

The Kyushoku Chronicle



Volume 1, Issue 1

Let's Eat! *Itadakimasu!*

Welcome to the first issue of The Kyushoku Chronicle (pronounced Q (like the letter) - show- kooH) - a regular publication about the Japanese school lunch and food education system.

Latest News

Survey Results Released: Lunch Fees Left Unpaid

2016 the [Japan Teachers' Union](#) (JTU) released survey results about school lunch subsidies for elementary and junior high schools. The findings highlighted the increase of poor households since 2013 and the growing tendency of local governments to subsidize meals.* JTU Chief Secretary Obata Masako stated: "It's becoming the status quo that households are not paying these fees." He also added, "For the families that can't afford to pay, it becomes a source of withdrawal and stigma for students

Did you know?

Nation-wide School Lunch Competition!



Did you know that school lunch is a source of competition in Japan? That's right, schools annually compete across regions to create the *best school lunch*. In recent years the battle has become

at school. We must find a way to relieve the families of this burden." Via [The Education Newspaper](#). (*Note: In Japan, school lunches are not free. On average, families pay about 200-300 yen /\$2-\$3 USD per meal. More [here](#).)

On April 6,

New Publication from Japan Agriculture



The Japan Agriculture (JA) Association has just released a new pamphlet with school lunch in mind. Entitled "Protect Japanese Food Culture. Connect. Grow." (You can download the Japanese language [pamphlet](#) here), it includes information about the differences in male/female eating habits, phone apps to learn about Japanese food, and how to include agriculture in the school curriculum.

particularly fierce. Last year Kamikoani Village claimed gold for the Tohoku/Hokkaido Region Block. Here's a translation from the [official website](#) from the Tohoku winners.

*"We used the specialty products of our village, including zucchini, miniature eggplants and edible ground cherries. For our [Inaniwa Udon](#), we included maitake mushrooms that the children grew in school. Our 'dual-tone minced rice chicken' is a favorite and is also very eye-catching. The '[mizuno namul](#)' (sidedish) includes a wild herb called mizu (*Elatostema umbellatum* var. *majus* - a variety of plant related to nettles). Combining mizu with beansprouts grown in Omagari Village makes for a pleasing texture. Our students devised 'ground cherry milk pudding' in cooking class. The ground cherry's nutritional value is high, but due to the bitter tanins it must be cooked. We tried our best to use specialty products of the region..."*

Cookin' Kyushoku

Watercress Salad



This recipe is just in time for spring. Green and tangy, it's simple and sure to please.

Ingredients:

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3 bunches watercress
Bonito flakes or sesame seeds for garnish

Dressing:

¼ cup rice vinegar



The Tohoku Block Champs!

Pictures above: Ms. Hosoda, Dietician (left) Ms. Murada, Chef (right)

The Heat of Battle! Watch the video below to see what this competition is all about...



Off to the races with school lunch battles!

Getting Legal

In this corner of the Chronicle, we will be examining the legal framework for school lunch in

- 2 tablespoons light soy sauce
- ¼ cup *mirin*
- 2 teaspoons sugar

Directions:

1. Make the dressing: combine the vinegar, soy sauce, *mirin*, and sugar in a bowl. Cool in refrigerator for later.
2. Cut the watercress into 3-4 cm-long pieces. Divide the stem and leaf sections.
3. Blanche the stems, and then add the leaves after 30 seconds. Be careful not to overcook. Drain and chill the greens in cold water. Drain again and squeeze out excess water.
4. Add the watercress to the dressing and mix. Cool in refrigerator for about 10 minutes.
5. Serve and pour the remaining dressing over the top. Garnish with bonito flakes or sesame.

*This dish pairs well with many things, but if you are unsure - try it with plain white steamed rice and a lightly seasoned salty fish of some type. The vinegar - rice - and salt will all work nicely together.

**This recipe will be featured in my forthcoming cookbook about Japanese school lunch.

Odds & Ends

Japan. (Please note: these are brief summaries and rough translations.)

Article One:

The purpose of the school lunch law to create a conducive environment for the healthy development of the mind and body of children and students. Through correct understanding of food, students can cultivate the appropriate judgment needed when assessing the role of food in their lives. To this end, school lunch and food education activities will be implemented in schools.

Commentary:

-The Japanese school lunch system is in place at 92% of elementary and middle schools in Japan.

-Meals themselves are just one facet of the educational programming for students.



Hello! My name is Alexis



Watch a cute stop-motion animation featuring a school lunch mishap!



Agliano Sanborn. I'm the creator of this publication. You can learn more about me [here.](#)

Visit my [website](#) to learn more - and [Facebook](#) for regular updates!

Thanks for the feast! *Gochisosama deshita!*

PS: Is there something you would like to see featured in the Chronicle? Do you have a question that you'd like answered? [Email me!](#)



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