



virtual japanese conversational language exchange

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Japanese Cultural and
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Northern California



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

**J-Chat Session 14
Friday, June 17, 2022**

Virtual Japanese Language

Exchange

JCCCNC / JETAANC

June 2022 ・ 2022年 6月

Today's Beginner Lesson: Navigating Food and Diet



**The
Guardian**

Today's Beginner Lesson: Navigating Food and Diet

Expressions

アボカドはありますか。————— Do you have avocado?

この中にお酒が入っていますか。————— Is there alcohol in this?
なか さけ はい

これはハラルフードですか。————— Is this halal?

ピーナッツアレルギーがあります。————— I have an allergy to peanuts.

袋をお願いします。————— Can I have a bag?
ふくろ ねが

Today's Beginner Lesson: Navigating Food and Diet

X がありますか？

X ga arimaska?

Do you have X? / Do you carry or sell X here?

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このなかにXがはいっていますか？

Kono naka ni X (ingredient) ga haitte imaska?

Is there X (ingredient) in this?

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これはXですか？

Kore wa X deska?

Is this X? (Halal, Vegetarian, Vegan, etc.)

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X アレルギーがあります

X arerugii ga arimas

I have an allergy to X / I am allergic to X

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Xをおねがいします。

X o onegaishimas.

Can I please have X?

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果物：
くだもの

いちご
(strawberry)



すいか
(watermelon)



みかん
(mandarin orange)



りんご
(apple)



もも
(peach)



ぶどう
(grape)



野菜：
やさい

にんじん
(carrot)



たまねぎ
(onion)



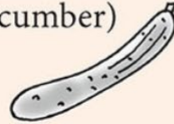
じゃがいも
(potato)



なす
(eggplant)



きゅうり
(cucumber)



キャベツ
(cabbage)



Ichigo

Suika

Minkan

Ringo

Momo

Budou

Ninjin

Tamanegi

Jagaimo

Nasu

Kyuuri

Kyabetsu

Today's Beginner Lesson: Navigating Food and Diet

ナッツ類にアレルギーがあります。

Nattsu rui ni arerugii ga arimas

X が食べられません

I can't eat X.

Today's Beginner Lesson: Navigating Food and Diet

私は肉と魚を食べません

watashi wa niku toh sakana wo tabemasen

I don't eat meat or fish

かつおぶしなしでおねがいします

katsuobushi nashi de onegai shimas

Can I have it without bonito flakes, please?

Today's Beginner Lesson: Navigating Food and Diet

Tamago / Eggs

Gyunyu / Milk

Nyuseihin / Dairy products

Komugi / Wheat

Ebi / Shrimp

Kani / Crab

Soba / Buckwheat Noodles

Piinatsu / Peanuts

Today's Beginner Lesson: Navigating Food and Diet

肉：
にく

牛肉 (beef)
ぎゅうにく



豚肉 (pork)
ぶたにく



鶏肉 (chicken)
とりにく



Gyuuniku

Toriniku

Butaniku

Today's Intermediate Lesson: Navigating Food and Diet

茹でる（ゆでる） To boil

焼く（やく） To bake

炒める（いためる） To stir fry

揚げる（あげる） To fry

蒸らす（むらす） To steam

Today's Intermediate Lesson: Navigating Food and Diet

水っぽい (It's a little watery)

味が薄い (It's a bit bland)

味が濃い (The flavor is really strong)

ちょっと焦げてる (It's a little burnt)

Today's Intermediate Lesson: Navigating Food and Diet

切らしてる (to be running out of X)

あっち！舌やけどしちゃった (Ow, I burned my tongue!)