

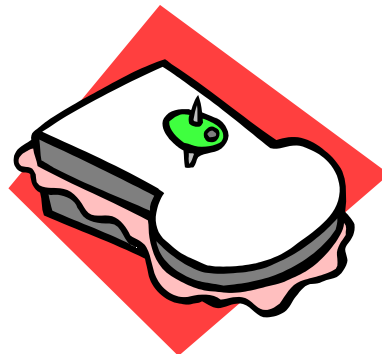
Let's Try to Make a Bento (Lunchbox Meal)

Translated FY2014 SIL Sapporo Nihongo Gakko

1. Lunchbox Meals

A. Lunchbox Meals in Your Country

●Are there lunchbox meals in your country?



●Do you take one with you every day?

●Where do you go with it?

(Ex. school, picnics, mountain climbing, swimming at the ocean, hiking, etc.)



●What kind of lunchbox meal is it?

① Is there bread? Is there rice?

② What else is in it?

③ What kind of drink do you take?

B. Japanese Lunchbox Meals

●Have you ever seen a Japanese lunchbox meal?

●Have you ever eaten a Japanese lunchbox meal?



●When did you eat it?

●Where did you eat it?

●How was it?

●What was the most delicious thing?



2. What is in a Japanese Lunchbox Meal?

《Food》

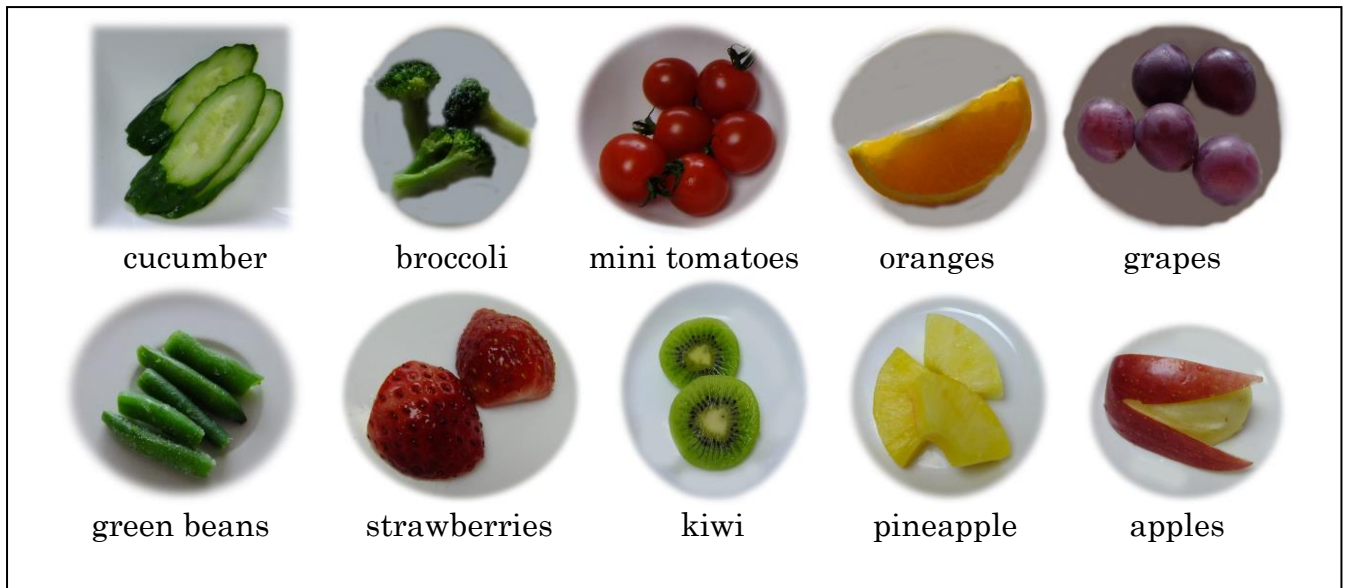
- **Rice:** white rice, pilaf (rice cooked in broth), takikomi rice (Japanese paella), rice balls, rolled sushi, sekihan (adzuki bean rice), inarizushi (fried tofu filled with sushi),



- **Side dishes:** tamagoyaki (rolled omelet), chicken karaage (fried chicken), Vienna sausage, tonkatsu (pork cutlets), hamburger steak, meatballs, potato salad, grilled fish, fried shrimp, tempura (deep fried seafood and vegetables), steamed vegetables, simmered pumpkin, boiled beans



● **Fruits and vegetables:** cucumber, broccoli, mini tomatoes, oranges, grapes, green beans, strawberries, kiwi, pineapple, oranges



3. Let's separate the parts.

① Look at the food from number 2 and separate it into color groups.

Write other things you want to put in the lunchbox meal.


(Ex: Chinese dumplings, green peppers, carrots, seaweed, sesame...)

● White () _____

● Yellow () tomato


● Red () sekihan

● Brown ( ) hamburger steak
& Black

● Green () green pepper

②Separate the food into shapes.

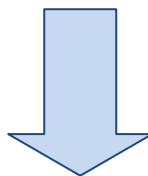
● Circle ○ food

●Triangle  food

● Square □ food

Various rice and side dishes/fruits

Let's try to say the names. What food do you like?



We tried to pack one.

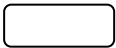



③ Cut the food from page 14 along the dotted lines.

④ Think about colors and put the food pictures into the lunchboxes on page 7.






☆ 1 What are the colors of the things you chose?

● White () _____

● Yellow () _____

● Red () _____

● Brown ( ) _____
& Black

● Green () _____

☆ 2 Do you have more 〈side dishes〉 or 〈vegetables (fruits)〉 ?

☆ 3 What are the proportions of 〈rice〉 , 〈side dishes〉 and 〈vegetables (fruits)〉 ?

Ex.) 2 : 1 : 1

: :

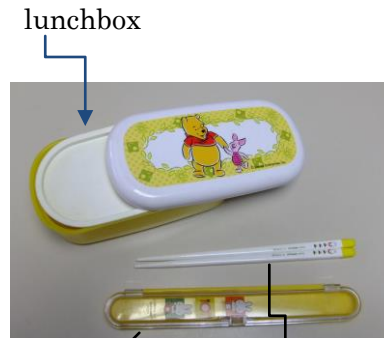
Proportions/Ratios

Ex.: There are 30 boys in a classroom. There are 15 girls. The ratio of boys to girls is 2 : 1 .

4. Let's prepare a lunchbox.



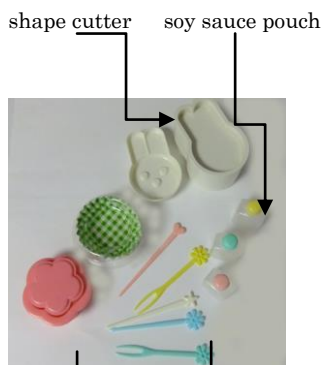
lunchbox



lunchbox

chopsticks case

chopsticks



shape cutter

soy sauce pouch

side dish pack/sticks



lunchbox band

lunchbox wrap

lunchbox bag

5. Let's try to make a lunchbox meal.

《Lunchbox Contents》

[white rice, rolled omelet, pork cutlets, macaroni salad, boiled vegetables, mini-tomatoes]

●Let's go to buy the ingredients.

What will you buy?

- rolled omelet → ()
- pork cutlets → ()
- macaroni salad → ()
- boiled vegetables → ()
- raw vegetables → ()

(Seasonings, etc.)

salt, sugar, pepper, soy sauce, mayonnaise, sauce, bread crumbs, flour
salad oil, milk, sesame, etc.

<Japanese when shopping at the supermarket>

Asking the department

A : Excuse me, where is the sugar?

B : Let me see. I'll show you.

.

B : Here it is.

A : Thank you.

Talking at the register

C : Do you have a (point) card?

A : Yes. Umm, I don't need a bag.

C : Should I put in chopsticks for your lunchbox?

A : No, I don't need any.

<How to make>(2-person portion)

● Rolled omelet (2 eggs, sugar, salt, soy sauce, a little milk)

- ① Crack the eggs, add seasoning, and mix.
- ② Put them into a hot fry pan and mix with chopsticks.
- ③ When the eggs have hardened a little, shape them with a spatula.
- ④ Cut the rolled omelet on a plate.

● Pork cutlets (2 pieces of pork cutlets, salt, pepper, flour, eggs, bread crumbs, oil)

- ① Salt and pepper the meat.
- ② Add flour → beaten eggs → bread crumbs.
- ③ Fry in oil.
- ④ Cut into easy-to-eat sizes.

● Macaroni salad (100 grams macaroni, cucumber, ham, mayonnaise, salt, pepper)

- ① Boil the macaroni.
- ② Cut the ham and cucumbers into thin slices.
- ③ Mix the ingredients with seasoning.

《Problems》

1) Things to be careful of when making.

Select the correct one.

- Make the taste (stronger / weaker).
- Cut the ingredients (larger / smaller).

2) Preparation methods

Draw lines to the correct answer.

the rice

the macaroni in
hot water

the onions finely

the pork cutlets
in 180 degrees oil

the eggs with chopsticks

the rice ball into a triangle

• mix

• form

• boil

• cut

• cook

• fry



3) Other preparation methods Other than A, what do you put in B and C?

- A apple skin (B _____ / C _____) peel
- A vegetables (B _____ / C _____) sauté/fry
- A meat (B _____ / C _____) grill



peel



grill

6. Let's pack the lunchbox meal.

〈Things to be careful of when packing.〉

- Put the rice in first.
- Think about color.
- Drain juices/soups/broth.
- Use partitions.
- Put the lid on after the rice and side dishes have cooled.

7. Let's wrap the lunchbox meal.

Look at the pictures for wrapping a lunchbox and connect them with the correct sentences.

① Spread out the wrap. ●



② Put the lunchbox in the middle. ●



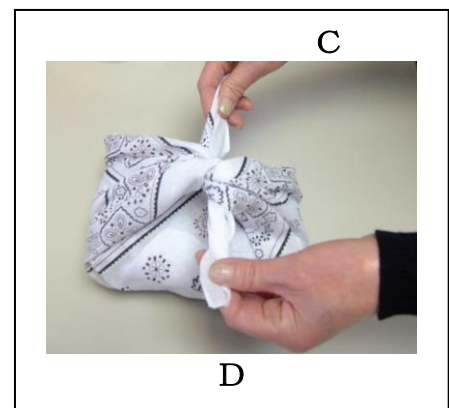
③ Wrap the lunchbox in the cloth wrap. ●



④ Tie C and D. ●



⑤ It's finished! ●





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