



Essence of Japanese Cuisine: Healthful Eating and Artful Presentation

- ✓ **Number of Sessions: 5**
- ✓ **Start Date: 22-Oct End Date: 3-Dec (no classes Nov 5&26)**
- ✓ **Start Time: 1:30pm End Time: 3:00pm**
- ✓ **Location/Room: Campus Center/Colonial Echo**

- ✓ **INSTRUCTOR: Tomoko Kato**
- ✓ **EMAIL: txkato@wm.edu**
- ✓ **PREREQUISITES: None**





October 22, 2024

- 1. Instructor self-introduction*
- 2. Participant self-introductions*
- 3. Syllabus + Schedule*
- 4. Introduction: Health and Longevity—
Insights from Dan Buettner ~ Focus on the Role
of Diet in Maintaining Health*

Break

- 1. Key Characteristics of Japanese cuisine
(Seasonality, Five Tastes, Five Colors, Five
Methods)*
- 2. Preview of next session, feedback, and questions*

Osaka Location on Map



tonkatsu



okonomiyaki



takoyaki



karaage



gyu don

Tomoko Kato

- ❑ Senior Lecturer of Japanese Studies at W&M, Emerita
- ❑ 2000 to 2023 taught Japanese language, culture, and literature.
- ❑ "Food Culture in Japan," a perennial favorite that delves into the historical evolution and contemporary relevance of Japanese culinary traditions. This course, offered for five semesters, allowed students to explore the intricate connections between food, culture, and society in Japan.

- ❑ Beyond her academic pursuits,
 - Certification as a Japanese medicinal cooking advisor
 - Currently, Chinese Medicine theory at the esteemed Institute of Chinese Medicine in Kobe

♥ I support World Central Kitchen in their mission !





Let's introduce ourselves!!

**① *Get the following information from your neighbor
1 minute***

- ✓ ***Name***
- ✓ ***Where they are from***
- ✓ ***Why they are taking this class***
- ✓ ***Favorite food***
- ✓ ***Favorite Japanese food (if they have one)***

**② *Introduce your neighbor to the whole class
30 seconds/person***



Syllabus and Course Materials

- **COURSE MATERIALS:**

A complete PowerPoint copy that includes all five weeks of material will be available after each class in the "Resources" section of the Osher website. You can find it under "Course Notes."

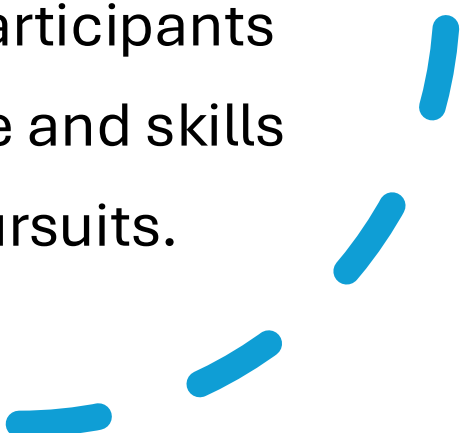
<https://learnatosher.wm.edu/wm/course/course.aspx?catId>

- **QUESTIONS ABOUT THE COVERED MATERIAL:**

Students will be encouraged to write down any questions or feedback about the covered material on the sheet provided after each class. All relevant questions will be answered during the following class session.

COURSE DESCRIPTION

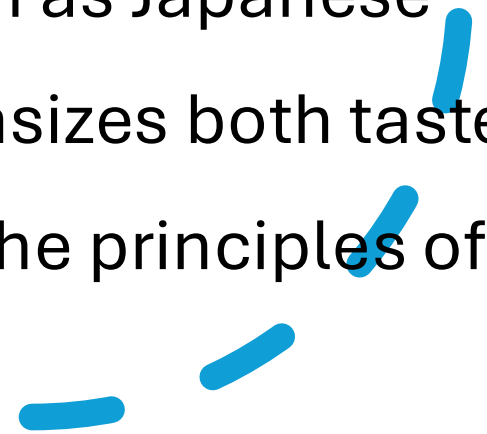
This course offers a focused exploration of Japanese culinary traditions, delving into two fundamental aspects: the principles of healthy eating in Japanese cuisine and the art of food presentation. Over the span of five classes, participants will engage in both theoretical and practical discussions, providing them with a glimpse into the rich cultural heritage of Japan's culinary world. By the course's end, participants will have acquired valuable knowledge and skills that they can apply to their culinary pursuits.



Course Structure- 1

Module 1 Healthy Eating in Japanese Cuisine

This module will explore the traditional Japanese diet as a foundational element of healthy eating practices. Participants will examine the nutritional composition and cultural significance of traditional Japanese dishes, gaining valuable insights into Japan's balanced and wholesome approach to eating. Additionally, participants will be introduced to the concept of Yakuzen, also known as Japanese medicinal cooking. Yakuzen emphasizes both taste and health benefits, drawing from the principles of Traditional Chinese Medicine.



Course Structure-2

Module 2 The Art of Food Presentation

In this module, participants will explore the unique characteristics of Japanese food plating. Key topics include the diversity of Japanese tableware, color coordination between dishes and ingredients, and how these elements express the four seasons. Participants will also examine the use of "space" (間) in food presentation, which reflects the broader Japanese aesthetic of simplicity and balance. Through interactive and practical discussions, students will be encouraged to critically analyze how to apply the principles learned in this module to enhance their own food plating.


Course Materials & Format

COURSE MATERIALS:

A complete PowerPoint copy that includes all five weeks of material will be provided to the Osher roster after each class.

CLASS FORMAT:

Students will be encouraged to write down questions about the covered material, along with feedback, on the sheet provided after each class. All relevant questions will be answered through the Osher web platform by the next class or addressed during the following class session.



COURSE SCHEDULE -1/2

Module 1: Healthy Eating in Japanese Cuisine

Session 1: Exploring the Foundations of Japanese Cuisine Date: Tuesday, October 22

1. Introduction: Health and Longevity ~ Focus on the Role of Diet in Maintaining Health
2. Key Characteristics of Japanese cuisine :Seasonality, Five Tastes, Five Colors, Five Methods

Session 2: Discovering the Nutritional Benefits of Seafood and Umami Date: Tuesday, October 29

1. The Nutritional Benefits of Rich Seafood Consumption
2. How Umami Shape Japanese Culinary Practices

Session 3: Challenges and Medicinal Approaches Date: Tuesday, November 12

1. Identifying Common Health Challenges in Traditional Meals
2. Using Food as Medicine: Exploring Healing Practices through Cooking

NOTE: Depending on the progress of the class, the schedule may change.

COURSE SCHEDULE-2/2

Module 2: The Art of Food Presentation

Session 4: Basic characteristics of Japanese food plating November 19 (Tuesday)

1. Diversity of Japanese tableware
2. Color coordination between dishes and ingredients
3. Expressing the four seasons

Session 5: The use of "Negative space" in Japanese food plating December 3 (Tuesday)

1. "Negative space" (間MA) and the Japanese sense of aesthetics
2. Hands-on session (?)

NOTE: Depending on the progress of the class, the schedule may change.

Dan Buettner is suggesting

that ()% is dictated by genes,

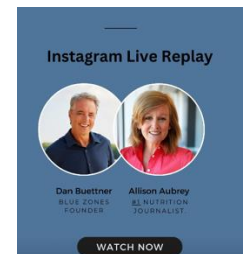
()% by healthcare,

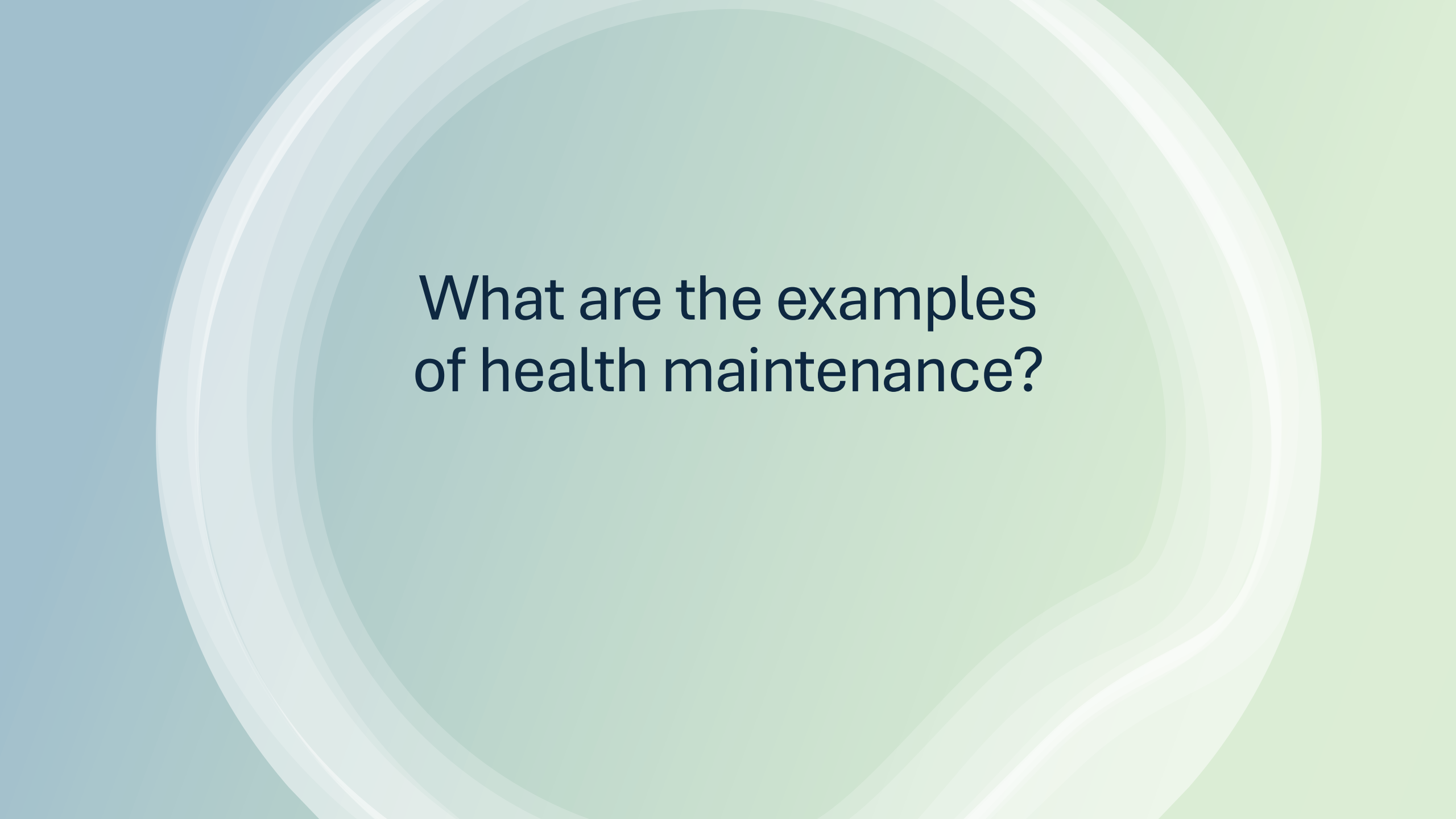
and ()% by health maintenance and lifestyle choices.

<https://www.instagram.com/reels/audio/868810925077778/>



Dan Buettner





**What are the examples
of health maintenance?**

Healthy Lifestyles consists of

Healthy
eating -

Physical
activity

Mental
stimulation

Regular
health care

Social
Engagement

tonkatsu



okonomiyaki



takoyaki



photo library

karaage



gyu don





Key Characteristics of Traditional Japanese meals
1) Ichi Jyu San Sai (One Soup+ Three Dishes)





Ichi Jyu San Sai(One Soup+ Three Dishes)

One Soup : Typically a bowl of miso soup or another type of clear soup.

Three Dishes (三菜 - San Sai):

- **Main Dish:** a protein (fish/meat/tofu).
- **Side Dish 1:** a cooked vegetable dish
- **Side Dish 2:** another type of side dish(eg.,pickled vegetables)

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- ⇒ **Cooked rice=carbohydrates,**
- ⇒ **Salmon=fats/proteins,**
- ⇒ **Burdocks and carrots = vitamins/dietary fiber,**
- ⇒ **Pumpkin=vitamins,**
- ⇒ **Soup : Shiitake mushroom = vitamins/minerals**
Soup stock (kelp+bonito flakes) = minerals
Spinach= vitamins/minerals,

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Key Characteristics of Traditional Japanese Meals

2) Importance of seasonal ingredients

Benefits of selecting ingredients based on the season

- More affordable and fresher ingredients
- Higher in nutritional value
- Contain many components that help prevent common health issues associated with the season
- Produced without consuming extra energy during production



Questions

1 What are the five tastes?

2 Guess how many tastes you will be able to experience while you are eating this dish?



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Key Characteristics of Traditional Japanese meals 3) Five Tastes

“Sweet” “Sour” “Salty” “Bitter” “Umami”

The Importance of Taste Satisfaction: Preventing Overeating Through the Six Tastes

Six tastes in a meal



a sense of “satisfaction
(Tongue can enjoy these flavors.)



Satisfying the tongue's sense of taste can help prevent
overeating.



scientific backing for the idea that incorporating a variety of tastes can enhance meal satisfaction and help prevent overeating:

1. Flavor Complexity and Meal Satisfaction:

- Spence, C., & Piqueras-Fiszman, B. (2014). *The Perfect Meal: The Multi-Sensory Science of Food and Dining*. Wiley-Blackwell.
 - This book discusses how different sensory experiences, including taste complexity, influence meal satisfaction.

2. Taste Perception and Enjoyment:

- Pappas, A. (2017). “The Role of Taste in the Sensory Experience of Food.” *Flavour*, 6(1), 1-13.
 - This article explores how the interplay of different tastes enhances sensory experiences and overall enjoyment of food.

3. Satiety Signals and Umami:

- Yamaguchi, S. (1991). “Umami and the Taste of Protein.” *The Journal of Nutrition*, 121(11), 2061S-2066S.
 - This study discusses how umami contributes to satiety and influences food intake.

4. Mindful Eating Practices:

- Kristeller, J. & Wolever, R. (2010). “Mindfulness-Based Interventions for the Treatment of Eating Disorders: A Review of the Evidence.” *The International Journal of Eating Disorders*, 43(6), 487-494.
 - This review highlights how mindfulness in eating can enhance food satisfaction and help regulate appetite.

5. Cultural Dietary Patterns:

- Hara, K. (2007). “The Significance of the Umami Taste and Its Role in Japanese Cuisine.” *Food Science and Technology Research*, 13(3), 181-185.
 - This paper discusses the cultural importance of umami and the balance of flavors in Japanese cuisine, which contributes to meal satisfaction.



Key Characteristics of Traditional Japanese meals

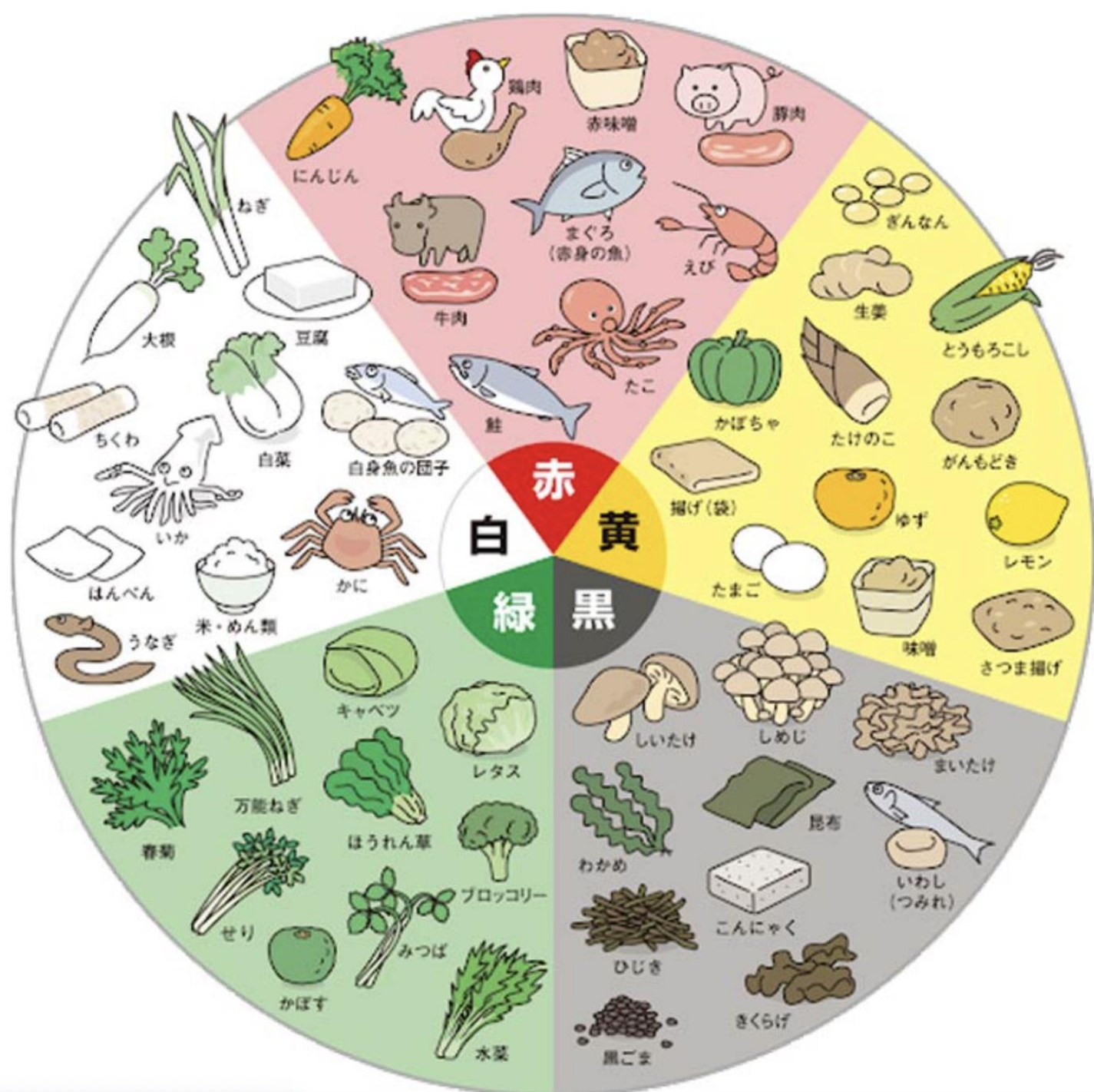
4) Five Colors

- Rice: white
- Spinach in the soup, and Cucumber used for pickles: green
- Shiitake mushroom in the soup: black
- Kabocha Squash: orange~red
- Burdock: brown or yellow

What are the five colors?

- ✓ red,
- ✓ yellow,
- ✓ blue (green),
- ✓ white and
- ✓ black







What are five cooking methods?

1 raw

2 boiling

3 grilling

4 frying

5 steaming





Key Characteristics of Traditional Japanese meals

5) Five Methods of Cooking

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Five Methods of Cooking

- Rice: Steaming
- Pumpkin: Simmering
- Salmon: Grilling
- Burdocks and Carrots :Fry(Steer fry)
- Pickles: Raw

Let's summarize what we've learned today!

- ✓ What is “Ichi Jyu San Sai” (One Soup + Three Dishes)?
- ✓ What are the four characteristics of traditional Japanese meals, including the importance of seasonal ingredients?

By cooking with an awareness of the 'five flavors, five colors, and five methods,' you can create dishes that are balanced in appearance, taste, and nutrition.

Homework (Optional!!)



- **Task:** Think of a simple recipe that demonstrates a good balance of ingredients, incorporating the principles we discussed in class.
- **Group or Individual Work:** You can complete this assignment either individually or as a group, depending on your preference.
- **Submission:** If you want you can take a picture of your dish and send it to me via email along with a brief explanation of how you incorporated the principles.

Note: "Feedback will be given in the next class, We can also share your creations with the class for discussion and inspiration."

What We Will Cover for Next Week

Tuesday, October 29

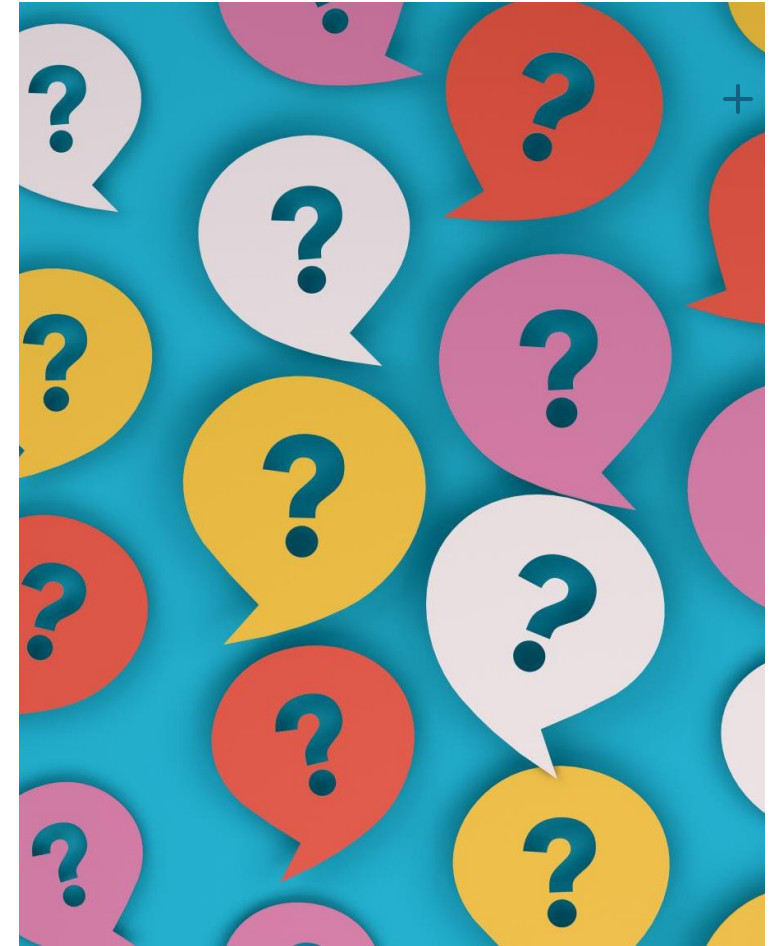
Session 2:

Discovering Umami & the Nutritional Benefits of Seafood



Questions & Comments

- 1) Any questions you have about today's material.
- 2) What surprised you or stood out as interesting?



Role of Basic Tastes

SWEET



To ensure adequate intake of carbohydrates for energy in the body.

BITTER



To prevent intake of poisonous substances into the body.

SALTY



To ensure adequate intake of salt to regulate the amount of water in the body.

SOUR



To prevent intake of toxic substances into the body. Also helps detect ripeness.

UMAMI



To ensure adequate intake of proteins for proper growth and maintenance of the body.