

E 部門 (A)

A Tale To Tell

'What do you want to be when you grow up?' It's a popular question to ask children about their future dreams. But for some, it is difficult to answer. Also, if you don't become what you imagined, it can feel like giving up on your dreams. However, there is another interesting way to think how your life will be.

Have you ever read an 'obituary'? An obituary is the story of someone's life after they have died. You find them in newspapers. They talk about when the person was born and died, what their family was like and the things they did. Of course, people dying is sad, but the stories they leave can be wonderful. It can show the efforts, success and failures of someone's full life journey. It also shows us their importance to other people and whether they were serious, funny or caring. The best part about obituaries is that they can give us inspiration to make our life interesting and meaningful. Not only by wanting to match the achievements of others but avoiding their difficulties too.

Ask yourself, 'Would I enjoy reading my own life story?' If not, how can you change or enrich it?

If you focus on leading your life as leaving a good story when you die, I think you will be able to make better choices. Not only will you seek adventure but you'll be more confident to cut back boring chapters. You might have courage to live life differently from more regular scripts. Being the hero of your own story doesn't only mean success. It means how you manage hardships, inspire the people around you and enjoy it all. You can also use characters from stories you like to guide you on the way.

Now, if I had to think of phrase I would be remembered by, I would like it to say: (あなたを印象付ける英文をここに入れてください)

E部門(B)

Food for the Future

Sushi, soba and tempura are all delicious examples of Japanese cuisine called “washoku”.

In 2013, washoku was given special heritage status. There are many good points to Japanese food. For example, it's fresh, seasonal and healthy. It also looks beautiful and can have special meaning for different events. Many of us regularly eat Japanese food but many more kinds of foods are entering our diets and what we eat.

Getting a wider taste of new and foreign foods is delicious, for example, I love (あなたの好きな海外の食べ物を英語に入れてください). However, we also need to be careful of foods with excess sugar, salt, fat and chemicals that are bad for us.

Some visitors to Japan can have a hard time finding food they can eat. For vegetarians, or people who don't eat meat or fish, finding fish broth with their noodles or bacon on their salads can be disappointing. There are also more people sensitive to gluten which is found in wheat flour. It is often difficult for them to find 'gluten free' bread, pasta or other products usually made from wheat.

Then there are vegans who don't eat any animal products including those containing milk, eggs or honey.

Traditionally, not much meat was eaten in Japan, but now, like the whole world, we eat it more. This has a big impact on the health of the world. Livestock like cows, pigs and sheep need a lot of clear land to grow. A lot of natural forest is destroyed to make space. This reduces the number of trees to help take up CO2 and also removes the homes of many plants and animals. The grain to feed the animals is taken from poorer countries and the gas and waste from the animals pollutes the world.

People now are interested in changing this situation. Some meat like products are being made from beans or grains and there's even talk of eating more insects in our diets.

We need to make good choices about what food we eat and where it comes from. After all, we are what we eat. What kind of person do you want to be?

E部門(C)

Support for the Small Guys.

What do you do if a fly comes at you? Swipe your hand? Do a panic dance? Or act cool and disinterested? Most people go out of their way to avoid bugs or “mushi”, known as insects in English. But taking a closer look at them, they really deserve a clap, not a swipe. Here’s why.

One of the most beautiful animals is the butterfly. But, baby ‘ao mushi’ called caterpillars, have amazing bodies too. Quiz! How many legs do caterpillars have? Lots, right? Well, they only have three front pairs. The false legs at the back are more like a walking six-pack of muscle and fluid, cool!

Do you like the color red? Surprisingly, many red things like lipstick, paint and even red candy are colored red by insects. The color comes from the crushed bodies of beetles called cochineal. Wow! Or “eww” – if the thought of eating bugs gives you chills.

Speaking of eating insects, not all insects can eat. Some moths, like the Luna Moth don’t have mouths or stomachs. They only live one week as a moth with the solo aim to find a partner. That’s tough living!

Then there is the speed of some insects. Tiny flies called midges can beat their wings very fast. In fact, they can beat their wings over 1000 times in just one second. One second, crazy!

Insects are everywhere. They make up about 90% of animals that exist. We need insects in our lives to help plants reproduce, recycle the natural Earth and provide food to many other animals. In the future, insects are planned to become an important part of the human diet. Why? Because they are easy to keep, have good nutrition and are more environmentally friendly than other livestock like cows.

Insects are fascinating and important. We can’t live without them but they can live without us. It’s a relationship that deserves our respect and wonder. It’s time you got excited to see your next bug.

E 部門(D)

Stay hungry, stay foolish

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960's, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: "Stay Hungry. Stay Foolish." It was their farewell message as they signed off. Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you. Stay Hungry. Stay Foolish. Thank you all very much.