



Lesson 1: Rice

- 1-1: "Rice" Overview / Video (4min+)
 - 1-2: OISHII Japan 1 / Video (6min)
 - 1-3: Rice-Based Foods / Activity Challenge (1)
 - 1-4: Carbohydrates / Fit Tidbit
 - 1-5: Making Onigiri / Video (5min)
 - 1-6: Onigiri Album / Let's Cook!
 - 1-7: Food Insecurity / Food For Thought
 - 1-8: OHASHI Challenge / Activity Challenge (2)
 - 1-9: "ITADAKIMASU" / Nihongo Flash#1
 - 1-10: Test Your Knowledge#1
- Info, Links, and Additional Resources
- *IMPORTANT* One-minute Survey

Lesson 2: B-Kyu Gurume (B-Class Cuisine)

- 2-1: "B-Kyu Gourmet" Overview / Video (6min+)
 - 2-2: Reading Nutrition Labels / Fit Tidbit(1)
 - 2-3: Regulating Intakes / Fit Tidbit(2)
 - 2-4: Nutrition Labels / Activity Challenge
 - 2-5: "B-Kyu Gourmet" Cookoff! / Video (7min)
 - 2-6: B-Kyu Album / Let's Cook!
 - 2-7: Tabi Eats / Video (12min-)
 - 2-8: The Global Food Imbalance / Food For Thought
 - 2-9: "KAZOKU DANRAN" / Nihongo Flash#4
 - 2-10: Test Your Knowledge#4
- Info, Links, and Additional Resources
- *IMPORTANT* One-minute Survey



Lesson 3: Soy

3-1: "Soy" Overview / Video (4min)

3-2: #EdamameChamp / Activity Challenge

3-3: Protein: Helping You Grow / Fit Tidbit(1)

3-4: "Soy" Cookoff / Video (6min-)

3-5: "Bean" Creative in the Kitchen / Let's Cook!

3-6: Fermentation / Fit Tidbit(2)

3-7: The Soy Superfood "Natto(納豆)" / Activity Challenge

3-8: Growing Food Sustainably / Food For Thought

3-9: "Aji" / Nihongo Flash#3

3-10: Test Your Knowledge#3

Info, Links, and Additional Resources

IMPORTANT One-minute Survey

Lesson 4: Bento

4-1: "Bento" Overview / Video (5min-)

4-2: Healthy Bento Tips /Fit Tidbit (1)

4-3: Hygiene Control / Fit Tidbit (2)

4-4: "Bento" Cookoff! / Video (6.5min)

4-5: Food Deserts / Food For Thought (1)

4-6: Bento Album! / Let's Cook!

4-7: OISHII Japan: The Language of Food / Video (2min-)

4-8: Mottainai(もったいない)! Let's Eat "Green" / Food For Thought (2)

4-9: Bentos of the World / Activity Challenge

4-10: "Obento" / Nihongo Flash#6

4-11: Test Your Knowledge #6

Info, Links, and Additional Resources



*From the 2022-23 school year, the two lessons below will be added.

Lesson 2: Food From The Sea

2-1: "Food from The Sea" Overview / Video (4.5min)

2-2: "Food From the Sea" Cookoff! / Video (7m-)

2-3: Health Benefits of Fish / Fit Tidbit(1)

2-4: Health Benefits of Seaweed / Fit Tidbit(2)

2-5: Sushi Roll Album / Let's Cook!

2-6: Not Your Usual Fish and Chips / Activity Challenge

2-7: OISHII Japan 2 / Video(5.5min)

2-8: Waste / Food For Thought

2-9: "SAKANA" / Nihongo Flash#2

2-10: Test Your Knowledge#2

Info, Links, and Additional Resources

Lesson 5: Sweets

5-1: "Just Desserts" Overview / Video (3min+)

5-2: Azuki and Saponins / Fit Tidbit (1)

5-3: Added Sugars / Fit Tidbit (2)

5-4: Sweets Cookoff! / Video (6min-)

5-5: Sweets Album / Let's Cook!

5-6: Healthy Swaps / Activity Challenge

5-7: OISHII Japan: Seasonal Sweets / Video (6:23)

5-8: Health Issues and Japanese Tea Culture / Food for Thought

5-9: "Okashi" / Nihongo Flash#5

5-10: Test Your Knowledge#5

Info, Links, and Additional Resources