

和食育とは

www.wa-shokuiku.org

NPO法人TABLE FOR TWO USAでは、和食を通してアメリカの子供たちにバランス良くおいしく食べる方法、食への感謝や食を取り巻く環境など幅広く食について伝えようと、日本型食育の取り組みである「和食育プログラム」を実施しています。

クラスでは「お米」「海産物」「大豆」「野菜」「Popular foods (お好み焼き&ラーメン等)」「日本の学校給食」「お弁当」と、各回毎にテーマが設定されています。食品の歴史や栄養素に関する知識を得て、調理体験を通じ子供たちが五感を使って学べる構成となっており、また「いただきます」「もったいない」「目で食べる」といった日本語を交えつつ、世界の食糧問題、飢餓・肥満といった食にまつわる問題についても触れています。2017年春に開始以来、全米各地の小学校～大学、イベントなどで、既に13,000名以上にクラスが提供されています。

現在当プログラムでは、講師とボランティアスタッフを募集しています。講師には1回のクラスにつき、謝礼が支払われます。ボランティアスタッフをまとめながら、クラスを進行していただきます。クラスは英語で行います。ボランティアスタッフは講師のサポートや、子どもたちのアシストなどが主な仕事です。ご興味おありの方は英文の詳細をご覧の上、ぜひ wa-shokuiku@tablefor2.org までご連絡ください！





WE'RE HIRING!

Japanese Food Education Instructors & Volunteers



We are looking for instructors and volunteers to teach the “Wa-Shokuiku -Learn. Cook. Eat Japanese!” curriculum in designated schools and community organizations! Instructors help children experience Japanese food, cooking and culture.

Please view these 2 videos to give you an idea of how the program is run.

[1\) Wa-Shokuiku introduction](#) [2\) Activity Summary](#)

Instructor Job Description

1. REQUIREMENTS

- ✓ Familiarity and knowledge of Japanese food and culture.
- ✓ Comfortable speaking in front of a class in English.
- ✓ Ability to travel to class location by personal vehicle (or public if needed).
- ✓ Interest and comfort in working with students from diverse backgrounds.
- ✓ Willingness to be trained on Wa-Shokuiku curriculum, to work as a team with volunteers, and to adhere to program policies and team decisions.

2. RESPONSIBILITIES

- ✓ Teach participants from the curriculum provided by the Wa-Shokuiku program, the basics of food and kitchen safety, food preparation, and making healthy food choices according to the lesson plans.
- ✓ Communicate with teachers from host institutions and supervise volunteers.
- ✓ Using the educational power point provided facilitate class discussions of concepts of Japanese cuisine and food education.
- ✓ Shop for ingredients and equipment for each class as needed. Basic equipment such as rice cooker, pots, cutting boards, knives, apron, and bandanas will be provided. All expenses incurred for ingredients will be reimbursed.
- ✓ Maintain kit: periodically take inventory of equipment and communicate to Wa-Shokuiku coordinator if any items need replacing or additional items are required.
- ✓ Coordinate with the Wa-Shokuiku staff to conduct surveys on the success of our program to identify areas of impact and improvement.

3. TIME COMMITMENT AND COMPENSATION

- ✓ 3 hour minimum for training and orientation.
- ✓ Approximately 4-5 hours for each lesson to include: shopping, class preparation, travel, class time, set-up and clean-up during program period duration. (Classes will average 60 to 75 min).
- ✓ Class schedule is decided based on availability and needs. The Wa-Shokuiku program can be provided as multiple-class series or one-time workshop.
- ✓ You can work at our existing school/community partner organizations or we can try finding new partners at a convenient location for you.
- ✓ Instructor is a paid position. Compensation will be discussed during an interview.

ABOUT "WA-SHOKUIKU"

www.wa-shokuiku.org

The Wa-Shokuiku Project is an initiative from *TABLE FOR TWO USA* (*).

Wa-Shokuiku combines the Japanese words "Washoku" which refers to Japanese food and, "Shokuiku", food education. This program focuses on Japanese food, culture, and nutrition for American students, from kindergarten through university.

Our goal is that students will be equipped with practical knowledge and skills regarding healthy eating, Japanese foodways, and best practices after participating in these classes.

The objectives are (1) to expand students' palates by teaching how to prepare tasty and healthy dishes using Washoku preparation techniques, (2) include discussion about nutrition, manners, respect toward food and simple relevant Japanese words, and (3) introduce food related issues, such as obesity and food waste while discussing do-able daily actions inspired by shokuiku.



CONTACT

If you are interested in the opportunity, please send an e-mail to: wa-shokuiku@tablefor2.org