



Nanakusa (Seven Herbs Day)

Word Bingo

先生が読んだ単語に○。たて・よこ・ななめにそろえば
BINGO!

Class _____ No. _____ Name _____

Card A

health	chop	knife	nails
spring	green	chicken	herb
January	custom	healthy	seven
rice	bowl	soak	turnip

✂ -----

Card B

spring	knife	health	custom
turnip	bowl	healthy	radish
chicken	seven	soak	nails
herb	porridge	January	rice

先生用（読み上げる単語）：porridge, herb, custom, healthy, chop, turnip, radish, soak, rice, knife, bowl, nails, chicken, seven, January, spring, green, health



Nanakusa (Seven Herbs Day) Board Game

3～4人で。さいころをふって進もう！★のマスに止まったら、下の課題に英語で答えよう。

Class _____ No. _____ Name _____

25	26 Back 3	27	28 ★10	29	30 GOAL
24 ★9	23	22 ★8	21	20 Go 3	19
13 ★5	14	15	16 ★6	17	18 ★7
12	11 Back 2	10 ★4	9	8 ★3	7
1 START	2	3 ★1	4	5 ★2	6

- ★1 Say: "On January 7, we eat rice porridge with seven spring herbs."
 ★2 Say: "We eat it to wish for good health this year."
 ★3 What does "porridge" mean in Japanese?
 ★4 What does "herb" mean in Japanese?
 ★5 What does "custom" mean in Japanese?
 ★6 True or False? People in Japan eat nanakusa-gayu on January 7.
- ★7 True or False? In old China, day one of the year was for people.
 ★8 True or False? Suzuna and suzushiro are turnip and daikon radish.
 ★9 Spell the word: A small green plant. People use it in food or tea.
 ★10 Spell the word: Soft food. You cook rice in a lot of water.

Back=戻る / Go=進む。答えられなかったら1回休み。消しゴムやコインをコマに使う。



Role Play

ペアで会話を读もう。役を交代して3回！

Class _____ No. _____ Name _____

📖 Olivia, a student from Australia, stays with Sota's family in January. On the morning of January 7, Sota brings her a bowl.

音声はここから
Listen here

- Sota** Good morning! Today we have nanakusa-gayu for breakfast.
- Olivia** Rice porridge with green leaves? What is it for?
- Sota** It has seven spring herbs. We eat it on January 7 to stay healthy all year.
- Olivia** Seven herbs! Can you name them all?
- Sota** There's a rhythm for that. Seri, nazuna, gogyo, hakohera, hotokenoza, suzuna, suzushiro!
- Olivia** Wow, that sounds like a song. It tastes gentle, too.
- Sota** Yes. After a week of New Year food, my stomach loves it.

☐ 1st time ☐ 2nd time (switch roles) ☐ 3rd time (try without looking!)

Your turn! 自分たちの会話を作ろう

Sota: Good morning! Today _____

Olivia: Rice porridge with _____

Sota: It has seven _____

Olivia: Seven herbs! Can _____



Write a Nanakusa (Seven Herbs Day) Card

英語でカードを書こう。絵に色をぬって、メッセージを書いてプレゼントしよう！

Class _____ No. _____ Name _____



Dear _____ ,

From _____

Useful phrases 使える表現

- On January 7, we eat rice porridge with seven spring herbs. 1月7日には、春の七草が入ったおかゆを食べます。
- We eat it to wish for good health this year. 今年一年の健康を願って食べるんです。
- It's a gentle meal after all the rich New Year food. お正月のごちそうのあとの、やさしいごはんなんです。
- I hope you have a wonderful day! すてきな1日を！
- Thank you for always helping me. いつも助けてくれてありがとう。