

ASIAN DINING ETIQUETTE



JAPAN



"Itadakimasu"

Say "itadakimasu" just before you eat. It means "I gratefully receive."



NEVER pour your own drink. Top up the glasses of people seated around you.



When drinking soup, lift the bowl to your mouth and sip.



NEVER eat sushi in more than one bite.



When dipping sushi in soy, turn it over so that only the meat touches the sauce.



Use opposite end of chopsticks to take food from a shared plate.



NEVER mix wasabi into your soy sauce.



NEVER raise your food above your mouth.



Cleaning your plate down to the last grain of rice is considered proper Japanese dining etiquette.



"Gochisosama deshita"

Say "gochisosama deshita" after you've finished. This means "I thank you for the meal".

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