

# Japanese table manners





# Tables and sitting

In Japan some restaurants and private homes have low tables and cushions on the floor. These are usually found on tatami floors.



# Itadakimashu and Gochisosama



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**In Japan you say  
“itadakimashu” (“I gratefully  
receive”) before eating and  
“gochisosama” (“Thank you for the  
meal”) after finishing the meal.**

# Chopsticks



The proper usage of Chopsticks is the most Fundamental element of Japanese table manners.

# Some table rules

- \*Blowing your nose in public, especially at the table, is considered bad manners.**
- \*It is considered good manners to empty your dishes to the last grain of rice.**
- \*Unlike in some other parts of East Asia, it is considered bad manner to burp.**
- \*After eating, try to move all your dishes back to the same position they were at the start of the meal.**





# Drinking rules

When drinking alcoholic beverages, it is customary to serve each other, rather than pouring your own beverage. Periodically check your friends' cups and refill their drinks if their cups are getting empty.

While it is considered bad manners to become obviously drunk in some formal restaurants.



# How to eat....

## ■ Rice

Hold the rice bowl in one hand and the chopsticks in the other. Don't pour soya sauce over white, cooked rice.



## ■ Sushi

Pour some soya sauce into the small dish provided. It is considered bad manners to waste soya sauce. Hands or chopsticks can be used to eat sushi.





## ■ Miso soup

Drink the soup out of the bowl as if it were a cup, and fish out of the solid food pieces with your chopsticks.



## ■ **Kare raisu**

Kare raisu may become difficult to eat with chopsticks. Large spoons are often provided for these dishes.

