

International Sushi Day

Reading Comprehension

International Sushi Day is celebrated on the 18th of June each year. The event began with the first International Sushi Day in 2009, after fans of the dish started a social media page to encourage more people to try their favourite food.

Sushi is a dish from Japan which is made of specially prepared rice. Lots of different foods can be added to the rice, but the most common type of modern sushi includes some kind of seafood (such as squid, eel or salmon), vegetables (like cucumber or avocado) and seaweed.

Sushi as we know it today has been enjoyed in Japan since around the 1820s. A chef in the USA invented a type of sushi called the California Roll in the 1970s, with Australia following the trend in the 1990s. Today, you can get sushi anywhere, from high street supermarkets to takeaways.

1. When was the first International Sushi Day?

2. What country does sushi come from?

3. What is modern sushi made from?

4. When did sushi become popular in the Australia?

International Sushi Day

Where is Japan?

Sushi originated in Japan in the 1800s. Follow the clues below to find Japan on the map, then colour it in a colour of your choice.



Clue 1

Japan is in the Pacific Ocean.

Clue 2

Japan is north of Australia.

Clue 3

Japan is a small country made up of lots of islands.

Clue 4

Japan is slightly to the east of China.

International Sushi Day

Types of Sushi

There are countless different types of sushi to choose from, but here are some common ones. Read the descriptions and see if you can draw a line to match the correct picture.

Nigiri is rice moulded in a dome shape, with raw fish on top.



Sashimi is raw fish served in long, rectangular slices, usually eaten dipped in soy sauce.



To make maki, the fillings are rolled inside the rice, then it is wrapped in nori (seaweed).



Uramaki is like inside out maki! The seaweed is around the filling and rice is on the outside.



To make temaki, the rice and fillings are rolled into a seaweed cone.



International Sushi Day

Sushi Word Search


z m j a p a n t x m s u
s a s h i m i m w o e r
c k m u e a n b k r a a
f i g q l x b f x h w m
c h o p s t i c k s e a
v e g e t a b l e s e k
o b b n i g i r i r d i
n n i y v x a r b j e u
n c h i s u s h i r g z
d j g o y c c x c y q b
h r i c e s e a f o o d
z g t e m a k i y z i e



Japan
seafood
rice
vegetables

seaweed
chopsticks
sashimi
nigiri

sushi
maki
uramaki
temaki



International Sushi Day

Cotton Ball Sushi Game

You will need:

- cotton wool balls
- black card
- coloured card
- chopsticks (or 2 pencils)
- paper plate
- scissors
- glue
- a timer

How to Play the Game

Make a whole set of different sushi rolls. You can play this game on your own or against other people. The aim is to use your chopsticks to pick up your sushi and put it onto the plate without dropping it. You can time each other to see who can plate up the most sushi in a time limit, or you can race against each other to see who gets all their sushi onto the plate first.

How to Make Your Sushi

1. Start with a cotton wool ball. This is your sushi rice.
2. Cut up some pieces of coloured paper for your fillings. Think pink for fish, green for cucumber or perhaps yellow for egg.
3. Glue the coloured paper fillings onto the top of the cotton wool ball.
4. Cut a strip of black card and wrap it around the cotton wool ball, leaving the fillings untouched on top. This is your seaweed.
5. Glue down your seaweed.
6. Let the glue dry.



International Sushi Day

Answers

Reading Comprehension

1. The first International Sushi Day was held on 18th June 2009.
2. Sushi comes from Japan.
3. Modern sushi is made from seafood, vegetables and seaweed.
4. Sushi became popular in Australia in the 1990s.

Where is Japan?



Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.

International Sushi Day

Answers

Types of Sushi

Nigiri is rice moulded in a dome shape, with raw fish on top.



Sashimi is raw fish served in long, rectangular slices, usually eaten dipped in soy sauce.



To make maki, the fillings are rolled inside the rice, then it is wrapped in noki (seaweed).



Uramaki is like inside out maki! The seaweed is around the filling and rice is on the outside.



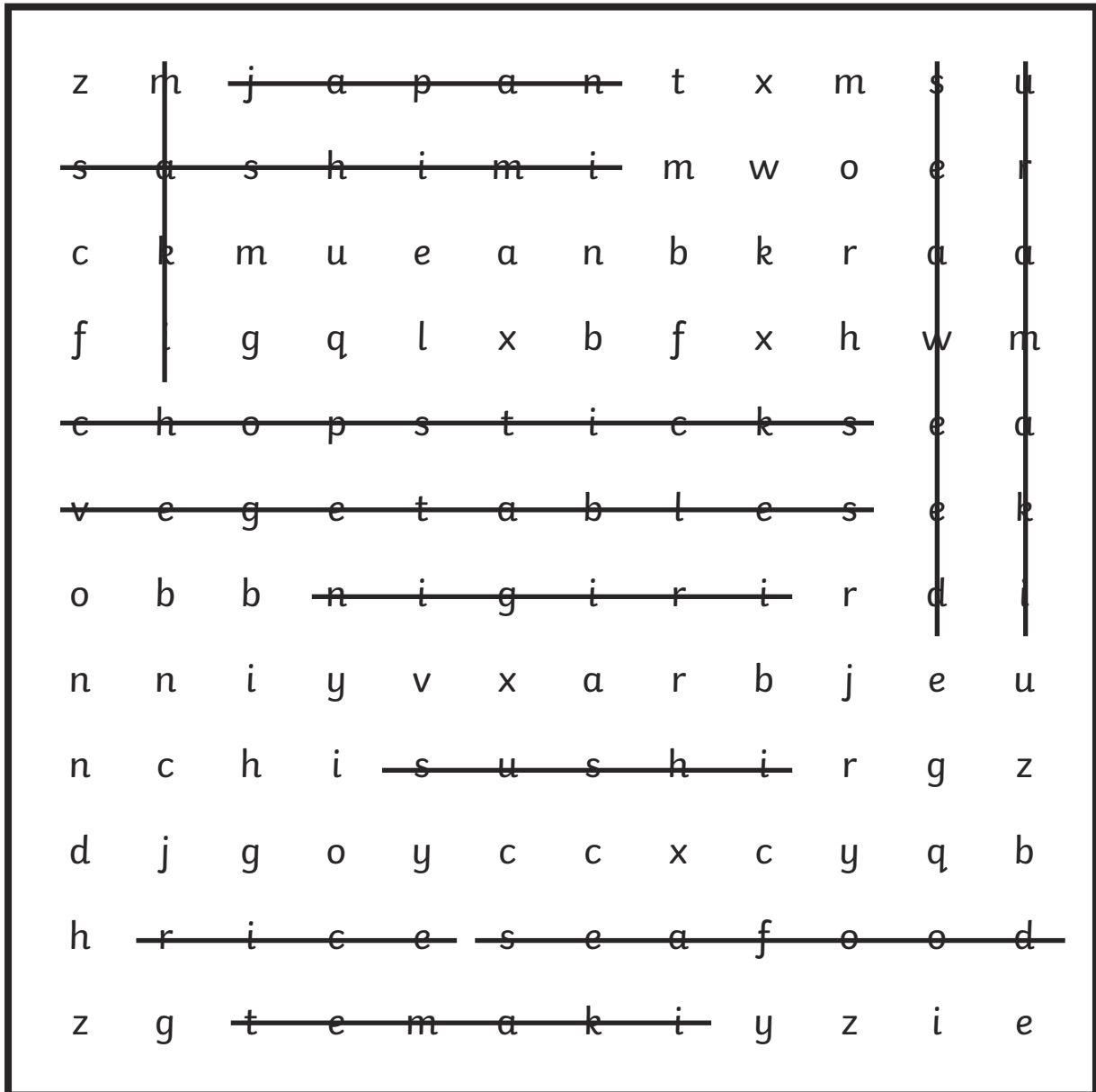
To make temaki, the rice and fillings are rolled into a seaweed cone.



International Sushi Day

Answers

Sushi Word Search



Japan
seafood
rice
vegetables

seaweed
chopsticks
sashimi
nigiri

sushi
maki
uramaki
temaki