

# Nature

## What is the ICH?

According to the 2003 Convention for the Safeguarding of the Intangible Cultural Heritage, ICH means intangible cultures that communities, groups or individuals recognize as part of their cultural heritage. It includes performing arts, social practices, traditional craftsmanship etc.

## National support for the nomination



Approximately 92% of the Japanese support this project, and over 1,500 communities, groups and individuals consent to the nomination.



*Itadaki-masu!*

MAFF



WASHOKU

Traditional Dietary Cultures of  
the Japanese

Government of Japan



# Respect for Nature

In 2012, Japan submitted the nomination file of "WASHOKU; Traditional Dietary Cultures of the Japanese" for inscription on the Representative List of the Intangible Cultural Heritage of UNESCO.

WASHOKU is a social practice based on an essential spirit of the Japanese, "respect for nature". It contributes to healthy life and strengthens familial and community ties.

春  
Spring



夏  
Summer

秋  
Autumn



冬  
Winter

## Various fresh ingredients and using their natural tastes

Ingredients used in WASHOKU are diverse, fresh and available in four distinct seasons. WASHOKU requires minimum cooking and processing.



## Well-balanced and healthy diets

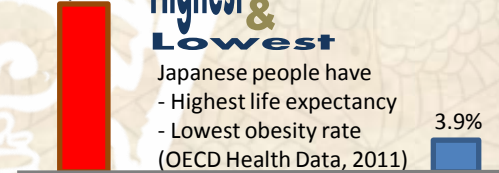
WASHOKU contributes to a healthy life, long life expectancy and prevention of obesity among the Japanese since it requires well-balanced and low-fat diets.

83 years

Highest  
&  
Lowest

Japanese people have  
- Highest life expectancy  
- Lowest obesity rate  
(OECD Health Data, 2011)

3.9%



## Emphasis of the beauty of nature in the presentation

The beauty of nature and changing of seasons is emphasized in the presentation of WASHOKU. Plates are decorated with leaves, flowers and bamboo, and natural motifs are represented in decoratively cut foodstuff. Decorating tables and rooms with objects matched to the season are also closely associated with WASHOKU.



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## Connecting to annual events

WASHOKU has developed using traditional knowledge and customs closely associated with nature and a connection to annual events. It strengthens the bonds of family and community members when they share mealtime together, appreciating nature-gifted ingredients.



PHOTO: Preparation of rice cake (rice pounding) for New Year's celebration