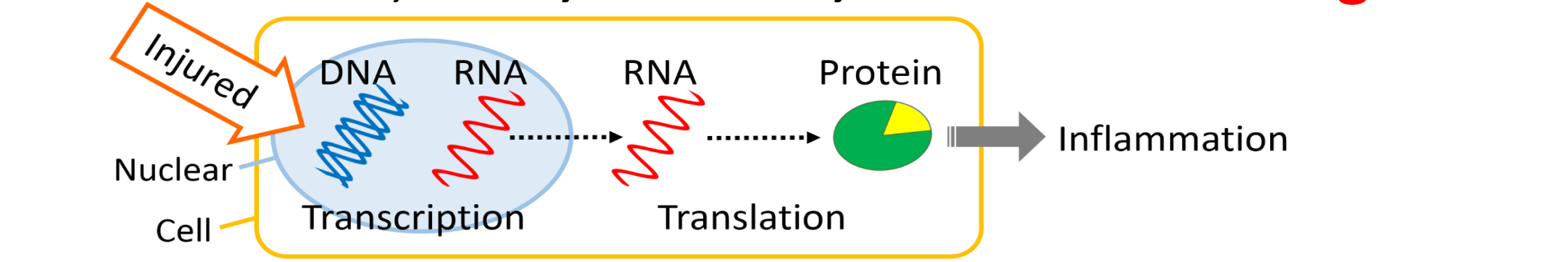
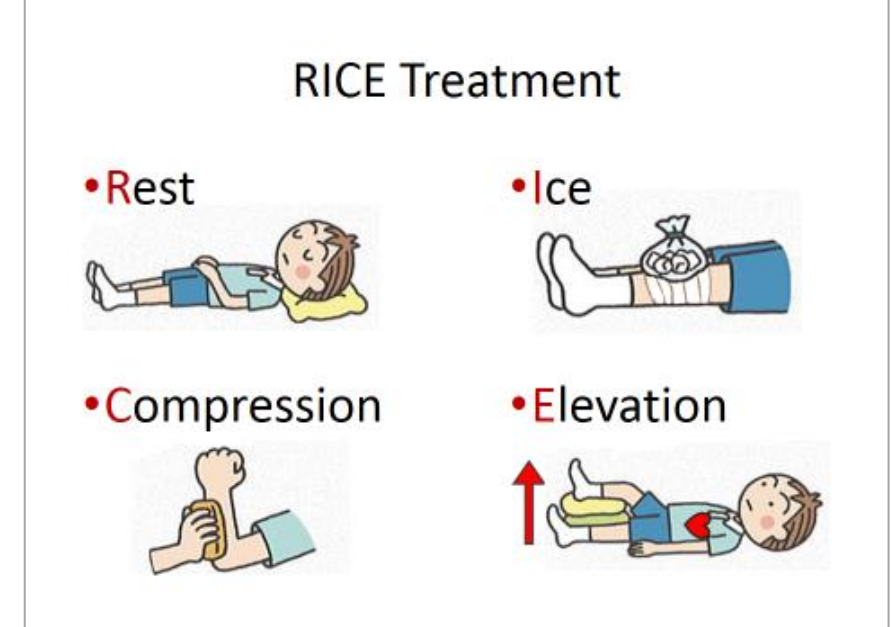
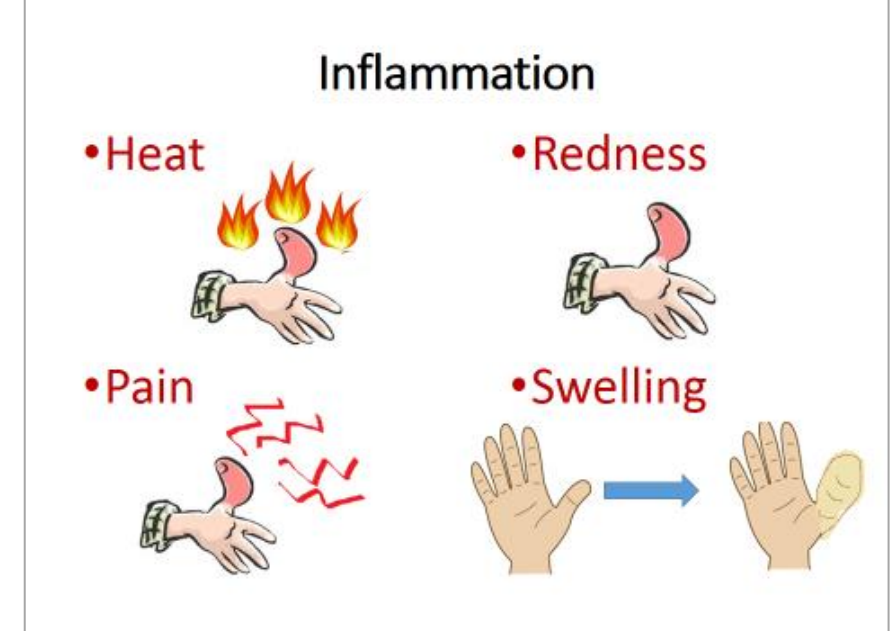
I study about health education. In this lesson, we have 2 main topics.
① **first aid**, when we injured, if we can't go hospital soon, what we should do to **prevent the injure from worsening**.
② **DNA Extraction**, we are still young, so it's difficult to think about the importance of health. To see our own DNA, I want students to realize "I'm living". All of us are majoring education, so we wish students' health and want to **protect their health**.

Structure of Our Lesson

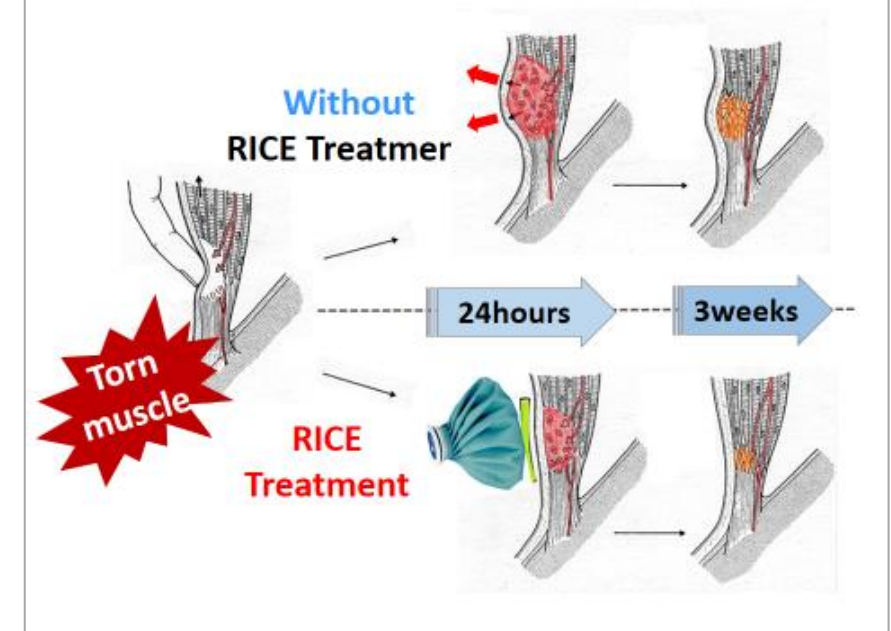
Title: Health Consciousness

- ◆ Objective
Realize the importance of our health
- ◆ Contents

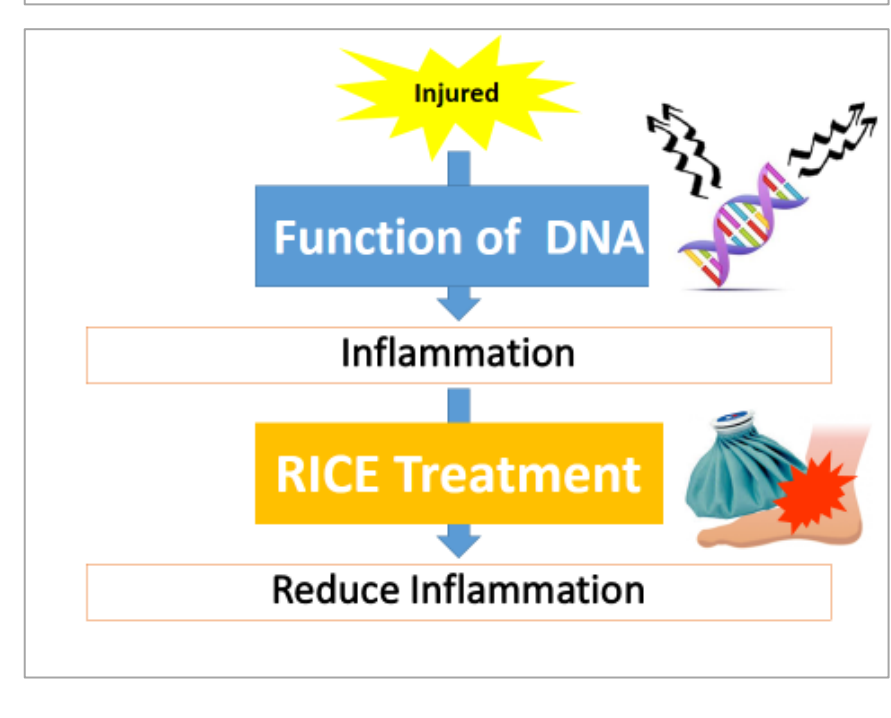
① **Inflammation**
Inflammation is a protective response to protect our body from injury or infection. There are 4 Symptoms in inflammation, **Heat, Redness, Pain** and **Swelling**.



② **RICE Treatment**
RICE is the initial of 4 elements: **Rest, Ice, Compression** and **Elevation**. It is a first aid for bone, joint and muscle injuries.



- Accelerate the healing process
- Reduce formation of a Scar
- ③ **DNA Extraction**
 1. Collect cells (Cells from the inside of our cheek)
 2. Break cells (Add surfactant and protease solution)
 3. Visualize DNA (Add NaCl and ethanol)

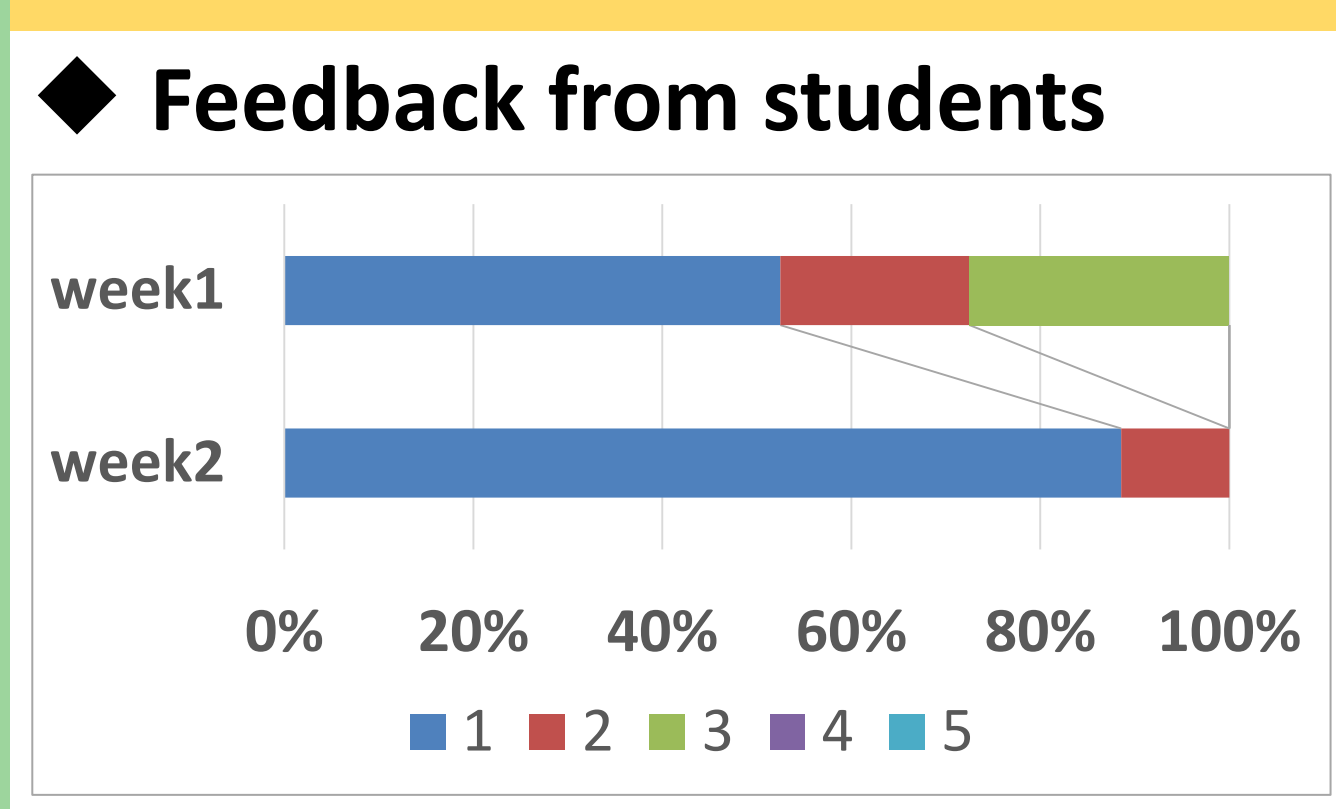


Good Point of our Lesson

- ◆ **RICE Treatment**
 - ① Use a movie in introduction ... Students **interested in our topic** and understood easily what happened.
 - ② Take a role play ... To **image** the mechanism of inflammation easily.
- ◆ **DNA Extraction**
 - ① Write a line to pipette ... Easy to understand if there is a line when we take the liquid.
 - ② Prepare handouts ... We use **visual and auditory materials** to make student understand our topics.



Realization and Improvement



- Explained clearly and some kind of acts made us understand.
- Get a new knowledge about health.
- I understand the real structure of DNA.
- I can understand each tools have their own job.



- ◆ **Improvement**
 - ① Difficult to collect cell water to tube ... Use a **straw**.
 - ② Go overtime ... Explain **simply and clarify** the point.
 - ③ Difficult to see DNA ... Adjust the temperature to incubate and Keep ethanol cold with ice.
- ◆ **What we learned**
During our lesson, students looks really enjoying and almost students said "easy to understand". Next time we want to make **more flexible lecture** to students that we will meet in the future.

Sharing Good Practices in Daily Life

- ◆ **Preserve Environment**
 - ① Check about 3R
Focus on recycle and explain **the things made by recycle**.
 - ② **MOTTAINAI**
MOTTAINAI is Japanese original word. The meaning is "Still can use." But if we ignore recycle, we can't use the recyclable things and the amount of **garbage will increase**.
- ◆ **Earthquake**
 - ① Check the rules when you evacuate
 - おさない... Don't push
 - かけない... Don't rush
 - しゃべらない... Don't chat
 - もどらない... Don't return
 - ② Evacuation drill
When an earthquake happens, get under the desk to **protect our head**. To **keep a way of evacuate**, open the door.



おかし(=Okashi) means sweets. Easy to memorize!

Cultural Exchange Event in High School

It is very exciting and interesting. They have already known some Japanese culture and their culture had some **common points** with Japanese. We felt happy.

Indonesia

Saman

The band including Calung

Shodo

Origami

Traditional toys (Kendama, Koma)

Japan

Indonesian Life

IPB students always support us and tell us about Indonesian culture every time. We can learn Indonesian history **by the point of view of local friends**. Without them, we couldn't spend precious moment like we experienced.



Learning

I learn the **difficulty of telling my opinion** to another people. Through this experience, I want to keep discuss with other people to understand each other. -Kyoko YOSHIDA

TWINCLE program gave me a lot of first experiences. And I can make so many **precious irreplaceable friends**. I want to go Indonesia again. -Hironobu UKITA

I got nervous before the lesson, but both students were cheerful and positive. So I can **achieve to teach science** in Indonesia. It was precious experience. -Nozomi KITAZAWA

Thanks to TWINCLE program. I know about Indonesia. And also I was able to get the experience to **stand on the future of the role** and got precious friend. -Hayato HONDA