



# 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:** To receive the March Food, Fun & 4-H mailing of utensils, 4-H members must submit their answers and pictures at <https://forms.gle/o7TFqtjhMbRgnzY2A> by February 25th. The form requires an answer to the following statements about this month’s theme, activities and recipes:

“I like....”

“I wish....”

“I wonder....”

And requires you to upload

1 photo preparing one of the dishes

1 photo of family meal

When uploading the photos, choose to upload the smallest file size possible.

## Dinner Conversation Topics:

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

### **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.

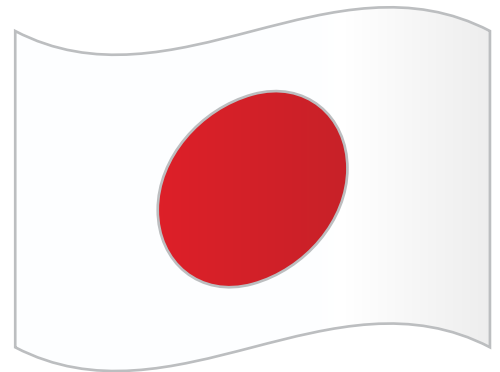
**Distance from Oklahoma City:** If you traveled from Oklahoma City (Oklahoma's state capitol) to Tokyo (Japan's capitol), you would fly 6,295 miles and travel across the Atlantic Ocean. This amounts to 15 hours by airplane!

**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.

**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 eaten 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.



**The Flag of Japan**



# JAPAN

## Nutrition in Japan

### Dietary Guidelines for Japanese:

The Japanese food guide spinning top is designed to resemble the well-known traditional Japanese toy. It is a rotating inverted cone divided from the top down into food group layers that depict foods primarily in cooked form /dishes. The order of the food groups is given by the recommended daily servings. At the top there are grain-based dishes (rice, bread, noodles and pasta), followed by vegetable-based dishes (including salads, cooked vegetables, and soups), and fish, eggs and meat dishes. At the bottom are milk and fruit. A person running on top of the gyrating spinning top represents the importance of doing physical activity regularly to enjoy good health. The guide also recommends drinking plenty of water or tea, and to moderate consumption of highly processed snacks, confectionery, and sugar-sweetened beverages.

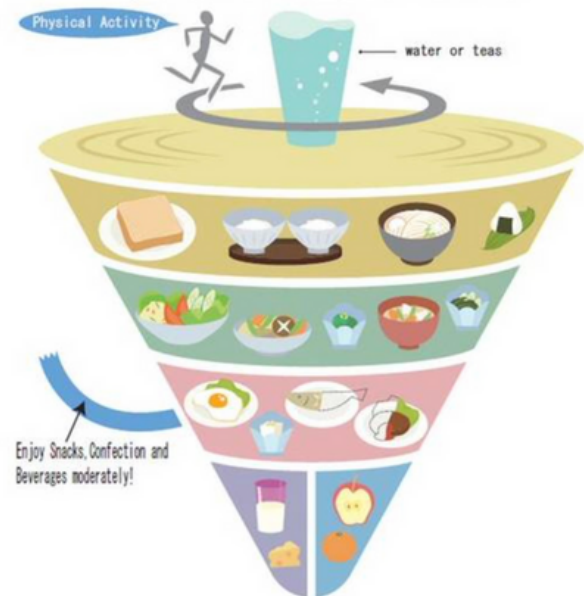
The food guide is accompanied by a chart that indicates the recommended daily servings for each food group and illustrated with examples of foods and dishes to meet the recommendations.

### Primary Messages:

1. Enjoy your meals.
2. Establish a healthy rhythm by keeping regular hours for meals.
3. Eat well-balanced meals with staple food, as well as main and side dishes.
4. Eat enough grains such as rice and other cereals.
5. Combine vegetables, fruits, milk products, beans, and fish in your diet.
6. Avoid too much salt and fat.
7. Maintain a healthy body weight and balance the calories you eat with physical activity.
8. Take advantage of your dietary culture and local food products, while incorporating new and different dishes.
9. Reduce leftovers and waste through proper cooking and storage methods.
10. Track your daily food intake to monitor your diet.

### Japanese Food Guide Spinning Top

Do you have a well-balanced diet?



### Sources:

Food and Agriculture Organization of the United Nations. (n.d.). Food-Based Dietary Guidelines - Japan. Retrieved from <http://www.fao.org/nutrition/education-nutritionnelle/food-dietary-guidelines/regions/japan/fr/>



## Crafts Around the World Series Asia: Japanese Origami 4-H Clover

Enjoy learning how to make simple crafts from six of the seven continents: , Europe, Asia, Australia, North America, and South America.

### Purpose:

Introduce youth to some simple cultural traditional crafts from around the world. Journey around the continents, learning how to make simple crafts and having fun creating.

### Objectives:

- Learn the cultural history and origins of the craft.
- Inspire global exploration.
- Develop fine motor skills in paper folding.
- Increase cultural awareness and creativity.

### Education Standards:

- Understand the visual arts in relation to history and culture.
- Apply geometric methods to solve design problems.

### Experiential Learning:

- Create a new shape by folding paper.
- Encourage thought and discussion with these questions: What happened? What's important? So what? Now what?

Audience: Grades K -12



Photo courtesy of Janis Brinn, 2020

### CONTINENT: ASIA

Asia is the largest of the world's continents. It is home to 48 countries with three of them (Russia, Kazakhstan, and Turkey) having part of their land in Europe. Some areas of the world combine Asia and Europe into one continent called Eurasia.

### COUNTRY: JAPAN

Japan is an island country in the Pacific Ocean. Labo is a family-based Japanese youth organization like 4-H in the United States. Labo Party clubs are led and organized by Labo tutors with Japanese youth ages 3 through 18. Both 4-H and Labo share the goal of positive youth development (Brinn, 2015).

### LESSON: ORIGAMI: 4-H CLOVER

Origami (*ori* meaning "folding" and *kami* meaning "paper") is the art of paper folding. There is evidence that folded paper creations first appeared as part of Shintō rituals and gifts exchanged among Japanese nobility 1,000 years ago (Powell, 2018). However, the exact history of origami is hard to pinpoint (Koshiro, 2018).

4-H is the nation's largest youth development organization. The official 4-H emblem is a green four-leaf clover with a white "H" on each leaf standing for Head, Heart, Hands, and Health.

TIME: 30-45 minutes or multiple days depending upon the interest to learn more.

## MATERIALS:

Origami paper (printing paper, gift wrapping paper, newspaper, packing paper, and others)  
Scissors  
Clear tape  
Markers  
Samples (optional)  
Instruction sheets, origami books (optional)

Note: When working with young participants, use larger pieces of paper and practice folding simple patterns such as a paper airplane, bunny, or dog prior to making a 4-H clover.

## INSTRUCTIONAL VIDEO LINK:

View this instructional video to guide you in creating your origami clovers:

[https://mediaspace.msu.edu/media/Michigan-State-University-Extension-4-H-Grab-N-Go-Arts-Crafts-Fold-Origami-Clovers/1\\_rzws8h71](https://mediaspace.msu.edu/media/Michigan-State-University-Extension-4-H-Grab-N-Go-Arts-Crafts-Fold-Origami-Clovers/1_rzws8h71)

## PROCEDURE: How to make an origami 4-H clover

1. Prepare the paper first by cutting it into a square. Fold the square in half, horizontally. Then unfold it, folding in half vertically, then unfold it. Then take each corner and fold to make a triangle. Unfold it to make lines, which will help you make your clover.
2. Fold the four corners of origami paper into the center. The edges of the paper should meet on the lines and the points of corners should meet at the center.
3. Flip it over and fold four corners into the center again. Flip it over again and do the same thing for a third time. Bring the corners into the center one last time.
4. Flip it over and open the four boxes and push them down so that each small box is exposed out of the center square. It now is in the shape of a square cross.
5. Cut the corners of the exposed boxes, and take a little notch out of the center of each box.
6. Using a marker, put an “H” in the formed hearts of the clover. You can add a little tape to keep it together if you wish.

Art and Science – Be creative with your paper folding. Experiment with different types of p

Try different types of origami folding techniques, try different folding materials such as dollar bills, towels, and napkins. Ask questions and make discoveries!

Research how origami is being applied in science and technology with satellite designs, heart stents, and even self-assembling robots.

Reflection Questions: What surprised you and why? When were you the most creative, and why do you think that is? What made you curious today? What can you do with what you learned today?

## REFERENCES:

Brinn, J. (2015, March 11). *4-H international programming: Japanese Kado Labo Party*. Michigan State University Extension. [https://www.canr.msu.edu/news/4\\_h\\_international\\_programming\\_japanese\\_kado\\_lab\\_party](https://www.canr.msu.edu/news/4_h_international_programming_japanese_kado_lab_party)

Koshiro, H. (2018, January 26). History of origami. *K's Origami*. <https://1library.co/document/nq771mrq-history-of-origami-pdf.html>

Bowell, J. (2018, April 10). Last chance to see it: Origami art reaches a whole new level in this Dayton exhibit. *Dayton Daily News*. <https://www.daytondailynews.com/news/local/sneak-peek-origami-art-reaches-whole-new-level-this-dayton-exhibit/rksNAPxBnFg1cwjivHxm4N/>

## ACKNOWLEDGMENT:

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## Follow the MyPlate Tips to Eat Smart and Be Healthy

# MyPlate Daily Checklist

Your calorie needs depend on many factors, including height, weight, sex, and physical activity levels. The amounts of recommended servings in each food group varies for each calorie level. The amount of calories and servings from each food group you need for optimal health may vary. For the general public, a 2,000-calorie diet is the standard used for reference by the Nutrition Facts Label and for educational purposes.

You may create a personalized MyPlate Daily Checklist for you by visiting Choose MyPlate at: <https://www.choosemyplate.gov/MyPlate-Daily-Checklist-input>

If you would like to track your foods and beverages and see how they compare to what is recommended for you, create a personal daily food plan using SuperTracker's MyPlan at <https://www.supertracker.usda.gov/createprofile.aspx>.

 <p><b>Fruits</b></p> <p>2 cups</p>	 <p><b>Vegetables</b></p> <p>2 ½ cups</p>	 <p><b>Grains</b></p> <p>6 ounces</p>	 <p><b>Protein</b></p> <p>5 ½ ounces</p>	 <p><b>Dairy</b></p> <p>3 cups</p>
<p><b>Focus on whole fruits</b></p> <p>1 cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• ½ cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	<p><b>Vary your veggies</b></p> <p>1 cup of vegetables counts as</p> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 2 cups leafy salad greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>	<p><b>Make half your grains whole grains</b></p> <p>1 ounce of grain counts as</p> <ul style="list-style-type: none"> <li>• 1 slice of bread; or</li> <li>• 1 ounce ready-to-eat cereal; or</li> <li>• ½ cup cooked rice, pasta, or cereal.</li> </ul>	<p><b>Vary your protein routine</b></p> <p>1 ounce of protein counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood; or</li> <li>• 1 egg; or</li> <li>• 1 tablespoon peanut butter; or</li> <li>• ¼ cup cooked beans or peas; or</li> <li>• ½ ounce nuts or seeds.</li> </ul>	<p><b>Move to low-fat or fat-free milk or yogurt</b></p> <p>1 cup of dairy counts as</p> <ul style="list-style-type: none"> <li>• 1 cup milk; or</li> <li>• 1 cup yogurt; or</li> <li>• 1 cup fortified soy beverage; or</li> <li>• 1 ½ ounces natural cheese or 2 ounces processed cheese.</li> </ul>

List foods you like to eat that fit into each of the food groups.


**And get 60 minutes of physical activity every day!**

# Steps to Label Reading

## 1. Start here.

Check the serving size.  
Determine how many servings you are eating.

## 3. Limit these nutrients.

Eating too much saturated fat, *trans* fat, sodium, and added sugars may increase your risk of chronic diseases.

## 5. Get enough of these nutrients.

Eating more fiber, vitamins, like A and C, and minerals, like calcium and iron, may help to improve your health.

## 2. Check calories.

Calories are the amount of energy in food. If you eat two servings, remember to double the calories listed on the label!

## 4. Quick guide to % Daily Value.

5% or less is low.  
20% or more is high.

## 6. Footnotes.

This area shows recommendations for a 2,000 and a 2,500 calorie diet. The Nutrition Facts label calculates the Daily Values of each food based on a 2,000 calorie diet.

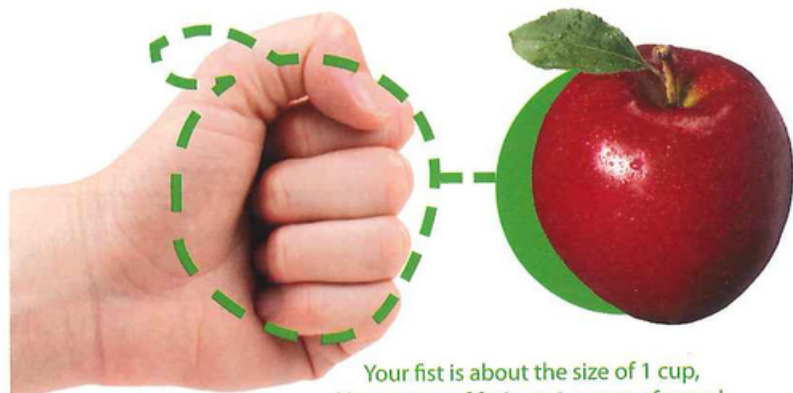
Nutrition Facts			
Serving Size 2 tortillas (51g)			
Servings Per Container 6			
Amount Per Serving			
Calories 110		Calories from Fat 10	
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
<i>Trans</i> Fat	0g		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		9%
Sugars	0g		
Protein 2g			
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
Fat 9 • Carbohydrates 4 • Protein 4			





# Right Size Your Portions!

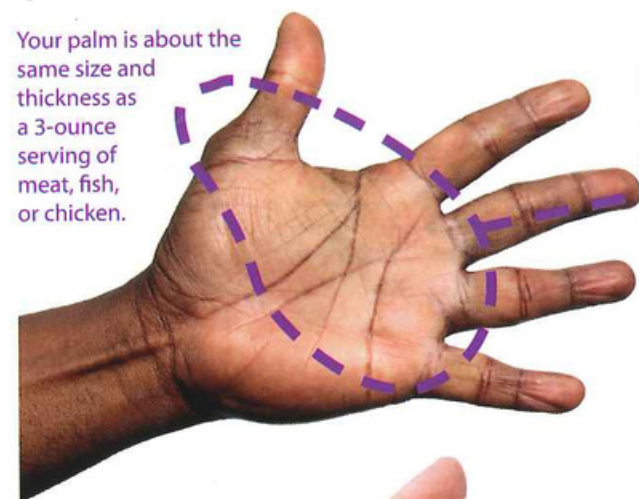
A serving size is what is recommended on a Nutrition Facts label, but what you actually eat is called your "portion." Portions served at restaurants have gotten larger over the years. Here's an easy guide to using your hand to estimate a smart size portion.



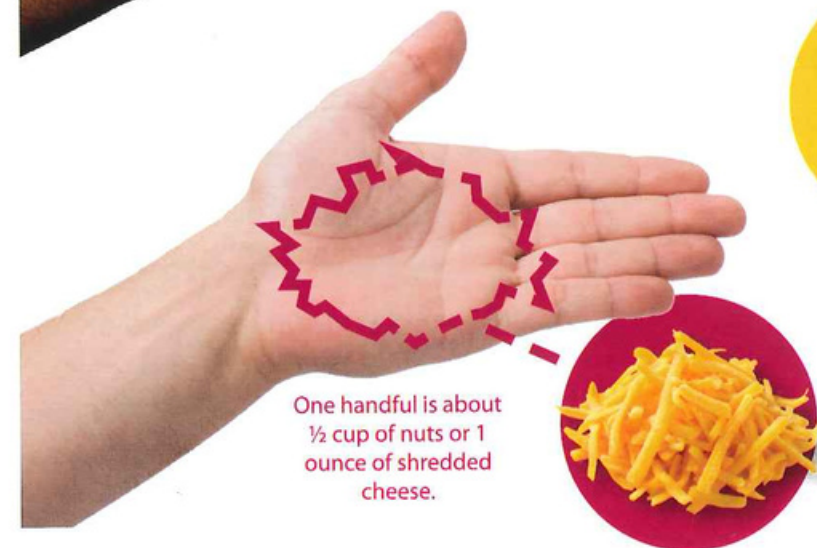
Your fist is about the size of 1 cup, like a piece of fruit, or 1 ounce of cereal.



Two handfuls is about 1 cup. For fresh leafy greens, 2 cups are equivalent to 1 cup of vegetables.



Your palm is about the same size and thickness as a 3-ounce serving of meat, fish, or chicken.



One handful is about ½ cup of nuts or 1 ounce of shredded cheese.



Your thumb is about the same size as 1 ounce of cheese or 1 tablespoon of peanut butter.