



Why are character bento popular in Japan?

Answer: Kyaraben, or Charaben, or Character bento, are popular because they show care and love through food. Making lunch cute and fun encourages children to eat well, even vegetables. They are also part of Japan's *kawaii* culture, which values cuteness and creativity.



Japanese Mealtime Manners



Itadakimasu (Before eating)

Gochiso-sama (After eating)

These words express gratitude for the food and for everyone who helped make the meal, such as farmers and cooks.

TABLE FOR TWO

For more information

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FUN and YUM

Japanese Boxed Lunch



"Kyaraben"

What's "Kyaraben (or Charaben)"?
It is a style of elaborately arranged Japanese boxed lunch.

- ### Lunch Box Packing Tips
- ✓ Remove extra moisture from all foods.
 - ✓ Let food cool completely before packing
 - ✓ Pack in this order:
Rice → Big Items → Small Items
 - ✓ A good lunch box balance:
50/50 balance (1/2 rice, 1/2 side dishes)
 - ✓ Make it colorful using "5-color rule":
Red, Yellow, Green, White, Black

How to make Onigiri



Onigiri (Japanese Rice Balls)
Hand-shaped rice balls, lightly seasoned, often wrapped with seaweed

Popular Fillings

- Salmon
- Pickled Plum
- Tuna & Mayo
- Shrimp Tempura



Ham & Cheese Spirals

Ham and sliced cheese rolled into a colorful spiral shape

Ingredients:
Rice
Norri (Seaweed sheet)
Furikake (Rice seasoning)
Frozen Edamame
Sliced Ham
Sliced Cheese
Cherry Tomatoes
Small Sausages
Eggs
Sugar (for omelet)
Soy sauce (for omelet)
Ketchup & Mayonnaise

Steps:

1. Cooking rice
2. Making Japanese Omelet
3. Shape the omelet into a heart.
4. Making Octopus-shaped Sausages
5. Making a ham and cheese roll
6. Making Onigiri rice balls
7. Putting everything into the bento box

Edamame (Boiled Green Soybeans)

Octopus-shaped Sausages

Heart-shaped Tamagoyaki (Japanese Sweet Rolled Omelet)
A slightly sweet Japanese omelet shaped like a heart

