



Bringing Everyone Together: *Washoku* [輪食]*

Meals are enjoyable when gathered around the table with friends and family. Eating together also teaches children proper behavior and manners.

*(The characters used to write *Washoku* here are “ring” (輪) and “food,” (食) representing how food can bring us together. Please read “*Washoku*” on this page with that image in mind.)

① **Washoku [輪食] Connects People**
(Sitting around the family table. Being with friends. Passing down culinary traditions.)

② **Developing a Sound Mind with *Washoku* [輪食]**
(Mealtime manners)



- Japanese people say “*Itadaki-masu*” to express various types of thanks, such as thanks to nature, life, wisdom, work and those around you.
- To simply show our appreciation, we put our hands together before saying *Itadaki-masu*.

★Adults should show examples of good table manners.

- ★ *Itadaki-masu*, before eating and *Gochiso-sama* when finished.
- ★ Enjoy your meal.
- ★ Turn off the TV.
- ★ Use your bowl and chopsticks properly.



Enjoy a family meal with everyone gathered around the table. You can learn a lot during a nice, fun meal.

- ★ Be thankful.
- ★ Show your appreciation to the person that prepared your meal by eating.
- ★ Chew thoroughly and enjoy the meal.
- ★ Clear your plate.



★Passing Down Traditions

【Eating with Family】

Gathering around the table for an enjoyable meal with family is a great way to spend time.

【Special Occasions】

Meals where family gather for birthdays, marriages and other milestones of life are times when people wish for happiness and health. In Japan, *sekihan* (rice with azuki beans) is often eaten during celebratory occasions.

【Local Areas and Festivals】

By sharing meals at festivals or in the local area, food culture is passed down and bonds with the festival organizers are strengthened.

Please visit the following website for traditional Hiroshima cuisine recipes:
<http://www.city.hiroshima.lg.jp/shokuiku/>
食育の推進 > 料理レシピ紹介 (Japanese only)
(Provided by Aki Ward Dietary Improvement Promoters)

*QR code for mobile phones:



Oyster Rice



★Chopstick Taboos

Utsuri-bashi
Moving food from one dish to another with chopsticks.

Sashi-bashi
Pointing at people or things with chopsticks.

Mayoi-bashi
Hovering chopsticks between plates when deciding what to eat next.

Watashi-bashi
Laying chopsticks over a dish.



Hiroi-bashi
Passing food from one person to another with chopsticks.

Neburi-bashi
Licking the tip of the chopsticks to remove bits of food.

Yose-bashi
Using chopsticks to pull dishes closer.

