

Foodie's Paradise

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The convenience of getting food

One thing that surprised me in Japan is how common and cheap to get meals and sweets from convenience stores, and how easily drinks and snacks can be bought from vending machines which you can see almost everywhere. For example, I tried at least 5 kinds of puddings in this semester. Besides, I found that there are many choices of chain restaurants such as gasuto, torikizoku or chain cafe. Also, I was really surprised that how often fried food and tsukemono are served in meals.



As a Taiwanese student, I'm used to eating out for most meals. But in Japan, many people prefer to prepare their own food. Because of this, I also started making my own bento. And I discovered osouzai (prepared side dishes) in supermarkets which is very convenient and delicious.

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I also find it interesting that many kissaten serve savory food, not just drinks or sweets. In Tokyo, there are many cafés where you can enjoy various meals from pudding to naporitan. Besides, If you travel outside Tokyo and you want to try something more local, I personally recommend that you can visit regional specialty stores to find unique snacks.

Additionally, restaurants in Japan are very solo-diner friendly. For example, some yakiniku restaurants offer single-person seats. Personally, I really enjoy teishoku because they usually come with a variety of small side dishes, which allow me to try many things in one meal.

