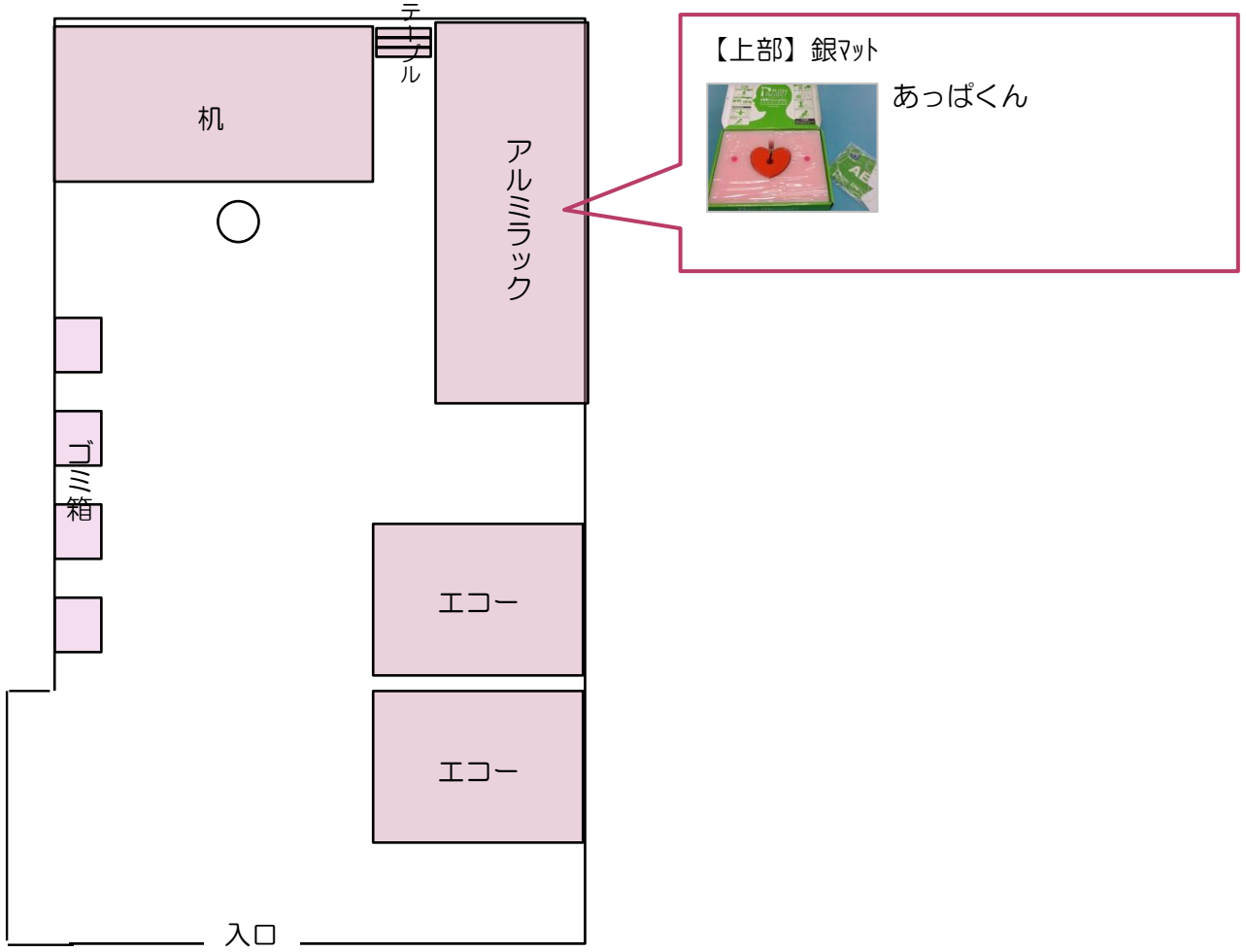F.教材作成室