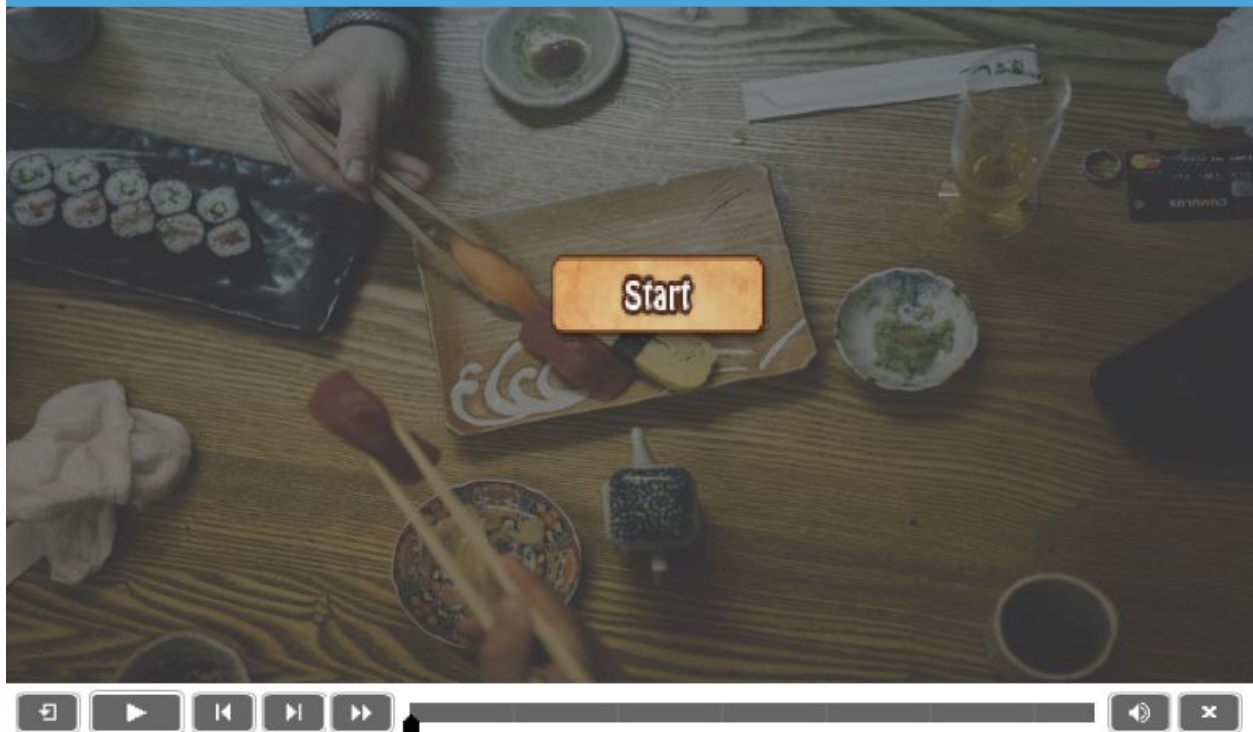


Appendix

Unit 2: Meal Customs Sample

By the end of this unit you will be able to identify basic meal customs when dining. You may find yourself dining with co-workers, supervisors, friends, and acquaintances on your first day!



BEFORE THE MEAL: The seat of honor

Seating

- A seat of honor is reserved for the supervisor or the eldest in the room.
- Within an enclosed room this seat is usually located diagonally farthest from the entrance of the room.

Continue



BEFORE THE MEAL: Phrase before eating

Phrase: "Ita-daki-ma-su"

- This phrase literally means "I gratefully receive".
- It is said aloud after the meal arrives and just before eating.
- The accompanying gesture is to put hands together with a slight bow.
- View the video clip of Ms. Tachikawa demonstrating the pronunciation and gesture for itadakimasu, and practice!

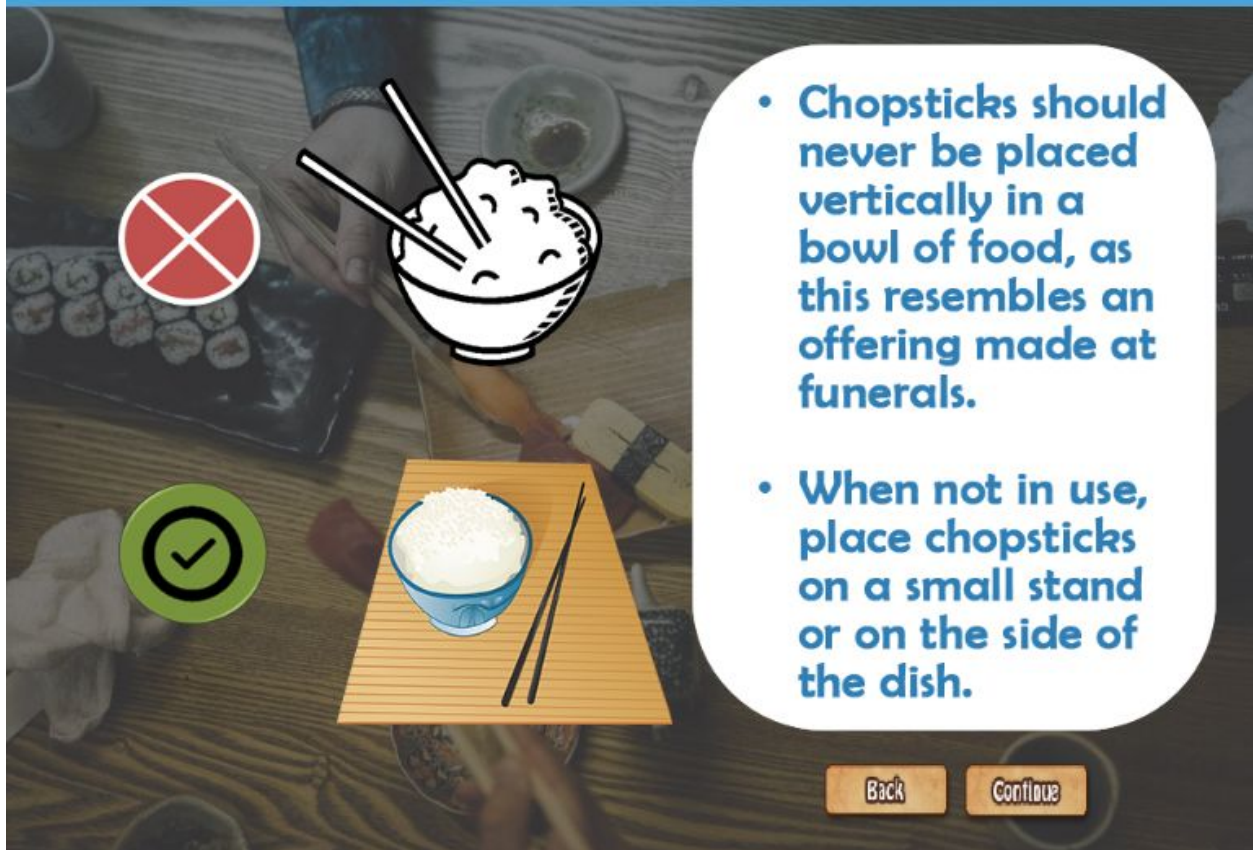


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Continue



DURING THE MEAL: Using chopsticks

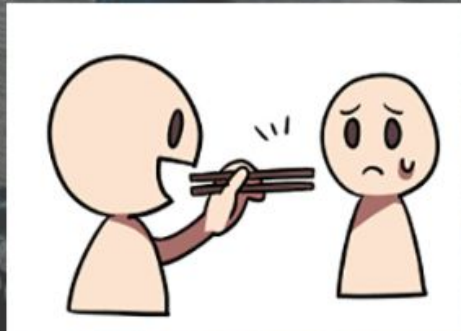


The background image shows a wooden table with various Japanese dishes. In the upper left, there is a red circle with a white 'X' over it. In the lower left, there is a green circle with a white checkmark. In the center, there is a blue bowl of white rice with two chopsticks resting on a small wooden stand next to it. To the right of the bowl, there is a white rounded rectangle containing two bullet points. At the bottom right, there are two orange buttons labeled 'Back' and 'Continue'.

- Chopsticks should never be placed vertically in a bowl of food, as this resembles an offering made at funerals.
- When not in use, place chopsticks on a small stand or on the side of the dish.

Back Continue

DURING THE MEAL: Using chopsticks



- It can be considered impolite to speak while pointing your chopsticks.
- Avoid passing food to someone with your chopsticks. Instead, pass the plate of food to them.

Back

Continue



DURING THE MEAL: Drinking alcohol



- Eating and drinking alcohol with employees after a workday can be common practice in Japan.
- It is courtesy to wait for all at the table to have their cups initially filled before drinking.
- When drinking alcohol in a group, it is customary to pour other people's glasses rather than your own.

Back

Continue



DURING THE MEAL: Offering a Pour



- The tradition of pouring drinks for one another is a gesture of companionship and respect.
- When pouring, pour with two hands on the bottle.
- Rather than moving only your arms as you pour, pivot your body towards the direction of the person
- You are pouring for, and keep the bottle in front of you.
- Offer refills if their cup is less than one-third full.
- Do not offer a refill when they are in the middle of drinking or when there is enough remaining in their cup.
- When you don't wish for a refill, leave enough in the cup so that you will be less likely to be offered a refill!

Back

Continue



DURING THE MEAL: Receiving a Pour



- Avoid pouring your own glass of alcohol, as someone will offer to pour it for you!
- When receiving a pour, hold your glass with one hand for casual reception.
- If receiving from someone older than you or supervisor, the honorific gesture is to hold the glass with two hands.

Back

Continue



DURING THE MEAL: Receiving a Pour



- The situation should determine appropriateness.
- If people are pouring/receiving a certain way in your group, follow suit!
- Posture for receiving with honorific gesture:
 - one hand should hold the side of glass or cup
 - the other hand supports the bottom with the palm up

Back

Continue



DURING THE MEAL: Phrase before drinking

Phrase: "Kampai!"

- After everyone at the table has their glass filled, it is customary to hold glasses up and say "Kampai!" while clinking glasses.
- "Kampai!" has the equivalent meaning to the Western phrase, "Cheers!"
- "Kampai" is said at celebratory settings or at common meals with guests.
- Alternate spellings include "kanpai". For pronunciation, "kampai" is accurate.
- Listen to the two pronunciations of "kampai" with the clip on the right, and practice!



Female pronunciation



Male pronunciation

Back

Continue



DURING THE MEAL: Soup



- When eating soup, slurping is a sign of enjoying the meal!
- Lift the bowl to your mouth, and enjoy slurping your bowl of soup!
- To eat noodles and other contents of your bowl, use chopsticks or a utensil.

Back

Continue



AFTER THE MEAL: Phrase after meal



- After finishing your meal, this phrase is said aloud as a courtesy.
- The phrase is an expression of thanks for those who prepared the meal.
- The accompanying gestures include clapping hands together with a slight bow.
- This gesture is the same used for the phrase "itadakimasu".
- Listen to pronunciation on the left, and practice!



Back

Continue



Congratulations on completing this unit's lessons!

If you would like to review this unit, click "Start".

**Additional resources are available to explore in Moodle
(not part of your end-of-unit assessment).**

When you feel prepared, take the end-of-unit assessment!

