

## You are invited to take part in a workshop

# Food consciousness and Japanese culinary practice

Unhealthy diet and food wastage are global problems that lead to poor health and contributing to climate change. This workshop discusses the importance of food consciousness in the Japanese tradition and illustrates it through a number of activities focusing on attitudes towards food.

Part of a research study, this interactive and experiential workshop invites participants to taste food (if they wish), fill out a worksheet and complete questionnaires. (No sensitive data are taken. The information sheet will be circulated before the workshop and the participants are asked to sign a consent form.)

**Note:** this workshop is **not** part of your course or degree, and no participation will not affect your grades in any way.

**Date:** 24 February 2023

**Time:** 3-6pm (2.5h workshop + 30min reception)

**Location:** [Advanced Research Centre](#), UofG

### Organisers:

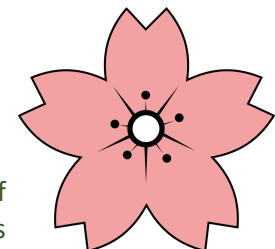
Dr [Ada Garcia](#) (Public Health Nutrition, UofG)

Dr [Saeko Yazaki](#) (Theology and Religious Studies, UofG)

### Programme:

- **Introduction:** Dr Ada Garcia
- Pre-workshop questionnaire
- **Lecture 'Food consciousness in Japanese culinary practice'** with activities: Dr Saeko Yazaki
- **Presentation and demonstration of Japanese cuisine:** Akemi Yokoyama (Japanese food specialist and chef)
  - Presentation: Japanese culinary culture, Buddhist cuisine and fermentation
  - Cooking demonstration and tasting:
    - Nukazuke (Japanese pickling bed with rice and salt)
    - Makizushi (sushi rolls)
    - Sake and rice crackers
- Post-workshop questionnaires
- Reception

**The workshop is free but seat is limited.**  
**Please register via Eventbrite link [here](#).**



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