No. 237

英作文 ULTIMATE CHEAT SHEET

日本文化・日本の行事を英語で説明する表現50

日本文化の説明は「ローマ字＋何の仲間か＋特徴・意味」の3点で書ける。行事・食・生活・学校・伝統の50項目を、答案やスピーチにそのまま使える1文で。

Web版はこちら

ここだけ3行

1 ローマ字の直後に「何の仲間か」を同格で添える

2 いつ・誰が・何をするか＋込められた意味で1文に

3 「日本人は全員～」と言い切らず many・often で

説明は「3点セット」で書く

外国の人は「おせち」と聞いても何の仲間かわからない。だから①ローマ字の名前、②何の仲間か（上位語：food / festival / custom）、③特徴や意味の3点をそろえる。例：Osechi（①）is a set of special dishes（②）for the New Year, and each dish carries a wish for health or happiness（③）. 3点がそろえば、知らない人にも1文で伝わる。訳語が見つからない語ほど、この型が効く。

◆ 説明に使える5つの型 5

☐ 1 X is a 上位語 that ～

何の仲間かを先に言い、関係詞で特徴を足す。最も応用が利く基本形。

> Mochi is a kind of rice cake that people often eat during the New Year.
> 餅はお正月によく食べる米の菓子の一種だ。

☐ 2 同格のカンマで言い換え

ローマ字の直後にカンマで説明を挟む。答案ではローマ字だけで終わらせない。

> Hatsumode, the first shrine visit of the year, is popular among young people too.
> 1年で最初の神社参り「初詣」は若者にも人気だ。

☐ 3 It is customary to ～

「～する習慣がある」。People usually ～ よりかしこまった言い方。

> It is customary to bring small gifts when you visit someone's home.
> 人の家を訪ねる時はちょっとした手土産を持って行く習慣がある。

☐ 4 外国の似た物と比べる

相手が知っている物と比べると一気に伝わる。in that ～（～という点で）を添える。

> Obon is similar to the Day of the Dead in Mexico in that families welcome back the spirits of their ancestors.
> お盆は先祖の霊を家族で迎える点でメキシコの「死者の日」に似ている。

☐ 5 意味・願いを添える

symbolize / be said to / be a wish for で、行事に込めた意味まで言うと説明が深くなる。

> Carp streamers symbolize strength because carp can swim against strong currents.
> 鯉は強い流れに逆らって泳げるので、こいのぼりは力強さの象徴だ。

◆ 年中行事 12

☐ **Oshogatsu, the New Year holidays, is the most important time of the year for many Japanese families.** ★★★ … お正月
家族が集まる時期として説明する

☐ **Osechi is a set of special New Year dishes packed in tiered boxes.** ★★☆ … おせち料理
tiered boxes＝重箱。料理ごとに願いがある

☐ **Hatsumode is the first visit of the year to a shrine or temple to pray for good luck.** ★★★ … 初詣

☐ **Otoshidama is money that adults give to children as a New Year's gift.** ★★☆ … お年玉

☐ **On Setsubun, around February 3, people throw roasted soybeans to drive away bad luck.** ★★☆ … 節分
鬼は外、福は内＝Demons out, good luck in!

☐ **On Hinamatsuri, March 3, families display special dolls and pray for their daughters' happiness.** ★★☆ … ひな祭り

☐ **On Children's Day, May 5, many families fly carp streamers to wish for their children's healthy growth.** ★★☆ … こどもの日
carp streamers＝こいのぼり。国民の祝日

☐ **Hanami is the custom of enjoying cherry blossoms, often with a picnic under the trees.** ★★★ … 花見
「花」は flowers ではなく cherry blossoms と言う

☐ **On Tanabata, people write their wishes on strips of paper and hang them on bamboo branches.** ★★☆ … 七夕
7月7日が多い（8月に行う地域もある）

☐ **Obon is a summer event when people believe the spirits of their ancestors return home.** ★★★ … お盆
多くの地域で8月中旬。帰省・墓参りを添える

☐ **In summer, many towns hold festivals and fireworks displays.** ★★☆ … 夏祭り・花火大会
fireworks は普通、複数形

☐ **On New Year's Eve, many people eat toshikoshi soba, which is said to bring a long life.** ★★☆ … 大晦日・年越しそば
細く長いそばに長寿の願いを込めるとされる

◆ 食 10

☐ **Washoku, traditional Japanese food culture, was added to UNESCO's Intangible Cultural Heritage list in 2013.** ★★★ … 和食
季節感と素材の味を大切にする、と続けられる

☐ **Umami is known as the fifth basic taste, and it was discovered by a Japanese scientist in 1908.** ★★☆ … うまみ
池田菊苗が昆布だしから発見

☐ **Before meals, we say “itadakimasu” to give thanks for the food and the people who made it.** ★★★ … いただきます
Let’s eat. と訳すと感謝の意味が消える

☐ **After meals, we say “gochisosama” to show appreciation for the meal and the person who prepared it.** ★★☆ … ごちそうさま

- [ ] **A bento is a boxed meal, often homemade, that people take to school or work.** ★★☆ … 弁当
- [ ] **At many schools, students eat lunch in their classroom and take turns serving it.** ★★☆ … 給食
  take turns＝交代で～する
- [ ] **Miso soup is made from fermented soybean paste and is often served with rice.** ★☆☆ … 味噌汁
- [ ] **Sushi is vinegared rice combined with toppings or fillings such as fish, seafood, or vegetables.** ★★☆ … 寿司
  「生魚」だけではない。酢飯が本体
- [ ] **Sticking chopsticks upright in rice is considered bad manners because rice is offered to the dead this way at funerals.** ★★☆ … 箸のマナー
  理由まで言うと文化の説明になる
- [ ] **Natto is fermented soybeans with a strong smell and a sticky texture.** ★☆☆ … 納豆

◆ 生活・習慣 10

- [ ] **People bow to greet, thank, or apologize, and a deeper bow shows more respect.** ★★★ … お辞儀
- [ ] **Japanese people take off their shoes in the genkan, the entrance area of a house.** ★★★ … 靴を脱ぐ
- [ ] **An onsen is a hot spring, and bathers wash their bodies before getting into the water.** ★★★ … 温泉
  タオルを湯につけないマナーも添えられる
- [ ] **A sento is a public bathhouse where local people bathe together.** ★☆☆ … 銭湯
- [ ] **A kotatsu is a low table with a heater underneath and a blanket over it.** ★★☆ … こたつ
- [ ] **Tatami are thick floor mats traditionally made of rice straw and rush grass.** ★★☆ … 畳
  部屋の広さを畳の数で表す(a six-mat room)
- [ ] **Nengajo are New Year's cards, and cards posted by about December 25 are delivered on January 1.** ★★☆ … 年賀状
- [ ] **Omiyage are souvenirs, often local sweets, that people bring back for family and coworkers.** ★★☆ … お土産
  自分用ではなく「配る物」である点がポイント
- [ ] **Tipping is not customary in Japan, and good service is expected without extra payment.** ★★☆ … チップの習慣がない
- [ ] **Many convenience stores are open 24 hours and let customers pay bills or send packages.** ★☆☆ … コンビニ
  24 hours は数字で書いてよい

◆ 学校生活 8

- [ ] **The Japanese school year starts in April, and in many areas entrance ceremonies are held in the cherry blossom season.** ★★★ … 4月始まりの学年
  欧米の多くは9月始まり、と比べられる
- [ ] **Many students belong to after-school clubs, called bukatsu, and practice almost every day.** ★★★ … 部活動
- [ ] **Many junior and senior high schools in Japan require students to wear uniforms.** ★★☆ … 制服
- [ ] **In most Japanese schools, students clean their own classrooms, which teaches them to take care of shared spaces.** ★★★ … 掃除の時間
  海外では清掃員が行う学校が多く、驚かれやすい
- [ ] **On school trips, students travel with their classmates for a few days, often to cities like Kyoto and Nara.** ★★☆ … 修学旅行
- [ ] **At school festivals, students run cafés, perform plays, and display their work for visitors.** ★★☆ … 文化祭
- [ ] **On sports day, students compete in races and team games while their families cheer for them.** ★☆☆ … 運動会
- [ ] **Many students go to juku, private cram schools, after school to prepare for entrance exams.** ★★☆ … 塾

◆ 伝統文化・考え方 10

- [ ] **Sado, the tea ceremony, is the traditional art of preparing and serving matcha according to strict etiquette.** ★★☆ … 茶道
  matcha＝powdered green tea と添えてもよい
- [ ] **A yukata is a light cotton kimono that people often wear at summer festivals.** ★★☆ … 浴衣
- [ ] **Kabuki is a traditional form of theater in which all the roles are played by male actors.** ★★☆ … 歌舞伎
- [ ] **A traditional haiku is a short poem of 17 sounds (5-7-5) that usually includes a seasonal word.** ★★☆ … 俳句
  音＝日本語の拍。季語＝seasonal word
- [ ] **Shrines are Shinto and temples are Buddhist, but many Japanese people visit both.** ★★★ … 神社と寺
  鳥居(torii gate)があれば神社
- [ ] **Wabi-sabi is a sense of beauty found in simple, imperfect, and aging things.** ★★☆ … 侘び寂び
- [ ] **“Mottainai” expresses regret over wasting something that still has value.** ★★★ … もったいない
  環境活動家ワンガリ・マータイ氏が世界に広めた
- [ ] **Omotenashi is wholehearted hospitality that anticipates guests' needs before they ask.** ★★★ … おもてなし
- [ ] **“Kuki o yomu,” literally “reading the air,” means sensing what others think or feel without being told.** ★★☆ … 空気を読む
  read the room という英語の言い方もある
- [ ] **Manga and anime are popular around the world and attract many visitors to Japan.** ★☆☆ … 漫画・アニメ

◆ 文化説明でやりがちなミス 6

- [ ] ✕ ~~Osechi is Japanese traditional food.~~
  ○ Osechi is a traditional Japanese food for the New Year.
  形容詞は traditional Japanese の順。「いつの」がないと説明にならない。

☐ ✕ ~~Hanami is flower viewing.~~
○ **Hanami is the custom of enjoying cherry blossoms.**
flower では何の花かわからない。桜と言い切る。

☐ ✕ ~~All Japanese people eat natto every day.~~
○ **Many Japanese people eat natto for breakfast.**
all・every day の一般化は不正確。many・often で。

☐ ✕ ~~We say itadakimasu, it means "Let's eat."~~
○ **We say "itadakimasu" to give thanks for the food.**
カンマで2文をつなぐ誤り。訳も感謝の意味が抜ける。

☐ ✕ ~~Tanabata is held in July 7.~~
○ **Tanabata is held on July 7.**
日付の前は on。月だけなら in July。

☐ ✕ ~~Kotatsu is very warm and nice.~~
○ **A kotatsu is a low table with a heater underneath.**
感想だけでは説明にならない。まず「何か」を言う。

答案見本:日本の伝統を紹介する(80語)

問:Introduce a Japanese custom that you would like foreign visitors to experience. ／ I would like foreign visitors to experience hanami, **the custom of enjoying cherry blossoms in spring**. In many areas, from late March to early April, people gather under the trees with friends and family, eat bento, and talk for hours. Hanami is special because the blossoms last only a short time, so people feel that each moment is precious. Through hanami, visitors can understand how Japanese people appreciate the changing seasons. I am sure they will never forget the experience. ／ ローマ字→同格で説明→いつ・何をするか→意味→まとめ。

◆ 確認テスト

1 「お盆は死者の日に似ている」:Obon is similar ＿＿ the Day of the Dead.
a as　b to　c with　d for

2 語順が正しいのは？
a a festival traditional Japanese　b a traditional festival Japanese
c a Japanese traditional festival　d a traditional Japanese festival

3 「いただきます」の説明として最も適切なのは？
a It means "Good morning."　b We say it after meals.
c It means "Let's eat."　d We say it to give thanks for the food.

4 「人の家を訪ねる時は手土産を持って行く習慣がある」:It is ＿＿ to bring a small gift.
a customary　b custom　c customer　d accustom

5 Hinamatsuri is held ＿＿ March 3.
a in　b by　c at　d on

◆ もっと説明したい時は

2

日本文化ナビ(原田英語) 無料
日本文化を英語で説明する無料辞典。各項目を一言・30秒・スピーチの3段階で、音声つき。
haradaeigo.com/japanese-culture/

英作文超絶採点くん(原田英語) 無料
日本文化を紹介する答案を貼るか撮るだけで一文ずつ添削・採点。
haradaeigo.com/eisakubun-saiten-ai/

◆ 解答

1 to be similar to ～。
2 a traditional Japanese festival traditional(性質)→Japanese(国籍)の順。
3 We say it to give thanks for the food. 感謝の意味を伝える。
4 customary It is customary to ～。
5 on 日付は on。

参考資料 日本文化を英語で説明する無料辞典「日本文化ナビ」完全ガイド(原田英語)

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