

Eating like a Local in Japan

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Japan has a very diverse food culture, and my daily meals reflect its **vibrant** and **international** nature. As an exchange student living in dorms, I have had the opportunity to experience a variety of dishes. As some of my meals are prepared by the dorm, what I eat goes hand in hand with my location and the time of day.

Dormy Meals

The dorm serves **breakfast** and **dinner** every day except Sunday. Dorm meals consist of a main dish, rice, miso soup, side dishes and a dessert. They are often made up of Japanese staples and I personally find them elaborate and satisfying! The meals offer a **balanced, nutritious** start and end to my day, while giving me **a taste of home-cooked food**.



School Lunches

I spend most of my lunches at the **school cafeteria**, as I usually have classes before and after the lunch break. It offers a good variety of **satisfying** and **affordable** foods, and the food is actually really tasty! The menu varies every few days, but there are always base options of **noodles** and **donburi**. The cafeteria is a great place to eat with your friends while enjoying filling meals.



Sunday Explorations

On Sundays, when meals are not served at the dorm, I explore **different restaurants** around Tokyo. From sushi to ramen, and sometimes family restaurants, there are always options for something I am craving. Whether it's a cozy noodle place or an all you can eat shabu-shabu, Tokyo is a food lover's paradise.