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Frozen food is Japan's 'dish of the year' – 29th December 2022

Level 0

Japanese food is famous worldwide. It looks like art. However, Japan's "dish of the year" for 2022 is frozen food. This is because of the Coronavirus pandemic. Many people did not eat at restaurants. They bought frozen food and ate at home. The winning food included frozen meat and pizzas.

Many food companies tried different ways of freezing food. They wanted it to taste good. A large Japanese supermarket opened a frozen food shop. Japan's convenience stores sold more frozen food. Japan has an ageing society. Many older people think frozen food is easier than cooking.

Level 1

Japanese food like sushi, tempura and tofu is famous worldwide. A lot of it looks like art. However, Japan's "dish of the year" for 2022 is frozen food. A food website gives a prize every year for new trends in food. In 2022, the Coronavirus pandemic made many people avoid restaurants. They bought frozen food and ate at home. The judges selected a variety of frozen meat and pizzas. They were wrapped in their air-tight bags.

Many food companies experimented with different ways of freezing food. They wanted it to taste good, even after it became unfrozen. A large Japanese supermarket opened a frozen food shop. Japan's convenience stores and vending machines are also selling more frozen food. Changing lifestyles in Japan also increased the popularity of frozen food. Japan has an ageing society. Many older people think frozen food is easier than cooking.

Level 2

Japanese food is famous worldwide. We all know sushi, tempura and tofu. A lot of Japanese food looks like art. It is surprising that Japan's "dish of the year" for 2022 is frozen food. The Gurunavi Research Institute gives a prize every year for new trends in food. Frozen food got the prize because of the Coronavirus pandemic. Many people did not eat out at restaurants. Instead, they bought frozen food and ate at home. The winning frozen food was very basic. The judges selected a variety of frozen meat and pizzas. They were wrapped in their air-tight bags.

The pandemic got food companies experimenting with different ways of freezing food. They wanted to make sure it tasted good, even after it thawed out. One of Japan's largest supermarkets has opened a frozen food shop. It sells over 1,500 different frozen food items. Japan's convenience stores and vending machines are also selling more frozen food. Japan's Frozen Food Association said changing lifestyles have increased the popularity of frozen food. Japan has an ageing society. Many older people think frozen food is more convenient than cooking.

Level 3

Japanese food is famous all over the world. Everyone knows sushi, tempura and tofu. A lot of Japanese food is so well presented it looks like art. It is therefore a little surprising that Japan's "dish of the year" for 2022 is frozen food. Each year, the Gurunavi Research Institute decides on the winner for its culinary award. The prize is given to food that highlights trends in what people eat. Frozen food got the prize in 2022 because of the Coronavirus pandemic. Many people did not dine out at top restaurants. Instead, they stocked up on frozen food and ate at home. The winning frozen food was very basic - no examples of haute cuisine. The judges selected a variety of frozen meat and pizzas - still in their air-tight bags.

Gurunavi said the pandemic has resulted in food companies experimenting with different ways of freezing food. They want to make sure that frozen food tastes good, even after it thaws out. One of Japan's largest supermarkets has opened a specialized food shop called @Frozen. It sells over 1,500 different frozen food items. Japan's convenience stores have expanded their frozen food sections, and frozen food vending machines are popping up everywhere. Some sell frozen sushi. Japan's Frozen Food Association said changing lifestyles have increased the popularity of frozen food. Japan's population is aging, so many older people find frozen dishes more convenient than cooking from scratch.