



virtual japanese conversational language exchange

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Japanese Cultural and
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JET Alumni Association of
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**Beginner and Intermediate
Japanese Language Lesson
with Dr. Lisa Hofmann-Kuroda**

**J-Chat Session 4
Friday, August 20, 2021**

Virtual Japanese Language Exchange

JCCCNC / JETAANC



Introduce yourself !

はじめまして。[NAME] です。

Hajimemashite. _____desu.

よろしくおねがいします。

Yoroshiku onegaishimasu.

Today's Beginner Lesson: Food + Cooking

Try to describe a dish or recipe you are familiar with to your group.

Today's Beginner Lesson: Food + Cooking

ざいりょう = zairyo = ingredients

If you want to talk about what ingredients are in a dish:

ざいりょう は X,Y,Z です。

Zairyo wa X,Y,Z des.

The ingredients are X, Y, Z.

Today's Beginner Lesson: Food + Cooking

Some common “zairyo” in Japanese cooking:

たまねぎ tamanegi Onion

しょうが shoga Ginger

じゃがいも jyagaimo Potatoes

さかな sakana Fish

にく niku Meat

みりん mirin

しょうゆ shouyu Soy Sauce

Today's Beginner Lesson: Food + Cooking

Common verbs used with Japanese cooking

まぜる mazeru to mix

きる kiru to cut / chop

いためる itameru to sautee

やく yaku to bake

ゆでる yuderu to boil

にる niru to stew / simmer

Today's Beginner Lesson: Food + Cooking

まずは。。。。

Mazu wa.... (First....)

つぎは。。。。

Tsugi wa... (Next...)

さいごに。。。。

Saigo ni... (Finally...)

Today's Beginner Lesson: Food + Cooking

Sample dish intro:

チャーハンの 作りかた を せつめい します

Cha han no tsukurikata o setsumei shimas.

I'm going to explain how to make fried rice.

Today's Beginner Lesson: Food + Cooking

チャーハン の ざいりょう は 。。。。

Cha han no zairyoo wa....

The ingredients for fried rice are....

ごはん と たまねぎ と たまご と やさい です。

Gohan to tamanegi to tamago to yasai des

Rice and onion and egg and vegetables.

Today's Beginner Lesson: Food + Cooking

まず、たまねぎ を きる

Mazu, tamanegi o kiru.

First, you cut the onion.

つぎ、やさい を たまねぎ と いためる

Tsugi, yasai o tamanegi to itameru

Next, you sautee the vegetables with the onion

Today's Beginner Lesson: Food + Cooking

さいごに、たまご と ごはん を まぜる

Saigo ni tamago to gohan o mazeru

Finally, mix in the egg and the rice

Today's Beginner Lesson: Food + Cooking

Vocabulary for talking about how a food tastes:

すっぱい // suppai // sour

しょおからい // shiokarai // salty

あまい // amai // sweet

からい // karai // spicy

にがい // nigai // bitter

あじがこい // aji ga koi // the flavor is rich / strong

あじがうすい // aji ga usui // the flavor is thin / weak / bland

おいしい // oishii // tastes good

うまい // umai // tastes good

だいこうぶつ // daikobutsu // a food you love

まずい // mazui // tastes bad

あまり。。。

ちょっとにがてです。。 chotto nigate des.... //

x は ちょっと。。。 X wa chotto....

つめたい tsumetai cold

ひえ ・ ひやし hie / hiyashi cold

あったかい attakai

あたたかい atatakai

ねこじた nekojita // sensitive to hot (temp) foods

Today's Beginner Lesson: Food + Cooking

Ask your facilitators for help with specific vocabulary as you try to talk about what dishes you're familiar with and how to make them!

Today's Intermediate Lesson: あいづち と フィラー

あいづちを打つ = Basically, letting your interlocutor know that you are actively listening and are following along with what they say. These are words and phrases you say while the other person is talking. Especially important when talking on the phone.

フィラー = Filler words; These are more often words and phrases you say while *you* are talking, but are stalling for time, or trying to figure out what to say next. (E.g. “Um..” “Well...” “Let’s see...”)

あいづち (polite)

はい

そうですね

そうですか

そうなんですか

そうだったのですね

なるほどですね

ええ

あいづち (casual)

そうか

そうね

そうだね

そうなんだ

へえー

なるほど

あいづち (casual)

まじですか？

うそでしょ

ほんとっすか

うそ！

ほんと！

まじ？

すごい！

Other phrases

えっ？

あれ？

そう？

いいな

がんばってね！

あらっ！

やばい = wow, that's crazy

やば

ファイラー

あのう。。

えーとですね。。

えーと。。

うーん。。

さあ

ほら

まあ

Today's Intermediate Lesson: あいづち と フィラー

Try out some of these あいづち or フィラー phrases as you're talking with your group today! You can nod along or show that you're listening as someone else explains how to cook a familiar dish.