

Japan Food Checklist

28 dishes and sweets to try

Open in a PDF app such as Adobe Acrobat Reader.

Tap the boxes, then save this file to keep your progress.

Noodles

☐

Ramen

ラーメン

Wheat noodles in broth, with meat, egg, or other toppings.

☐

Udon

うどん

Thick, chewy wheat noodles, served hot or cold.

☐

Soba

そば

Buckwheat noodles in hot broth or with a dipping sauce.

☐

Yakisoba

焼きそば

Stir-fried wheat noodles with vegetables and savory sauce.

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Rice Dishes and Fried Foods

☐

Japanese Curry Rice

カレーライス

Rice with thick curry sauce and your choice of toppings.

☐

Omurice

オムライス

Seasoned fried rice wrapped in or topped with an omelet.

☐

Oyakodon

親子丼

Rice topped with chicken, onion, and softly cooked egg.

☐

Tonkatsu

とんかつ

A breaded, deep-fried pork cutlet, often served with cabbage.

☐

Katsudon

カツ丼

A pork cutlet over rice, commonly with egg and sweet soy sauce.

☐

Tempura

天ぷら

Seafood or vegetables fried in a light batter.

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Sushi and Seafood

☐

Sushi

寿司

Seasoned rice with fish, seafood, or other toppings and fillings.

☐

Sashimi

刺身

Sliced raw fish or seafood, served without sushi rice.

☐

Unagi

うなぎ

Freshwater eel, often grilled with a glaze and served over rice.

Grilled Dishes

☐

Yakitori

焼き鳥

Grilled chicken skewers, seasoned with salt or a sweet sauce.

☐

Yakiniku

焼肉

Cuts of meat grilled at the table, often cooked by you.

☐

Okonomiyaki

お好み焼き

A savory cabbage pancake with meat or seafood and sauce.

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Hot Pots and Longer Dinners

☐

Shabu-Shabu

しゃぶしゃぶ

Thinly sliced meat and vegetables cooked in broth at the table.

☐

Sukiyaki

すき焼き

Beef, vegetables, and tofu cooked in a sweet soy-based sauce.

☐

Oden

おでん

Radish, eggs, fish cakes, and other ingredients simmered in broth.

☐

Chanko Nabe

ちゃんこ鍋

A hot pot with meat or seafood and vegetables, linked to sumo.

☐

Kaiseki

懐石料理・会席料理

A multi-course Japanese meal featuring seasonal ingredients.

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Snacks and Small Dishes

☐

Onigiri

おにぎり

Rice balls with fillings such as salmon, tuna, or pickled plum.

☐

Takoyaki

たこ焼き

Soft batter balls containing octopus, usually topped with sauce.

☐

Gyoza

餃子

Filled dumplings, often pan-fried with a crisp bottom.

☐

Karaage

唐揚げ

Bite-sized pieces of seasoned Japanese fried chicken.

Sweets

☐

Taiyaki

たい焼き

A fish-shaped cake, often filled with sweet red bean paste.

☐

Daifuku

大福

A soft mochi sweet with a filling, such as red bean paste or fruit.

☐

Dango

団子

Chewy rice-flour dumplings, often served on a skewer.