

- Umami -

In Japan, / people often talk / about “umami” / on TV / when commenting on tasty food. // But what is *umami*, / and how is it produced / in cooking?//

Umami is a **savory** flavor / found in foods / like meat, mushrooms, fish and vegetables.// It was discovered / by a Japanese **chemist** / named Kikunae Ikeda / in 1908, / who found it / in konbu (kelp) / while studying dashi, / a Japanese soup stock.// In 2002, / *umami* was **officially recognized** / as one of the five basic tastes, / **along with** sweet, salty, sour, and bitter.//

Umami is **universal**, / not just Japanese.// **Ingredients** like soy sauce, ketchup and miso / can make the flavor of *umami* stronger / because they **contain** glutamates, / the **compounds** that create the flavor. // Research shows / that *umami* can reduce **cravings** / for sweets / and help lower the risk / of major **diseases** / such as **obesity** / by limiting / how much people take sugar and fat daily.//

Kikunae Ikeda’s discovery / has made meals tastier / and supported healthier living.//

日本では / 人々はよく話す / “うま味”について / テレビで / 美味しい食べ物にコメントするとき // でもうま味とは何か / そしてどのように生み出されるのか / 調理において? //

うま味は食欲をそそる風味 / 食べ物の中にある / 肉やきのこ、魚や野菜のような // それは発見された / 一人の日本人化学者によって / 池田菊苗という名前の / 1908年に / それを見つけた / 昆布の中に / 出汁の研究をしているときに / 日本のだし汁 //

2002年に / うま味は公式に認識された / 5つの基本的な味覚の1つとして / 甘味、塩味、酸味、苦味と一緒に //

うま味は普遍的なもので / 日本のものだけではない // 醤油やケチャップ、味噌のような材料は / うま味の風味をより強くすることができる / なぜならそれらはグルタミン酸を含んでいるから / その風味を作る化合物である // 研究は示す / うま味は渴望を減らすことができると / スイーツに対する / そしてリスクを低下させるのに役立つ / 主な病気の /

肥満の様な / 制限することによって / 人々が砂糖と脂肪を日常的に摂取する量を //

池田菊苗の発見は / 食事をよりおいしくし / より健康的な人生を支援している //

Vocabulary and Phrases

savory	しょっぱい
chemist	化学者
officially	公式に
recognized	認識される
along with	～と一緒に
universal	普遍的

ingredient	材料
contain	含む
compounds	化合物
cravings	渴望
diseases	病気
obesity	肥満

Total Number of words used

: 155 words

Time for 100 wpm

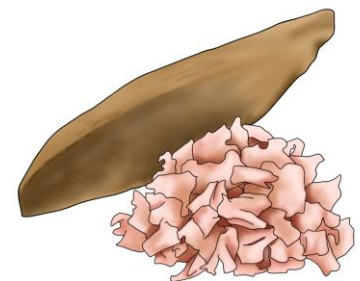
: 93 sec.

Time for 120 wpm

: 77.5 sec.

Your BEST TIME

: _____ sec.



【Listen & Fill Blank】

In Japan, / people _____ talk about “*umami*” on TV when _____ on tasty food. But what is *umami*, and how does it _____ in _____?

Umami is a _____ flavor found in foods like meat, _____, fish and _____. It was discovered by Japanese chemist _____ Kikunae Ikeda in _____, who found it in konbu (kelp) while _____ dashi, a Japanese soup stock. In 2002, *umami* was _____ recognized as one of the five _____, along with sweet, salty, sour, and bitter.

Umami is _____, not just Japanese. Ingredients like _____, ketchup and miso can make the _____ of *umami* stronger because they _____ glutamates, the compounds that _____ the flavor. Research shows that *umami* can reduce _____ for sweets and _____ lower the _____ of major diseases such as _____ by limiting how much people take _____ and fat daily.

Kikunae Ikeda’s _____ has made meals tastier and supported _____ living.

【Q&A / A&Q】

Question 1: What is *umami*?

Question 2: When did Kikunae Ikeda discover *umami*?

Question 3: To make the flavor of *umami stronger*, what can we do?

Ask 1: うま味がどのような味が聞いてみよう。

Ask 2: うま味によってどのような効果が期待されているか聞いてみよう。

Ask 3: 肥満とは何かに聞いてみよう。

Sample Answer 1: *Umami* is a savory flavor found in foods like meat, mushrooms, fish and vegetables.

Sample Answer 2: In 1908.

Sample Answer 3: You can use ingredients / such as soy sauce, ketchup and miso.

Sample Question 1: what does the flavor *umami* taste like?

Sample Question 2: What effects are expected from umami?

Sample Question 3: What is obesity?