



Outline of "Food culture No.11"

FOOD CULTURE Nos. 1 – 10 Summary

Edo's (Tokyo's) full-scale urban development began with the establishment of the Edo shogunate in 1603. By the early 18th century, the city of Edo had evolved into a megalopolis with a population of one million. The city had employed water and sewage systems, and the society observed and maintained a recycling system. At the start of the 19th century, a wide variety of dishes, now considered standard Japanese cuisine, were developed in the consumer city of Edo. Before long, Japan was opened to the outside world, ushering in an age of foreign influence.

In the past few years, a number of events have been held throughout Japan as 2003 marked the 400th anniversary of the establishment of the Edo shogunate and 2004 the 150th anniversary of the signing of the U.S.-Japan Peace and Amity Treaty. In commemoration, FOOD CULTURE Nos. 6–10 introduced valuable information on the food and food-related culture of the late Edo period that led to the establishment of Japanese cuisine, as well as the ways in which the Japanese food culture was influenced and transformed by foreign food cultures after the opening of Japan.

FOOD CULTURE Nos. 8–10 looked into the history of the American food culture through a series of articles. This series depicted the ways in which North American food culture, established by the Native Americans, met and merged with diverse food cultures introduced by immigrants from Western Europe in the early 17th century, and thereafter developed into the modern food culture of the U.S.

FOOD CULTURE No. 11 Summary

The revival of "Edo soy sauce"

The Kikkoman Institute for International Food Culture has completed the challenging project of reviving the soy sauce of the Edo period (1603–1867). The project did not end with the reproduction of that soy sauce, but included use of the revived soy sauce in recipes acquired from cookbooks of the Edo period. The outcome, reported at the September 2005 Kikkoman Food Culture Seminar, is summarized in this bulletin.

Nutrition education in Japan and around the world

In June 2005, a law regarding nutrition education was introduced at the 162nd session of the Japanese Diet. Some claim that behind the legislation are concerns regarding the modern diet and the fact that Japan's food culture seems to have declined to dangerous levels. This issue of FOOD CULTURE offers various materials to help readers understand the fundamental principles of nutrition education.

The report on nutrition education in Japan begins with a look at its historical background. Understanding the initiative and efforts of those who advocated the significance and necessity of nutrition education in the late Meiji era (1868–1912) is another way in which we can learn from the past. Finally, we will take a look at the dietary guidelines of some other countries. Each of these countries has made efforts to establish and/or improve nutrition education at a national level.