

DISCOVER

JAPAN

伝統文化

～流しそば～

dentoubunka

Nagashi Somen



QUIZ!

Where was the origin of the Somen?

1 ancient Greece, 2 ancient China, 3 ancient Egypt, 4 ancient Japan

2

How many years of history does the Somen have?

3

If you eat Somen on of , you can have a year without harm

1 7th of July, 2 7th of June, 3 not specified

**The answers are
at the end!**

On Tanbata, we eat this noodle called ‘ Somen ‘. It is like Thanks Giving day turkey to Americans.

Anyway, though it’s the same Somen, the way it is made by hand and by machine has some difference. The machine made Somen’s recipe; First the dough is flattened really thin and then cut in to thin strips. However, the handmade Somen is flattened gradually. We rub edible oil to prevent the dough from drying, and sticking. That is one of its unique things about handmade Somen.

For these reasons, even if it’s the same Somen, the way that it’s made has differences.





The Appeal of Somen

I think that the appeal of Somen is that the people who work and eat can enjoy it together.

Personally, I think that it has deepened my friendship with my friends when I tried it. Because it has a sense of accomplishment, I definitely recommend you to try it!

~The origin of eating Somen~

In ancient China "July 7" the day of the Empire's dead child became a spirit demon and made a fever popular. Based on this ancient Chinese legend, they started to eat Somen on July 7 to cure the fever.

What is Somen like?

Somen is resembled as the Milky Way and Orihime's weaving thread.

did you understand about Nagashi Somen? Next is about Tsukimi dumplings



～お月見団子～

Tsukimi dumplings

QUIZ!

Q 1、お月見をやるのはいつ？

- ① 8月15日
- ② 9月15日
- ③ 毎年違う

Q 2、お月見は、もともと何を目的とした行事？

- ① 家族の健康を祝う行事
- ② 世の平和を祝う行事
- ③ 作物の収穫を祝う行事

Q 3、日本でお月見が行われるようになったのはいつ？

- ① 江戸時代
- ② 平安時代
- ③ 奈良時代



When did the moon viewing began?

It was during the Heian period that moonlighting began in Japan.

The day to do the 15th night is not decided.

I will do it on the full moon day!

Because the Tsukimi dumplings are round to representing the waxing of the moon, people wish for a good harvest, the fruition of a matter, health, and happiness

You can pray and thank the moon by offering the dumplings, and you can wear the offerings by eating the dumplings for a good luck charm.

Prepare

· Measuring cup · Bowl · Cutting Boards · Hole Jack · Pot · Bowl with cold water · Tray

<How to make>

1

Mix the powder little by little, knead until it becomes the hardness of an earlobe.

2

Cut the dough in to 15ths, then roll them into a circular ball. This will be the dumplings

3

Boil hot water, Put 2 (the dumplings) in when it is boiled. When the dumplings float up, wait for 2 to 3 minutes with the dumplings in the boiled water.

4

Put the boiled dumpling into cold water.

5

Place the boiled dumplings onto the tray (fan them for an extra shimmer)



The answers to the quiz

流しそうめん

1、② 2、1000年前 3、①

お月見団子

1、③ 2、③ 3、②

皆さんはわかりま
したか？

ホームページ担当

妙典小学校 6年1組

谷村 風見 小菅 牛島 大坪 石本 辻 福田 服部 足立

Thank you for reading until
the end!

