

# JAPAN: TEA AND SUSHI

By: Student

Title Slide

Notice there is no  
footer on Title Slide

# OVERVIEW

- Japanese Food and Drink
- What is Japanese Tea?
- Health Benefits
- How to Make Green Tea
- What is Sushi
- Traditional Sushi
- Western Style Sushi
- Common Sushi Terms
- Contact Information

Overview Slide  
With a list of all  
upcoming slides

*Online Picture*



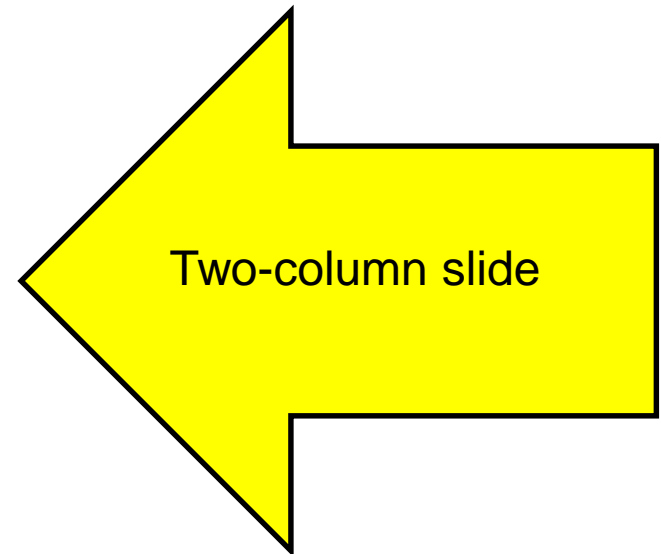
# JAPANESE FOOD and DRINK

## Food

- Traditional Japanese food is based on rice
- Rice is even eaten for breakfast
- Fish is commonly eaten
- Sushi combines both rice and fish

## Drink

- Sake
- Most common beverage is tea



# WHAT IS JAPANESE TEA

- Matcha
- Finely-milled green tea
- Powdered and high quality
- Most popular in Japan
- Part of the Japanese Tea Ceremony
- Blends of matcha are given poetic names called chamei

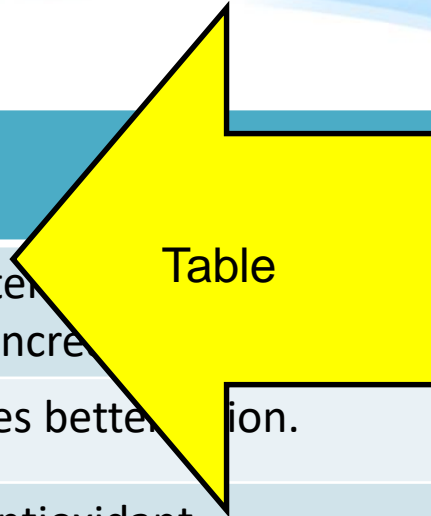
Did you know that green tea possesses antibiotic properties?

Shape: filled and with a text box

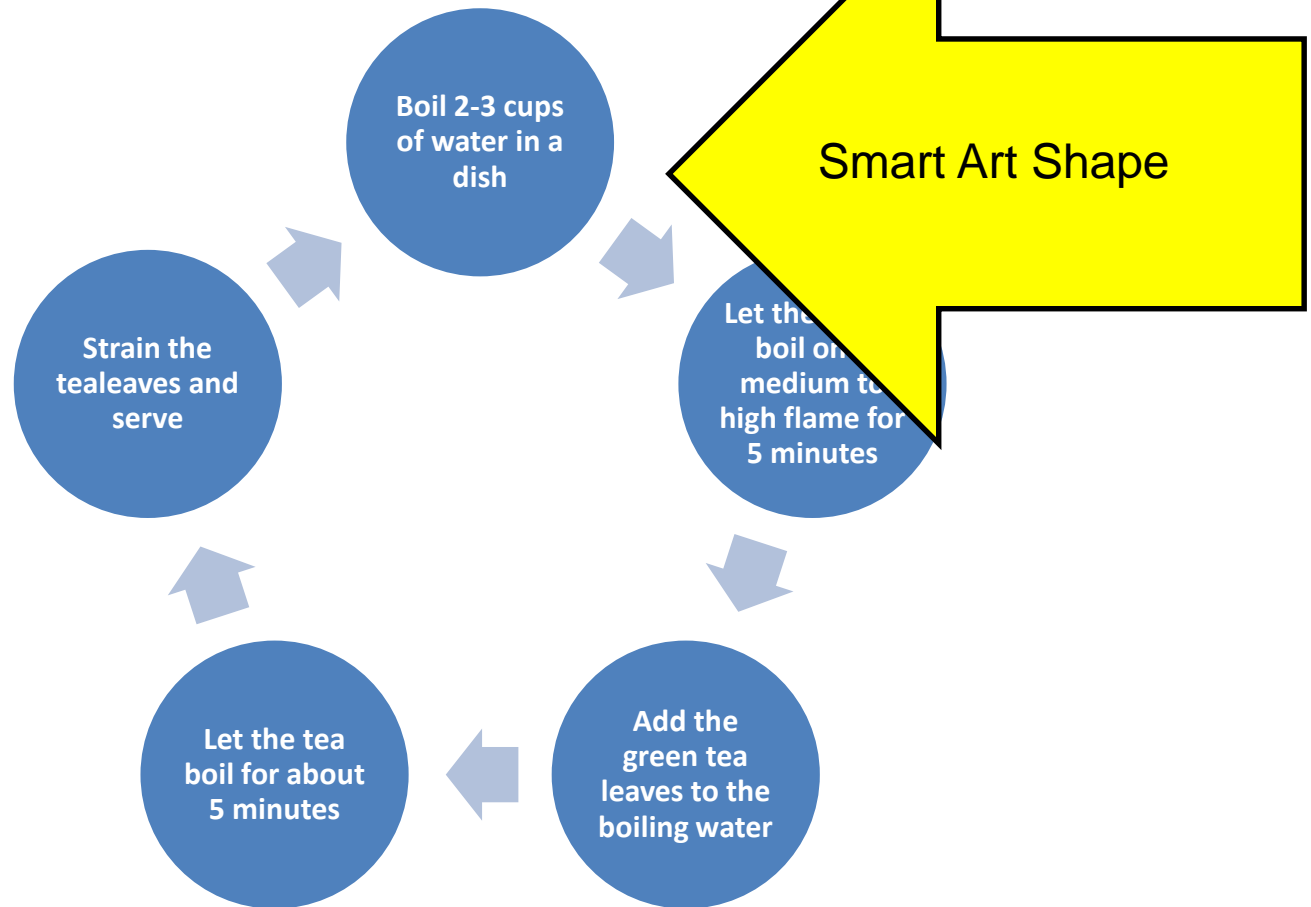


# HEALTH BENEFITS

Components of Green Tea	Health Benefit
Catechins	Antioxidant, antibacterial, lowers cholesterol, inhibits increased blood pressure
Vitamin A	Antioxidant, promotes better vision.
Vitamin C	Fights cold and flu, antioxidant
Vitamin E	Antioxidant
Flavonoids	Strengthens blood vessel wall and improves the health of the heart
Fluoride	Prevents cavities
Caffeine	Stimulant and acts as diuretic

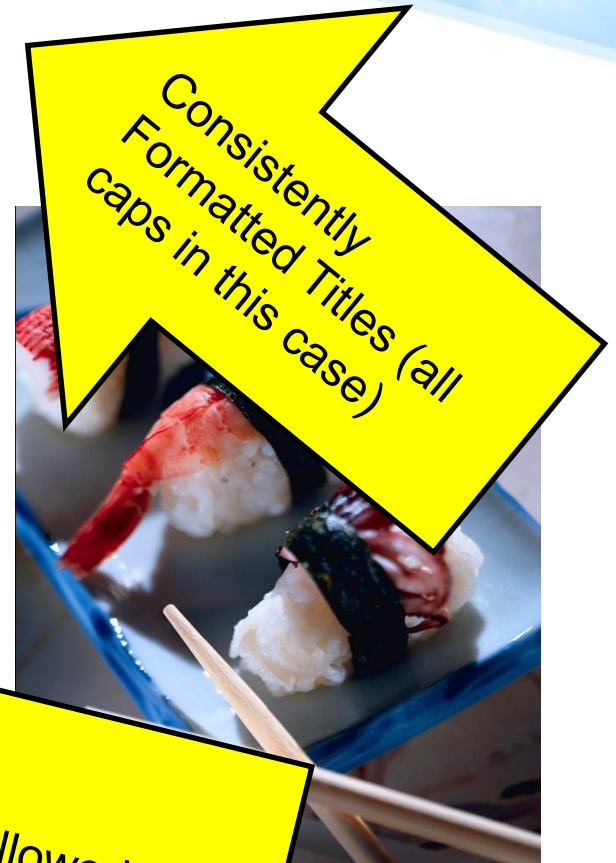


# HOW TO MAKE GREEN TEA (MATCHA)



# WHAT IS SUSHI?

- A food of Japanese origin
- Consists of cooked vinegar rice (shari) with other ingredients (neta)
- Common ingredient in all sushi is shari
- Most common neta is seafood



# TRADITIONAL SUSHI

- Chirashizushi: sushi rice with raw meat
- Inarizushi: fried tofu with sushi rice
- Makizushi: variety of rolled sushi
- Narezushi: fermented sushi
- Nigirizushi: hand-formed sushi (rectangular)
- Oshizushi: pressed sushi (block shaped)



Footer

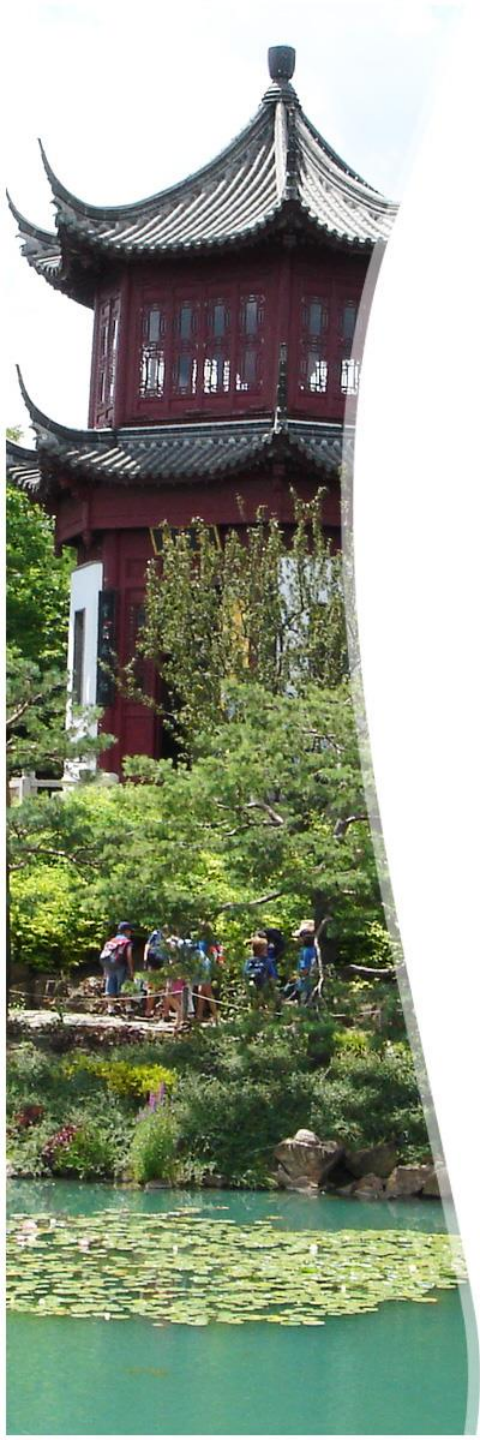
# WESTERN-STYLE SUSHI

- California roll: contains avocado and crab
- Alaska roll: California roll with raw salmon
- Dynamite roll: contains yellowtail or prawn
- Hawaiian roll : contains shoyu tuna
- Philadelphia roll: contains cream cheese
- B.C. roll: contains barbecued salmon skin
- Spider roll: contains soft shell crab



# COMMON SUSHI TERMS

- Tsume
  - Sweet glaze
  - *Tsume* comes from *nitsume* or reduction
  - Made from the broth used to poach sea eel or *hamaguri* clams.
- Bento:
  - Box with small compartments
- Sake:
  - Rice wine
- Sashimi
  - Raw seafood
  - Should be salt-water fish (not fresh water)
- Sabi:
  - Japanese horseradish
- Gyoza:
  - Wo
- Shoyu:
  - Japanese soy sauce



# CONTACT INFORMATION

Name

(281)555-5555

myemail@email.com

Contact Information  
with red annotation  
saved

**Domo Arigato**  
*Thank You Very Much*