

Vyatka College of Professional Technologies,
Management and Service

Japan



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Introduction

1. My project is named Japan. I would like to tell you about traditional Japanese cuisine.
2. The tasks of my project are to know more about the country and traditional cuisine.
3. The problem question of my project is: Is traditional Japanese food really diverse?
4. This theme is very interesting for me, because I like to study Asian cuisine.

Geographical position

Japan is an island country. It lies in the east of Asia covering an area about 378 000 km².

It's four main islands: Hokkaido, Honshu, Shikoku, Kyushu stretch about 2400 km from northern Hokkaido in the north east to the Ryukyu islands in the south west and about 210 km across from north west to south east.

Japan is separated from the People's Republic of China by the East China Sea; from Russia, North and South Korea by the Sea of Japan and from the Russian islands of Sakhalin and the Kurils by La Perouse Strait, the Sea of Okhotsk.



The capital of Japan is Tokyo

Tokyo is the capital and most populous prefecture of Japan. Located at the head of Tokyo Bay, the prefecture forms part of the Kantō region on the central Pacific coast of Japan's main island, Honshu. Tokyo is the political and economic center of the country, as well as the seat of the Emperor of Japan and the national government.

The sights of Tokyo:

1. The Imperial Palace
2. The Sensō-ji Temple
3. Tokyo National Museum
4. The Miraikan and Edo-Tokyo Museums
5. The Kabuki-za Theatre, Ginza
6. The Tokyo Skytree



National dishes of Japan



Japanese food is one of the most popular cuisines in the world and for good reason. Based on “rules of five,” traditional Japanese cooking, or washoku, emphasizes variety and balance. This is achieved through the use of 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).

1. Sushi

A dish that was born in ancient times, sushi originated from the process of preserving fish in fermented rice. Today it's made with vinegared rice and fresh fish, presented in a number of ways and shapes.



2. Tempura

Tempura is a dish of battered and fried fish, seafood, or vegetables. Special care is given to the way the ingredients are cut as well as to the temperature of the batter (ice cold) and oil (very hot) for deep-frying, so that every piece is a bite of crisply fried perfection.

3. Yakitori

Yakitori is a dish of bite-sized cuts of chicken grilled on a skewer. It makes use of every part of the chicken - including heart, liver, and even chicken comb - to avoid wastefulness, an important element of Japanese food culture.



4. Udon

Udon is a dense and chewy noodle made from wheat flour. It's one of the most popular foods in Japan due to its delicious taste, inexpensive price point, and versatility - udon can be eaten hot or cold and customized with any number of toppings.



Some Interesting facts about Japan

1. Japanese Live Really - Long Japan has something to cheer about and that is the life expectancy of its population. On average, the Japanese live up to 83, one of the highest life expectancies in the world. Okinawa in Japan is often called the "land of immortals" as it has a large population of aged individuals.
2. Japan Has The World's Shortest Anthem
3. Japan Has The World's Largest Wholesale Fish Market
4. Origami Originated In Japan - Origami, the art of folding paper, is often associated with Japanese culture.

Conclusion

- I have chosen the theme “Japan”, because I want to know more about traditional Japanese cuisine.
- This Problem question is very important for me, because I want to expand my knowledge about the diversity of traditional Japanese cuisine.
- Traditional Japanese cuisine is really very diverse and therefore everyone can choose a dish that interests him.
- As for me, I like Asian dishes.
- To my mind, we need to study more the cuisine of other countries.

Literature and Internet Resources

- Конспект по английскому
- <https://search.yahoo.com/?fr=altavista&guccounter=1>
- <https://en.wikipedia.org/wiki/Tokyo>
- <https://www.planetware.com/tourist-attractions-/tokyo-jpn-kn-t.htm>
- <https://theculturetrip.com/asia/japan/articles/the-10-best-traditional-japanese-dishes/>
- <https://www.worldatlas.com/articles/top-10-interesting-facts-about-japan.html>

Thank you for your attention!

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