

Frozen food is Japan's 'dish of the year'

29th December 2022



Japanese food is famous all over the world. Everyone knows sushi, tempura and tofu. A lot of Japanese food is so well presented it looks like art. It is therefore a little surprising that Japan's "dish of the year" for 2022 is frozen food.

Each year, the Gurunavi

Research Institute decides on the winner for its culinary award. The prize is given to food that highlights trends in what people eat. Frozen food got the prize in 2022 because of the Coronavirus pandemic. Many people did not dine out at top restaurants. Instead, they stocked up on frozen food and ate at home. The winning frozen food was very basic - no examples of haute cuisine. The judges selected a variety of frozen meat and pizzas - still in their air-tight bags.

Gurunavi said the pandemic has resulted in food companies experimenting with different ways of freezing food. They want to make sure that frozen food tastes good, even after it thaws out. One of Japan's largest supermarkets has opened a specialized food shop called @Frozen. It sells over 1,500 different frozen food items. Japan's convenience stores have expanded their frozen food sections, and frozen food vending machines are popping up everywhere. Some sell frozen sushi. Japan's Frozen Food Association said changing lifestyles have increased the popularity of frozen food. Japan's population is aging, so many older people find frozen dishes more convenient than cooking from scratch.

Sources: cnn.com / nhk.or.jp / yahoo.com

Writing

Frozen food is great for the environment. Discuss.

Chat

Talk about these words from the article.

Japanese food / sushi / tempura / tofu / art / prize / pandemic / frozen food / pizza / food companies / supermarkets / convenience stores / vending machines / cooking

True / False

- 1) The article says Japanese food is the most famous in the world. T / F
- 2) The article says a lot of Japanese food looks like art. T / F
- 3) Many people in Japan did not dine out during the coronavirus pandemic. T / F
- 4) The judges chose a lot of frozen fish and burgers. T / F
- 5) Companies tried to make food taste good even when it was frozen. T / F
- 6) A supermarket in Japan opened 1,500 frozen food stores. T / F
- 7) You can buy frozen sushi from some vending machines in Japan. T / F
- 8) A lot of older Japanese people prefer frozen food to cooking. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|------------------|
| 1. famous | a. focuses on |
| 2. surprising | b. useful |
| 3. highlights | c. simple |
| 4. dine | d. defrosts |
| 5. basic | e. the beginning |
| 6. ways | f. eat |
| 7. thaws out | g. widened |
| 8. expanded | h. well known |
| 9. convenient | i. unexpected |
| 10. from scratch | j. methods |

Discussion – Student A

- a) What do you know about Japanese food?
- b) What do you think of frozen food?
- c) What do you think of sushi, tempura and tofu?
- d) What do you think is 'food of the year'?
- e) Did coronavirus change your eating habits?
- f) Do you like dining out at restaurants?
- g) What's your favourite restaurant, and why?
- h) What do you think of frozen pizzas?

Phrase Match

1. Japanese food is famous
 2. Japanese food is so well presented
 3. food that highlights trends in what
 4. they stocked up
 5. still in their air-tight
 6. frozen food tastes good, even after
 7. vending
 8. increased the popularity
 9. Japan's population
 10. more convenient than cooking
- a. people eat
 - b. is aging
 - c. bags
 - d. from scratch
 - e. of frozen food
 - f. all over the world
 - g. on frozen food
 - h. machines
 - i. it looks like art
 - j. it thaws out

Discussion – Student B

- a) What do you think about what you read?
- b) What do you think of Japanese food?
- c) What are the good and bad things about frozen food?
- d) How does frozen food taste?
- e) What do you think of frozen food vending machines?
- f) Do you think frozen sushi is a good idea?
- g) Do you like to cook from scratch?
- h) What questions would you like to ask one of the judges?

Spelling

1. Japanese food is so well ntereesdp
2. unlircay award
3. sentdr in what people eat
4. they tdcksoe up on frozen food
5. The judges selected a ivyaret
6. still in their air-ghtit bags
7. even after it hwsat out
8. a zdpeiicelsa food shop
9. expanded their frozen food oisnscte
10. frozen food enidngv machines
11. the aitroupypl of frozen food
12. Japan's iptunpooal is aging

Answers – Synonym Match

1. h	2. i	3. a	4. f	5. c
6. j	7. d	8. g	9. b	10. e

Role Play

Role A – Sushi

You think sushi is the tastiest dish in the world. Tell the others three reasons why. Tell them why their dishes aren't as tasty. Also, tell the others which is the least tasty of these (and why): fish and chips, pizza or hummus.

Role B – Fish and chips

You think fish and chips is the tastiest dish in the world. Tell the others three reasons why. Tell them why their dishes aren't as tasty. Also, tell the others which is the least tasty of these (and why): sushi, pizza or hummus.

Role C – Pizza

You think pizza is the tastiest dish in the world. Tell the others three reasons why. Tell them why their dishes aren't as tasty. Also, tell the others which is the least tasty of these (and why): fish and chips, sushi or hummus.

Role D – Hummus

You think hummus is the tastiest dish in the world. Tell the others three reasons why. Tell them why their dishes aren't as tasty. Also, tell the others which is the least tasty of these (and why): fish and chips, pizza or sushi.

Speaking – Dishes

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- Sushi
- Fish and chips
- Pizza
- Samosa
- Tacos
- Fried rice
- Couscous
- Hummus

Answers – True False

1 F	2 T	3 T	4 F	5 F	6 F	7 T	8 T
-----	-----	-----	-----	-----	-----	-----	-----

Answers to Phrase Match and Spelling are in the text.