

Let's Value the Words "Itadakimasu" and "Gochisosama"

☆ What does "Itadakimasu" mean?

The word "Itadakimasu" expresses our gratitude for the blessings of nature that have become the food we eat.

☆ What does "Gochisosama" mean?

"Gochisosama" expresses our gratitude not only to the people who prepared our meal, but also to everyone involved in bringing food to our table—including the people who grow rice and vegetables, those who catch fish, and all the many people who contribute along the way.

Surrounded by the sea and blessed with beautiful, green mountains, Japan has long had a close relationship with nature. "Itadakimasu" and "Gochisosama" reflect this uniquely Japanese sense of appreciation and respect for nature and for all those involved in providing our food.

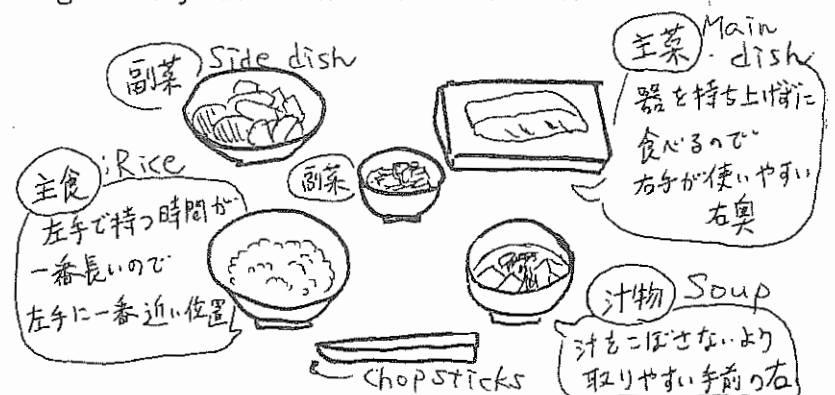
How to Arrange Japanese Tableware

A traditional Japanese meal called "Ichiju Sansai" consists of rice, soup, and three side dishes. This provides a well-balanced meal.

Japanese tableware is arranged in a very practical way, making it easy and comfortable to eat.

Basic Arrangement of "Ichiju Sansai"

- Front left: Rice (rice bowl)
- Front right: Soup (soup bowl)
- Back right: Main dish (such as grilled fish)
- Back left: Side dish (such as simmered vegetables)
- Center: Additional side dish (such as dressed vegetables, boiled greens, or pickles)
- Very front: Chopsticks (placed horizontally with the handles facing to the right)
- Back right: Tea



Children naturally imitate the words and actions of their parents and the people around them. They also learn to say "Itadakimasu" and "Gochisosama" at mealtimes by watching and imitating others.

We would like to help children understand that these words have meaningful reasons behind them and encourage them to say them with gratitude.

Rather than using “Itadakimasu” and “Gochisosama” simply as mealtime customs, it would be wonderful if children could say these words with a heartfelt feeling of “Thank you for the gift of life.”

Let's Enjoy Seasonal Foods and Stay Healthy!

【Loofah and Okinawan Island Tofu Miso Soup】

Ingredients:

- Loofah (hechima) ... 1
- Okinawan island tofu ... 1 package (400 g)
- Dashi stock ... 700 ml
- Miso ... 45–50 g

Directions:

1. Peel the loofah and cut it into half-moon slices about 1 cm thick.
2. Put 700 ml of dashi stock and the loofah into a pot and simmer.
3. When the loofah becomes soft, cut 400 g of tofu into bite-sized pieces and add it to the pot.
4. Simmer for another 2–3 minutes. Turn off the heat, dissolve 45–50 g of miso into the soup, and it is ready to serve! Reference: Ministry of Agriculture, Forestry and Fisheries of Japan (MAFF)