

Japanese Food

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introduction

Japanese food was registered on UNESCO's Intangible Cultural Heritage of Humanity list in December 2013. The Japanese people are proud of this.
Why was Japanese food registered? I think there are three reasons.

Point 1 : Fresh Food and Respect for Taste

Japan has four main islands and is surrounded by four seas.
⇒we can get fresh food, so we also cook fresh food respecting its taste without using seasoning.



Point 2 : Eating Habits Superior in Nourishment Balance

Japanese food is based on Ichizyu-Sansai in Japanese.
Japanese food have high nutritional balance, so it is healthy.

1. Life expectancy

	Rank	Country	Life expectancy
Men	1	Iceland	81.2
	8	Japan	80.0
Japanese people live longer			
Women	1	Japan	87.0
	2	Spain	85.1

2. Obesity rate

Rank	Country(%)
1	America(33.8%)
2	Mexico(30.0%)
3	Chili(25.1%)
34	Japan(3.9%)

Obesity rate is low in Japan

Point 3 : Regard for Annual Events

1/1 New Year's Day ----- Osechi-ryori
2/3 End of Winter ----- sushi roll and roasted beans
3/3 The Girls' Festival --- chirashi-zushi etc.



Problem with Japanese Food

rice: staple diet of the Japanese
118.3kg(1972) ⇒ 59.5kg(2012)
soy sauce: Japanese typical seasoning
10.9L(1972) ⇒ 7.4 L(2006)
miso : add good taste to Japanese food
3928g(1971) ⇒ 2016g(2011)
the consumption of Japanese food isn't increasing in Japan, or basic Japanese food consumption is decreasing(rice, soy sauce, miso)

To Solve The Problem

- ① adopt Japanese food more in school lunches and teach students about the good points of Japanese food
⇒ This way the Japanese can feel close to it again
- ② Increase Japanese food restaurants
⇒ This way the problem of taking a long time to cook Japanese food can be improve

conclusion

Japanese food was registered on UNESCO's Intangible Cultural Heritage of Humanity list for the above reasons, but it has a problem. We have to protect it, and need to pass it on from my generation to the next generation. However what is most important is to enjoy eating Japanese food.