

JAPN 3048: Japanese Food Culture 日本の食文化

University of North Texas 2026 年秋学期

<i>Section</i>	<i>Days</i>	<i>Time</i>	<i>Classroom</i>
001	Tu/ Th	3:55 - 5:15 pm	LANG 205

Instructor Contact

Name: Yayoi Takeuchi

Office Location: LANG 405B

Phone Number: 940-565-2404

Office Hours: Monday 2:30 - 4:30; Tuesday 1:30 - 3:30; also, by appointment

Email: yayoi.takeuchi@unt.edu

Course Description

This course is designed to understand the principles of Japanese food culture through historical and modern lifestyles. By bringing awareness toward the current social and global issues, the course provides ways to use the insights from Japanese food culture into action in language learning and applies the ideas to benefit our daily dietary life. The key discussions include the influence of various cultures into Japanese diet today, the characteristics of what makes Japanese food unique, how Japanese food culture portrayed in popular media such as animation and drama, and how Japanese food and culture transform in the changing world.

Topics in discussions include the essential Japanese food ingredients, flavors and seasoning, cooking tools and methods, food and tea culture, celebration of life cycles and seasons, food and spirituality, lunch for school children, character bento, lunch for businesspeople, the food in aging society, and future use of Japanese space food.

These variety of topics promote critical thinking skills in light of traditional Japanese food culture as well as in the innovative global citizens. Readings, visuals, audio, and video materials will benefit the modality in learning.

Language learning through various topics in Japanese food culture and current social issues will cultivate extensive idea and communication skills for advanced learners.

Course Objectives

- Understand the principles and expressions of Japanese food culture and compare to your own
- Understand the concept of Japanese food, 和食, registered as the UNESCO's Intangible Cultural Heritage of Humanity
- Understand the historical influence in Japanese food culture
- Identify the Japanese regional food cultures and the influence in modern lifestyles
- Identify the elements and concept of how Japanese meals are coordinated in a basic daily format
- Identify the connection between the rice farming culture, spirituality, and its role in the modern life
- Know the categories of essential ingredients from the sea, land, and the mountains
- Know the basic coordination in Japanese meals; become familiar with and apply the idea into own daily meals
- Know the variety of cooking tools and methods
- Create menu in Japanese styles and talk about them
- Be a reporter of food and tasting
- Carry conversations with Japanese speakers on Japanese food and the culture
- Apply the idea of Japanese food culture towards the sustainable development goals
- Apply the learning of Japanese food culture and demonstrate it in individual project

Course Eligibility

This course is designed for students who have completed five semesters or currently enrolled in JAPN 3020 or the equivalent.

Required Materials

DIVING INTO JAPANESE CULTURE AND SOCIETY THROUGH FOOD 食で考える日本社会
Kuroshio Publisher, 2023, ISBN978-4-87424-944-4

Your interests and passion to learn Japanese food culture! and willingness to explore potentials in influencing on your own diet.

Authentic material from the internet are extensively used for the reading and listening activities. Use of YouTube in search for modern day Japanese cooking shows and approaches by YouTubers.

Recommended Materials

A Dictionary of Basic Japanese Grammar, by Seiichi Makino and Michio Tsutui. Tokyo: The Japan Times, 1989. ISBN 4-7890-0454-6.

The New Nelson Japanese-English Character Dictionary: Based on the Classic Edition by Andrew N. Nelson, by John H. Haig. Rutland. Vt./ Tokyo: Charles E. Tuttle, 1997. ISBN 0-8048-2036-8.

J<>E Dictionary (recommended: Kodansha's Furigana Japanese Dictionary ISBN4-7700-2480-0)

Kodansha's Essential Kanji Dictionary (ISBN4-7700-2891-1)

Kodansha's Kanji Learner's Dictionary (ISBN4-7700-2855-5)

Kodansha's Compact Kanji Guide (ISBN4-7700-1553-4)

Free Online Resource and Dictionaries:

- <https://kanjialive.com/> (A free study tool for kanji learning developed by University of Chicago)
- <http://tangorin.com/>
- <http://www.csse.monash.edu.au/~jwb/cgi-bin/wwwjdic.cgi?IC>
- <http://jisho.org/>

Free Online Apps:

- Japanese (Android)
- Akebi (Android)
- Imiwa (iOS)
- Shirabe Jisho (iOS)

Grading Scale

- 90-100% = A
- 80-89% = B
- 70-79% = C
- 60-69% = D
- 0-59% = F

Grading

- Class Participation = 20%
- Assignments = 20%
- Readings & Journal writing = 20%
- Vocab Quizzes = 5%
- Concept Quizzes = 5%
- Mini Presentations = 10%
- Final Project = 20%

Friday, November 6, 2026

Last day to drop the course

If you submit your drop paperwork by this date, you will receive a W on your transcript, which will not be calculated into your GPA.

<https://registrar.unt.edu/registration/fall-registration-guide>

Grading Category Details

Class Participation

Class meetings for this course will be conducted via Zoom. Class attendance is mandatory and absolutely essential to your success in learning Japanese. Full participation credit (16 points per MW class hour) will be given to those who are present for the entire class period, prepared for class, fully participating in all activities, and using Japanese whenever possible.

Partial attendance or lack of participation will result in deduction of points. The lowest two attendance points will be dropped. Other emergency cases may be considered according to the instructor's discretion, but the instructor must be contacted as early as possible. Absences will only be excused in the case of university-sponsored activities, religious holidays, military service, or extended illness with documentation (after the free absences have been used). It is not necessary to provide excuses for other absences. See the UNT attendance policy for details at <https://policy.unt.edu/policy/06-039>. If you miss a class, follow the schedule and use the materials on Canvas to keep up.

Discussions

You will have weekly discussions on assigned topics. Participating active discussion includes posting and exchanging ideas are expected in the process of learning.

Journals and “My Cookbook”

You will write short weekly journals on Japanese food culture and compile “My Cookbook” entries you find and collect from various sources. The entries can be applied towards the element of your final project.

Readings

You will have variety of reading assignments throughout the semester. For each assignment, read the passage provided, summarize the idea, answer questions on Canvas. These assignments can take quite a bit of time, so plan accordingly and start early! The topics will be used in class discussions and writing on weekly discussions

Table for Two 和食育 Lessons (6 modules) Ondemand, Interactive Program

<https://courses.ruzuku.com/courses/wa-sho-learn-cook-eat-japanese-2026-27-japanese-language-learners--9327033b-e148-419d-b0ea-2f770ca26094/lessons/1-1-rice-overview-video-4min--7aca3850-ed1a-441b-a3da-ad1ad9ce7f83>

Outreach Activities

To improve your understanding of Japanese food culture and communication skills, you will reach out to communities of Japanese speakers online. Interviews to native speakers are assigned four times throughout the semester and keep the activities log to share the class.

Mini Presentations

Short presentations are assigned for beginning of each class to share the interesting information and thoughts on Japanese food culture. Two in-class presentations and one on video recording posted on Canvas.

Quizzes

There will be vocabulary quizzes and concept quizzes related to each module themes throughout the semester. There are no make-ups for quizzes. Your lowest quiz scores will be dropped.

Final Project

Students will work on Japanese food culture related project applying the course specific topics and theme. Presentation of the project in class and through social media or Japanese community are required to open discussions on current issues in combination of individual choice and interests.

Student Behavior in the Classroom

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu ([Links to an external site.](#)).

Sexual Discrimination, Harassment, & Assault:

UNT is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (and/or someone you know) have experienced or experienced any of these acts of

aggression, please know that you are not alone. The federal Title IX law makes it clear that violence and harassment based on sex and gender are Civil Rights offenses. UNT has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

UNT's Dean of Students' website offers a range of on-campus and off-campus resources to help support survivors, depending on their unique needs:

<https://studentaffairs.unt.edu/dean-of-students/>

The UNT Survivor Advocates can be reached by emailing SurvivorAdvocate@unt.edu or calling 940-565-2648. The UNT Survivor Advocates connect students who have been impacted by violence to resources (counseling, health, safety, academics, legal, etc.), and act as their advocate. They can assist a student by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change (if needed), and connecting students to the many other resources that are available, both on and off campus. They are here to help! For more information see <https://studentaffairs.unt.edu/dean-of-students/>

Resources, Extra Help & Disability Accommodation:

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student. To learn more about campus resources and information on how you can achieve success, go to <https://www.unt.edu/success>.

Program Information:

Major in Japanese: The major consists of the six (6) foundational courses (JAPN 1010, 1020, 2040, 2050, 3020, and 3030) and seven (7) advanced courses, at least 3 of which must be at the 4000 level. All courses require a grade of C or higher.

Minor in Japanese: The minor consists of seven (7) courses (JAPN 1010, 1020, 2040, 2050, 3020, 3030 and one more course at the 3000 or 4000 level). All courses require a grade of C or higher.

Certificate in Japanese: The Certificate of Achievement in Japanese consists of eight (8) courses (JAPN 1010, 1020, 2040, 2050, 3020, 3030, 4020 and 4030). All courses require a grade of C or higher.

For more information about the Japanese program, including the major, minor, and certificate of achievement, contact the Japanese program coordinator:

Name: Yayoi Takeuchi

Office Location: 405B

Phone Number: 940-565-2404

Office Hours: Monday 2:30-4:30; Tuesday 1:30-3:30

Email: yayoi.takeuchi@unt.edu

Honor Society:

UNT has a chapter of the Japanese National Honor Society (JNHS). The mission of the society is to recognize our outstanding students and encourage their scholastic achievement and excellence in the study of Japanese language. In addition, we aim to promote ways for students to use Japanese on campus and in the community. Networking during college years and in post-graduation is one of the important aspects of JNHS-College Chapter at UNT.

Certificates of Excellence and red-and-white cords to wear at graduation will be given to students who are granted membership in the society. The following is the criteria for the membership of JNHS in addition to the active participation in Japanese Scholars' Society, a student organization for activities and individual projects. For information, email:

yayoi.takeuchi@unt.edu

Completion of five Japanese language semester courses

Japanese language course GPA: 3.5

Overall GPA: 3.0

Study Abroad:

UNT Japanese program strongly encourages students to have an opportunity to study abroad in Japan. We have currently five direct exchanges set up in Japan: Kansai Gaidai University (Osaka), Meiji University (Tokyo), Nagasaki University of Foreign Study (Nagasaki), Nanzan University (Nagoya), and Ritsumeikan University (Kyoto).

The Study Abroad Office helps students find placements in Japan for one semester or an academic year. The beauty of these programs is that you can study in Japan at close to the same cost as studying at UNT. For more information, visit the Study Abroad Office in Marquis Hall (Room 145), check out their website (<https://studyabroad.unt.edu/index.html>) and attend one of their "Study Abroad 101" sessions. You can contact yayoi.takeuchi@unt.edu for further details. There are also several opportunities for summer study in Japan at various levels. This website maintains a good list.

Office Hours:

Office hours offer you an opportunity to ask for clarification or find support with understanding class material. I encourage you to contact your instructor for support. Your success is our goal. Visit your instructor during office hours for individual help or study suggestions. If the scheduled times don't work for you, email for an appointment.

Canvas Site:

You can download the PowerPoint from each lesson from our class site on Canvas. You will also find helpful links, activities, etc. Log in at: <https://unt.instructure.com>.

Willis Library

The Willis Library has quite a few resources for additional study. The “Japanese Graded Readers” are particularly recommended. Browse through the area on the third floor around PL539!

Disability Accommodation

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the Office of Disability Access website at <http://www.unt.edu/oda>. You may also contact ODA by phone at (940) 565-4323.

Other Resources

Technical Assistance

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and contact the UNT Student Help

Desk: helpdesk@unt.edu or 940.565.2324 and obtain a ticket number. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

UIT Help Desk: [UIT Student Help Desk site \(Links to an external site.\)](http://www.unt.edu/helpdesk/index.htm) (<http://www.unt.edu/helpdesk/index.htm>)

Email: helpdesk@unt.edu

Phone: 940-565-2324

In Person: Sage Hall, Room 130

Walk-In Availability: 8am-9pm

Telephone Availability:

- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm

Laptop Checkout: 8am-7pm

For additional support, visit [Canvas Technical Help \(Links to an external site.\)](https://community.canvaslms.com/docs/DOC-10554-4212710328) (<https://community.canvaslms.com/docs/DOC-10554-4212710328>)

Student Support Services

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- [Student Health and Wellness Center \(Links to an external site.\)](https://studentaffairs.unt.edu/student-health-and-wellness-center) (<https://studentaffairs.unt.edu/student-health-and-wellness-center>)
- [Counseling and Testing Services \(Links to an external site.\)](https://studentaffairs.unt.edu/counseling-and-testing-services) (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- [UNT Care Team \(Links to an external site.\)](https://studentaffairs.unt.edu/care) (<https://studentaffairs.unt.edu/care>)
- [UNT Psychiatric Services \(Links to an external site.\)](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (<https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry>)
- [Individual Counseling \(Links to an external site.\)](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (<https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling>)

Other student support services offered by UNT include

- Registrar (<https://registrar.unt.edu/registration>)
- Financial Aid ([Links to an external site.](https://financialaid.unt.edu/)) (<https://financialaid.unt.edu/>)
- Student Legal Services ([Links to an external site.](https://studentaffairs.unt.edu/student-legal-services)) (<https://studentaffairs.unt.edu/student-legal-services>)
- Career Center ([Links to an external site.](https://studentaffairs.unt.edu/career-center)) (<https://studentaffairs.unt.edu/career-center>)
- Multicultural Center ([Links to an external site.](https://edo.unt.edu/multicultural-center)) (<https://edo.unt.edu/multicultural-center>)
- Counseling and Testing Services ([Links to an external site.](https://studentaffairs.unt.edu/counseling-and-testing-services)) (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- Pride Alliance ([Links to an external site.](https://edo.unt.edu/pridealliance)) (<https://edo.unt.edu/pridealliance>)
- UNT Food Pantry ([Links to an external site.](https://deanofstudents.unt.edu/resources/food-pantry)) (<https://deanofstudents.unt.edu/resources/food-pantry>)

Academic Support Services

- Academic Resource Center ([Links to an external site.](https://clear.unt.edu/canvas/student-resources)) (<https://clear.unt.edu/canvas/student-resources>)
- Academic Success Center ([Links to an external site.](https://success.unt.edu/asc)) (<https://success.unt.edu/asc>)
- UNT Libraries ([Links to an external site.](https://library.unt.edu/)) (<https://library.unt.edu/>)
- Writing Lab ([Links to an external site.](http://writingcenter.unt.edu/)) (<http://writingcenter.unt.edu/>)
- MathLab ([Links to an external site.](https://math.unt.edu/mathlab)) (<https://math.unt.edu/mathlab>)

Academic Honesty

Homework assignments and tests should be true representations of your effort and learning. Plagiarism (i.e., copying another person's work and presenting it as your own work) or cheating (i.e., providing answers for someone else or getting answers from someone else) are prohibited. In addition, we ask that no online translation tools are used when completing writing assignments. Consequences of any breach of academic integrity may include lowering of grade and/or failure of the assignment and/or the course.

Student Perceptions of Teaching (SPOT):

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The short SPOT survey will be made available November 17– December 3 to provide you with an opportunity to evaluate how this course is taught. For the Fall 2026 semester, you will receive an email on November 17 (12:01 a.m.) from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Please look for the email in your UNT email inbox. Simply click on the link and complete your survey. Once you complete the survey, you will receive a confirmation email that the survey has been submitted. For additional information, please visit the spot website at

<https://vpaa.unt.edu/spot> or email spot@unt.edu. We work to continually improve our courses, so we appreciate your feedback!

Emergency Class Cancellation:

In the event of a class cancellation due to the weather, illness, or other emergency, you should follow the instructions announced on Canvas by your instructor and/or the coordinator. Since our course schedule is so packed, we will deviate as little as possible from the schedule. You should look through the PowerPoint online and complete your homework following the schedule in the syllabus. Any quiz or test would be postponed until the next class meeting unless otherwise announced. We will communicate any schedule changes on Canvas, so check for announcements there.

1. Wk1-2 日本食は和食？
2. Wk 3-5 食とバラエティ、歴史 お祝いの食事・四季・成長
3. Wk.6-8 食事とメディア、心
4. Wk.9-11 毎日の食事
5. Wk.12-15 食と未来・食と現代社会

Class Schedule (schedule is subject to change)

Week	Class contents	Assignments
Week 1 L1 8/18 火 L2 8/20 木	Course introduction, Cultural and historical overview モジュール1: 和食って日本食って何? 私の知ってる日本料理は。。。。 Ch.1 Reading 1- p.12 ^{わしょく} 和食とわたし 和食はどんなもの？	ジャーナル1 アクティビティシート Reading 1 読んで かんたんなクイズ Lesson 1: Rice Start
Week 2 L3 8/25 火 L4 8/27 木	和食はどんなもの？ 食材は？ 保存食、発酵食って何？ VQ1 Concept Q1	ジャーナル2 アクティビティシート 料理のユーチューバーYouTube
Week 3 L5 9/1 火 L6 9/3 木	Reading 2- p.16 ^{しょくたく} 和食は食卓から ^{すがた} 姿を消すのか VQ1	ジャーナル3 アクティビティシート Lesson 1: Rice DUE
Week 4 L7 9/8 火 L8 9/10 木	Concept Q1 モジュール2: 食とバラエティ、歴史 Reading 3 Ch.2 sec.1 - p.20 郷土料理の多様性 季節を祝う 楽しむ	ジャーナル4 アクティビティシート Lesson 2: B-Kyu Gurume (B-Class Cuisine) Start
Week 5 L9 9/15 火 L10 9/17 木	Reading 4 Ch.3 sec.1 - p.28 江戸のファストフード すし、天ぷら、そば、うどん、うなぎ	ジャーナル5 料理のユーチューバーYouTube アクティビティシート Lesson 2: B-Kyu Gurume (B-Class Cuisine) DUE
Week 6 L11 9/22 火 L12 9/24 木	Reading 5 Ch.3 sec.2 - p.32 ^{めいじ} 明治の ^{わせい} 和製洋食 日本の国民食 オムライス カレー ラーメン とんかつ VQ2	ジャーナル6 アクティビティシート Lesson 3: Soy Start

Week 7 L13 9/29 火 L14 10/1 木	Concept Q2 モジュール 3: 食とメディアと心 Reading 6 Ch.5 sec.1 - p.44 食とアニメ・マンガ となりのトトロ	ジャーナル7 アクティビティシート Lesson 3: Soy DUE
Week 8 L15 10/6 火 L16 10/8 木	食とエンタメ アニメ、映画、ドラマ Reading 7 Ch.6 sec.1 - p.52 ^わ我が^や家の味 食ベレポ(ミニプレゼン1) ■ おにぎりアクション ■ (おにぎりパーティ 3:30~)	ジャーナル8 アクティビティシート Lesson 4: Bento Start
Week 9 L17 10/13 火 L18 10/15 木	お弁当 和食の極み 精進料理 お寺 仏教 ^{かいせき}懐石料理 お茶文化 茶道 VQ3	Project Draft 1 日本の食文化と私 ジャーナル9 アクティビティシート Lesson 4: Bento DUE
Week 10 L19 10/20 火 L20 10/22 木	Concept Q3 モジュール4: 毎日の食事と健康文化 ^{けんこう} Reading 8 Ch.7 sec.1 - p.60 学校給^{きゅうじょうく}食の思い出 学校給食 栄養のバランス つくレポ(ミニプレゼン2)	ジャーナル10 アクティビティシート Lesson 5: Food From The Sea Start
Week 11 L21 10/27 火 L22 10/29 木	Reading 9 Ch.7 sec.2 - p.64 こども食堂と^{ちいき}地域のつながり 毎日の献立 家庭料理ベスト10!	ジャーナル11 アクティビティシート Lesson 5: Food From The Sea DUE
Week 12 L23 11/3 火 L24 11/5 木	社食の文化 サラメシ お弁当 日本の国民食 カレーとラーメン 料理のユーチューバーYouTube VQ4	Project Draft 2 ジャーナル12 アクティビティシート Lesson 6: Sweets Start
Week 13 L25 11/10 火 L26 11/12 木	Concept Q4 モジュール5: 食と未来・食と現代社会 Reading 10 Ch.8 sec.1 - p.68 ^{ちやうじゅ}長^{はっこう}寿と発酵食品 もどき料理 食とテクノロジー 魚の養殖 野菜のフィルム栽培	ジャーナル13 アクティビティシート Lesson 6: Sweets DUE

Week 14 L27 11/17 火 L28 11/19 木	ふくしゅう まとめ さいがい 災害の時の食事 うちゅう 宇宙食 若田さん 宇宙の和食 VQ5	ジャーナル14 アクティビティシート
11/24 & 11/26 かんじやさい 感謝祭の休み		
Week 15 L29 12/1 火 L30 12/3 木	災害の時の食事 Final Presentation プロジェクト VQ5 Concept Q5	ジャーナル15 アクティビティシート Presentation Project paper DUE
Final week 12/7 月	Final プロジェクト プレゼンテーション @LANG205 3:30 p.m. – 5:30 p.m.	

A final exam may **only** be given during the specific block of time designated by the Office of the Registrar. <https://registrar.unt.edu/exams/final-exam-schedule/fall>

読み物リスト

モジュール1:和食って日本食って何?

Reading 1 Ch.1 - p.12 和^わ食^{しょく}とわたし

Reading 2 Ch.1 - p.16 和食は食^{しょく}卓^{たく}から姿^{すがた}を消^けすのか

モジュール2:食とバラエティ、歴史

Reading 3 Ch.2 sec.1 - p.20 郷土料理の多様性

Reading 4 Ch.3 sec.1 - p.28江戸のファストフード

Reading 5 Ch.3 sec.2 - p.32 明治の和製洋食

モジュール3:食とメディアと心

Reading 6 Ch.5 sec.1 - p.44 食とアニメ・マンガ

Reading 7 Ch.6 sec.1 - p.52 我^わが家^やの味

モジュール4:毎日の食事と健康文化

Reading 8 Ch.7 sec.1 - p.60 学校給^{きゅうじょう}食^{しょく}の思い出

Reading 9 Ch.7 sec.2 - p.64 こども食堂と地域のつながり

モジュール5:食と未来・食と現代社会

Reading 10 Ch.8 sec.1 - p.68 長^{ちやうじゆ}寿^{しゆ}と発^{はっ}酵^{こう}食品

プロジェクト トピックアイデア SDGs 食^{しょく}品^{ひん}ロス問題

郷土料理

行事食^{ぎやうじ}・懐石料理^{かいせき}

おせち料理・お雑煮^{ぞうに}

和製洋食^{わせいようしょく}

国民食^{こくみん}

日本とアメリカのすし

人気メニュー

デザート・和菓子^{わがし}・洋菓子^{ようがし}

学校給食^{きゅうじょうしょく}

災害^{さいがい}・保存食^{ほぞん}・宇宙食^{うちゅう}

そのほか