

#ret #incomplete #inclass #hw

1 | bento

1.1 | research

- japanese oldest historical record: the *Nihon Shoki*, 720 A.D.
 - mentions bento boxes as a way to have portable food, used especially while hunting
 - * specifically hawking, meaning hunting with the aid of a trained bird
- the word itself came from a military commander, Oda Nobunaga (born 1534)
- bento becomes necessary when you can't go home / to a designated eating location for meals
 - like soldiers, when the bento was invented
- became no longer about necessity
 - started being brought regularly to theaters
- also had a large surge in popularity during the rise of railroads and train stations
 - bento sold at these stations are called *ekiben*
- bento are originally designed from seed boxes used by farmers
 - hence the stackability, and compartments
- one of the fundamental tenets of the bento is **convenience**, as they evolved out of it
 - and also into it, as time goes on!
- but were not always cheap / able to be used by the laboring class like farmers
 - different types of bento boxes were also symbols of status
 - * for example in the Taisho period (1912) when aluminum bento boxes became prominent
 - instead of the normal finished wood and etc.
 - also after WWI, rampant economic inequality meant that poorer families could not afford bentos
 - * school lunch programs partly began to help combat this
 - these school lunches helped standardize the bento, especially during the reconstruction period of WWII (1954)
- the rise of radio and tv (~1980) was also met with a rise in convenience focused dishes like the bento
 - also spread the bento worldwide
- a good resource for inspiration <https://www.reddit.com/r/Bento/>

1.2 | research sources

- [https://web-japan.org/kidsweb/virtual/bento/bento02.html#:~:text=The word "bento" is often,were distributed in this manner.](https://web-japan.org/kidsweb/virtual/bento/bento02.html#:~:text=The word)
- <https://timeline.com/bento-box-history-27b04153c6f6>
- <https://en.wikipedia.org/wiki/Taishō>
- <https://www.reddit.com/r/Bento/>