

Course Description

Course number and section: JPST370

Course Topic: **Japanese Food Culture**

Instructor: **Mayu Takasaki**

Course Description:

Japanese cuisine, commonly known as washoku, has gained global recognition, particularly following its inclusion on UNESCO's Intangible Cultural Heritage list in 2013. This course offers a scholarly examination of Japanese food as a cultural, historical, and social phenomenon, tracing its development from early traditions to contemporary practices.

Topics may include everyday meals, regional cuisines, sushi, ramen, and the globalization of Japanese food. Taught in English, the course combines lectures, discussions, and group work to engage students in critical analysis of food-related practices and issues. By examining how food relates to key dimensions of Japanese society, including history, globalization, sustainability, and health, students develop the ability to critically examine contemporary food culture and gain a deeper understanding of Japan.

Other: