

Class Title: Essence of Japanese Cuisine: Healthful Eating and Artful Presentation

Number of Sessions: 5 **Dates:** 22-Oct; 29-Oct; 12-Nov; 19-Nov; 3-Dec **Start Time:** 1:30pm **End Time:** 3:00pm

Location/Room: Campus Center/Colonial Echo

INSTRUCTORS: Tomoko Kato **EMAIL:** txkato@wm.edu

COURSE DESCRIPTION:

This course offers a focused exploration of Japanese culinary traditions, delving into two fundamental aspects: the art of food presentation and the principles of healthy eating in Japanese cuisine. 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

The course will be divided into two main modules, each dedicated to exploring one of the core themes: food presentation and healthy eating in Japanese cuisine.

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

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.

Schedule:

Module 1

Session 1: Introduction to the Course
October 22

Date: Tuesday,

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
October 29

Date: Tuesday,

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

Session 3: Challenges and Medicinal Approaches
November 12

Date: Tuesday,

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

Module 2

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

November 19

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. The role of "Negative space" (MA) in enhancing Japanese culinary aesthetics

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.