



Western Food VS Japanese Food

Dialogue

Please read the dialogue.

Person 1 : I prefer Western food to Japanese food.

Person 2 : Really? I`d rather eat Japanese food.

Person 1 : Japanese **flavors** are too **subtle**. I want to really taste my food.

Person 2 : Western food is **richer**, but it is more **oily** and fatty.

Person 1 : I **agree with that**. But those flavors make me happy.

Person 2 : They also **make you fat**.

Person 1 : I think the **portion** sizes are more to **blame** than the flavors.

Person 2 : Japanese food is healthy and has small portion sizes. **That`s why** Japanese people live for a long time.

Person 1 : I **understand that**, but I want to be **satisfied** after every meal.

Person 2 : Japanese food is so beautiful that you feel satisfied even before eating.



Vocabulary

Please match the English to the Japanese.

- | | |
|-------------------------|------------|
| 1. live for a long time | a) 濃厚な |
| 2. flavor | b) 微妙な |
| 3. subtle | c) 満足した |
| 4. rich | d) 太らせる |
| 5. oily | e) ~のせいにする |
| 6. make ~ fat | f) 取り分けた量 |
| 7. portion | g) 脂っこい |
| 8. satisfied | h) 味 |
| 9. blame | i) 長生きする |

Practice

Please fill in the gaps with the above words then answer the questions.

1. What food _____ ?
2. Why do Japanese people _____ ?
3. Do you prefer _____ or _____ flavors?
4. Do you usually eat many small dishes or one big _____ ?



Fill in the Dialogue

Please fill in the gaps in the dialogue.

Person 1 : I prefer Western food to Japanese food.

Person 2 : Really? I`d rather eat Japanese food.

Person 1 : Japanese **flavors** are too _____. I want to really taste my food.

Person 2 : Western food is **richer**, but it is more _____ and fatty.

Person 1 : I **agree with that**. But those flavors make me happy.

Person 2 : They also _____.

Person 1 : I think the _____ sizes are more to **blame** than the flavors.

Person 2 : Japanese food is healthy and has small portion sizes. **That`s why** Japanese people **live for a long time**.

Person 1 : I **understand that**, but I want to be _____ after every meal.

Person 2 : Japanese food is so beautiful that you feel satisfied even before eating.

Comprehension

Please answer the following questions about the dialogue.

1. Why does Person 1 prefer Western food?
2. Why is Western food unhealthy?
3. Why is Person 2 satisfied with Japanese food?



Debate Phrases

Please rearrange the words to make a debate phrase.

1. それは理解できるが、 { but / understand / I / that }

2. それだから _____ なのだ { why / that / is }

3. それには同感だが { agree / I / but / that / with }

4. むしろ _____ した方がいい { would / rather / I }

Debate Practice

Please use the above phrases to make rebuttals to these statements.

Person 1: I enjoy going hiking on rainy days.

You: _____

Person 1: I feel bad after eating fast food the night before.

You: _____

Person 1: Going shopping every day and buying new things is fun.

You: _____



Opinion Points

Please make two points to support each side of the debate.

Useful Language

taste good	おいしい	set meals	定食
taste bad	まずい	lots of variety	変化に富んでいる
filling	おなかにたまる	strange food	変な食べ物
nutritious	栄養がある	digest	消化する

Western Food

1.

2.

Japanese Food

1.

2.



Debate

Please use the vocabulary and phrases from this lesson to have a debate about `Western food vs Japanese food`.

Preparation

- Evenly divide the students into *Team Western food* and *Team Japanese food*.

Debate Format

- *Team Western food* says reason 1.
- *Team Japanese food`'s rebuttal*.
- *Team Western food* replies.

- *Team Japanese food* says reason 1.
- *Team Western food`'s rebuttal*.
- *Team Japanese food* replies.

- *Team Western food* says reason 2.
- *Team Japanese food`'s rebuttal*.
- *Team Western food* replies.

- *Team Japanese food* says reason 2.
- *Team Western food`'s rebuttal*.
- *Team Japanese food* replies.

Rebuttal Recap

I understand that, but _____
それは理解できるが、 _____

That is why _____ ?
それだから _____ なのだ

I agree with that, but _____
それには同感だが、 _____

I would rather _____
むしろ _____ した方がいい



Optional Extension

Here are some other suggestions for similar debates.

**Western
desserts**

vs

**Japanese
desserts**

**Ban
fast food**

vs

**Don` t ban
fast food**

**Sweet
snack**

vs

**Salty
snack**