

Form B-5

Date (日付)

27/ 12/ 2102 (Date/Month/Year: 日/月/年)

Activity Report -Science Dialogue Program-
(サイエンス・ダイアログ事業 実施報告書)

- Fellow's name (講師氏名): Houda ZRELLI (ID No. P 12089)
- Participating school (学校名): Chiba municipal Chiba high school
- Date (実施日時) 21/ 12/ 2012 (Date/Month/Year: 日/月/年)
- Lecture title (講演題目): (in English) Health Benefits of Functional Food
(in Japanese) 機能性食品の健康効果
- Lecture summary (講演概要): Please summary your lecture 200-500 words.

Lecture summary:

JSPS Science Dialogue lecture at Chiba Municipal Chiba High School on Dec. 21 was divided into 2 parts. First one was an introduction of myself and my country Tunisia. The purpose of this part was to give the students a general overview of Tunisian history, culture and education system. The second and main part was about the beneficial health effects of functional food. The students were introduced to the significance of functional food and nutraceuticals that have been shown to provide health benefit and protection against lifestyle diseases beyond their traditional basic nutrition. As a case study, the protective effect of olive oil compound, Hydroxytyrosol, on atherosclerosis was developed. My research data have been explained to show that Hydroxytyrosol could be effective to prevent and treat atherosclerosis and cardiovascular disease. At the end of this lecture the students were allowed to ask questions.

- Language used (使用言語): English
- Lecture format (講演形式):
 - ◆Lecture time (講演時間) 60 min (分), Q&A time (質疑応答時間) 30 min (分)
 - ◆Lecture style (ex.: used projector, conducted experiments)
(講演方法 (例: プロジェクター使用による講演、実験・実習の有無など))
Oral presentation using projector
 - ◆Interpretation (ex.: assistance by accompanied person, provided Japanese explanation by

yourself) (通訳 (例:同行者によるサポート、講師本人による日本語説明))

The lecture was presented in English, The slides contained some translation in Japanese to make them more easy to understand for the high school students

◆Name and title of accompanied person (同行者 職・氏名)

池谷翼 (Tsubasa Ikeya) (Master's degree students)

◆Other note worthy information (その他特筆すべき事項):

The lecture was successful. The students were very interested in the content of the presentation and asked many questions in english.

- Impressions and opinions from accompanied person (同行者の方から、本事業に対する意見・感想等がありましたら、お願いいたします。)

今回同行者として参加したことは私にとっても有意義な経験となりました。通訳の必要があるかと思っていましたが、生徒さん達は講演内容を理解できていたようで、質問も英語でしっかりとしており Dr. Zrelli も私も驚かされました。

高校生のうちから国際交流を図ることは非常に有益だと思います。私自身は大学に入ってから英語学習に力を注いできましたが、もし自分が高校生の際に今回のような経験ができていればもっと早く国際交流の楽しさに気づき色々な世界を見ることができたかもしれないと、とても羨ましく感じました。今後も様々なジャンルのサイエンスを通して、日本中の高校生が国際交流の機会を増やしていくことを願っています。