



# Introduction Lesson

## Eat, Drink, and Be Merry!

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漢字版

かなばん

乾杯！  
頂きます！  
美味しい  
まあまあ  
御馳走様。

かんぱい！  
いただきます！  
おいしい  
まあまあ  
ごちそうさま。

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Rōmaji

Translation

Kanpai!  
Itadakimasu!  
oishii  
māmā  
Gochisōsama.

Cheers! (exp.)  
Let's eat! (exp.)  
delicious  
so-so  
Thank you for the fine meal. (exp.)



## Vocabulary - 単語

Kanji	Kana	Rōmaji	English
乾杯	かんぱい	Kanpai!	Cheers! (exp.)
頂く	いただく	itadaku	to receive, to take food and drink
美味しい	おいしい	oishii	delicious
まあまあ	まあまあ	māmā	so-so
御馳走様。	ごちそうさま。	Gochisōsama.	Thank you for the fine meal. (exp.)
乾杯	かんぱい	kanpai	toast
納豆	なっとう	nattō	natto (fermented soy beans)

### Expressions Explained

3 The Japanese expression “*Kanpai!*” is said at the time of a toast by all members of the party. This expression is commonly used, but not limited to, occasions involving consumption of alcohol. In English, this word is often interpreted as “Cheers!” The two *kanji*, Chinese characters, that make up this word reveal much about what is expected to happen after this expression is said. The first character means dry, and the second one means glass. Dry glass - you now know what is expected of you after you hear this.

The expression “*Itadakimasu!*” is the polite form of the verb *itadaku* - the humble form of the Japanese verb *morau* (to receive). “*Itadakimasu!*” is said before eating or drinking something received and before meals by all members participating in the meal. As this expression is used before every meal, one should do their best to remember to use it before eating or drinking, especially when dining with others.

The expression “*Gochisōsama.*”, or its more polite version “*Gochisōsama deshita.*” can be interpreted as “Thank you for the fine meal.” These are said at the conclusion of a meal to anyone that was involved in “feeding” the speaking party. For example, it can be said to the preparer of the food, the paying party, the shop or restaurant staff, and using either of these phrases is considered extremely good manners.

*Nattō*, fermented soybeans, is a traditional Japanese food, and is widely known for its rich protein, pungent smell, and sticky, cob-web like consistency. Once a main staple of the Japanese diet, *nattō* is currently garnering attention for its health benefits and rich nutritional value. The city of Mito, Ibaraki is renowned for its *nattō*.

*Desu* is the most well known of the Japanese copula - roughly equivalent to the English verb to be. It may be used after nouns, adjectives and verbs in their plain negative form. In many cases, *desu* serves no grammatical purpose, but is used only to make the statement more polite.