



# ! JAPAN

## Welcome to Japan!

**Theme Overview:** Japanese food is one of the most popular cuisines in the world. Based on “rules of five,” traditional Japanese cooking, or washoku, emphasizes variety and balance. This is achieved using five colors (black, white, red, yellow, and green), five cooking techniques (raw food, grilling, steaming, boiling, and frying), and five flavors (sweet, spicy, salty, sour, and bitter). These principles can be found even in a single meal of one soup and three sides paired with rice. The traditional cuisine of Japan is based on rice. Japanese side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Seafood is a common protein, often grilled, but also served raw as sashimi or in today’s popular sushi. Seafood and vegetables are also deep-fried in a light batter, known as tempura. Noodles, such as soba and udon are another staple in the Japanese diet. Japanese cuisine, particularly sushi and ramen, have become popular throughout the world.



**Food Allergies:** Recipes can be modified to accommodate food allergies and preferences. The recipes included in Food, Fun, 4-H are intended to introduce new recipes and food combinations to participants.

**Recommended Cooking Order:** 1. Chocolate Gateau; 2. Fried Rice; 3. Goma-Ae Green Beans; 4. Chicken Teriyaki

**Reporting:** We hope you have enjoyed Food, Fun, 4-H: Around the World! We need you to report back about your May experience. Reporting is easy and will take less than 5 minutes. Visit the link below to complete a brief survey **by June 2, 2025**. The survey will ask you to provide:

- 1 photo preparing one of the dishes
- 1 photo of family meal



Respond to the following statements about this month’s theme, activities and recipes:

- “I like...”
- “I wish...”
- “I wonder...”

**Reporting survey can be accessed here:** <https://bit.ly/FF4HSurvey>

**We are looking for feedback on the whole experience and appreciate any and all information you can provide. The final survey: LINK along with your monthly submission above, must be completed to receive program incentives.**

### Dinner Conversation Topics:

- If our family were to go on vacation, where would you want to go?
- What are three words you would use to describe yourself?
- What’s your biggest fear?
- What is your favorite movie and why?

### Family Challenge:

- Who in your family can drink the most water in a week?
- Have a family game night
- Who can jump rope the longest? (If you don't have a jump rope, who can do the most jumping jacks?)
- No phones during dinner
- Try at least one bite of everything

**Fair Entry Idea:** Origami is the Japanese art of paper folding. Learn to make origami and enter your creation in the fair. There are lots of resources for origami online and even some step-by-step videos. Enter your origami creation in the fair in Arts & Crafts project or pick another topic or recipe from these lessons to create a Foods exhibit.

### Civic Engagement:

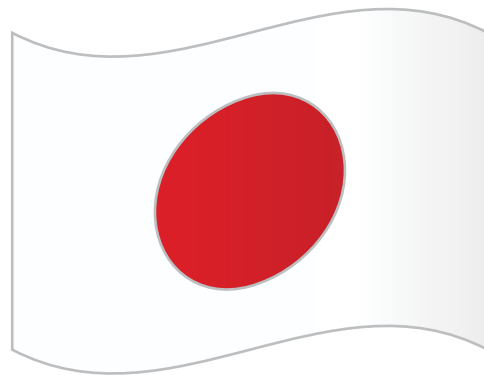
- Make back to school cards for your teachers at your school. Thank them for all their hard work teaching!
- Help by doing a community beautification project. It can be as easy as picking up trash, broken limbs, or replanting a community flowerbed.
- Start your own community service project and send us a picture of you completing the project

## Let's Learn About Japan!

**Location:** Japan is an island country off the east coast of Asia. It stretches about 1,500 miles throughout the western Pacific Ocean.

**Distance from Indianapolis:** If you traveled from Indianapolis (Indiana's state capitol) to Tokyo (Japan's capitol), you would fly 6,463 miles and travel across the Atlantic Ocean. This amounts to 15 hours by airplane!

**Major Landmark:** If you were to visit the Japanese island of Honshu, you would see Mount Fuji. Even though it is called a mountain, Mount Fuji is actually a volcano. Don't worry, the last time Mount Fuji erupted was in 1708. Mount Fuji is over 12,300 feet tall and can be seen from the capitol city of Tokyo on clear days even though it is more than 60 miles away. Mount Fuji is also part of the Fuji-Hakone-Izu National Park.



**The Flag of Japan**

**Holiday Celebration:** In Japan, May 5 is a holiday called Children's Day. This holiday celebrates children, their personalities, and their happiness. On Children's Day, families raise fish-shaped windsocks outside of their homes to represent each family member in their household. Sticky rice cakes with red bean jam and sticky sweet rice wrapped in bamboo are two foods Japanese traditionally eat on Children's Day.

### Languages Spoken:

Japanese is the national language of Japan, with many dialects spoken in different regions of the country. When reading Japanese writing, you should read in columns instead of rows and read from right to left.