

2016 OCHANOMIZU UNIVERSITY SUMMER PROGRAM

- JAPANESE CULTURE AND SOCIETY -

Course 2: Rethinking Japanese Food Culture: Tradition and global exchange

コース 2: 日本食文化再考: 伝統とグローバル化

Head of the Course: Leo Aoi HOSOYA
(Associate Professor, Ochanomizu University;
Archaeology, Ethnography)

Teaching staff: Noriko SUDO
(Associate Professor, Ochanomizu University; Public Health Nutrition, Food
Laws)
Nami FUKUTOME
(Part-time Lecturer, Ochanomizu University; Food Coordinator, Food
Sciences)
Toru MIURA
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Hiromi AKAHORI
(President, Akahori Cooking School)

[Outline]

Three years have passed since Japanese Cuisine and the Food Culture were assigned to be the UNESCO Intangible World Heritage. What is expected to Japanese Food Culture now in this globalized world? Which way the Japanese Cuisine should go, diversification to adapt to food globalization, or strictly maintaining the tradition? In this course, through studying the history of Japanese Food Culture, nutrition facts of modern Japanese, basic styles of Japanese cuisine, and comparative studies with the Islam world, in addition to visiting the world biggest wholesale market in Tsukiji, students will develop their idea about Japanese Food Culture and discuss the significance of national food culture for everyone.

[Lecture Summaries]

Leo Aoi HOSOYA
(Monday 18 July, 9:00-12:10)

Not Just Nutrition: International Exchanges and Culinary Culture

Do you think 'food' is a trivial, non-academic issue? If so, you will miss one of most significant issues for discussion of culture and intercultural exchanges! Food is, in fact, the basis of almost all aspects of human culture and connected with diverse kinds of issues such as politics, religion, and so on. From the scope of culinary culture, we can effectively develop an idea of intercultural relationships and ways to mutual understandings. The sessions consist of lectures and discussions, and through them, we will explore routes of Japanese culinary culture and its future in the globalizing world.

Noriko SUDO
(Tuesday 19 July, 9:00-10:30)

Health and Nutrition in Japan

Life expectancy at birth for Japanese women is the longest in the world. Dietary life in Japan has dramatically changed in the past 55 years. Results from the National Health and Nutrition Survey, that is annually conducted by the Ministry of Health, Labour and Welfare will be shown. Like in other countries, double burden of malnutrition is also observed in Japan. Health and nutrition policies in Japan and practical educational tools like dietary guidelines and food guide will be introduced.

Nami FUKUTOME
(Tuesday 19 July, 10:40-12:10 & Thursday 21 July, 9:00-12:10)

Introduction to Japanese Food Culture and Flavors Workshop

This course consists of two parts. The purpose of Part 1 is to gain general understanding of Japanese food culture by examining many pictures of typical Japanese cuisine. Part 2 will enable participants to deepen their understanding specifically on the culture of fermented foods and *umami* (= the essence of taste), by tasting various traditional fermented seasonings and *dashi* (= fish or seaweed stock) soups.

Toru MIURA
(Friday 22 July, 9:00-12:10)

Food and Culture in Islam

It has been supposed that Islam has strict regulations on eating and food. Fasting in the month of Ramadan is important obligation on Muslim as one of their five pillars of belief, same to pray and pilgrimage. They must not eat and drink anything, even saliva, in daytime in this month, which intensifies among non-Muslims an image of Muslims as living ascetic life. However after sunset of the Ramadan month, Muslim people enjoy a dinner every day together with their families and neighbors to recognize the end of one day feast. The fast creates a real sense of togetherness among Muslims and even with neighbors of different religions. We will know how Muslims enjoy food and drink, not restricted by the regulations of Islam, but guided by it in this lecture.

Field Study: Visiting the Tsukiji Wholesale Market
instructed by Hiromi AKAHORI
(Wednesday 20 July, 9:00-12:10)

Visiting the world biggest wholesale market of fish, vegetable and meat, instructed by Hiromi Akahori, who is the president of one of Japanese most famous cooking schools.