

Meals in Japan

Giulia D'Oria

In this report, I would like to talk about some of the **eating habits** I have discovered and learned to follow since I started living in Japan.

Sweet and Savory

Over the past few months, I have noticed a big **difference** even just in the way people have **breakfast** compared to my country. In **Italy**, it is common to start the day with a **cappuccino** and a **pastry**, while in **Japan**, people usually eat **savory** dishes such as **rice**, **miso soup**, fish or eggs. Personally, it was not difficult for me to get used to this habit, because I like rice and I found it **interesting** to adapt to the Japanese lifestyle. However, I must admit that sometimes I miss the classic Italian breakfast.



Bentos and Snacks



Another thing I really appreciate about Japanese food culture is the “**Bento**”, practical ready-made lunch boxes that you can easily find at convenience stores or supermarkets. Bentos usually contain rice, meat or fish, vegetables, and other side dishes. I find them very **convenient** and **affordable**, as I don’t have much time to cook and prepare lunch while studying.

However, my absolute favorite things are **onigiri**, rice balls often wrapped in nori seaweed. My favorite is the one with tuna and mayonnaise. When I’m in a hurry between classes, they are my **ideal snack**.