



Seven Green Herbs in a Bowl

Read the story. 英文を読もう。

Class _____ No. _____ Name _____

① On the morning of January 7, many families in Japan eat a simple bowl of rice porridge. It is soft, warm, and a little green. Inside, there are seven young spring plants. The dish is called nanakusa-gayu, and nanakusa means seven herbs. People eat it and wish for good health in the new year.



音声を聞こう

② The custom started in old China. There, each of the first days of the year had an animal. Day one was for chickens, and day two was for dogs. Day seven was for people, so it was called Human Day. On that day, people made a hot soup with seven kinds of vegetables.

③ The idea came to Japan more than 1,000 years ago. Japanese people already liked to pick young plants in early spring. Fresh vegetables were hard to find in winter, so these plants were special. Later, the soup changed into rice porridge. In the Edo period, even the shogun ate it on January 7.

④ Today, supermarkets sell small packs of the seven herbs. Two of them are root vegetables, turnip and daikon radish. Some families chop the herbs while they sing an old song. Others soak their nails in herb water before the first nail cutting of the year. People say this keeps colds away. After all the rich New Year food, a light bowl of porridge feels just right.

Words 単語

porridge おかゆ
herb ハーブ、香草、薬草
custom 習慣、風習

healthy 健康な
chop 細かく刻む、たたき切る
turnip カブ

radish ダイコン、ラディッシュ
soak ひたす、つける



Reading Check

Choose the best answer. 正しいものを選ぼう。

Class _____ No. _____ Name _____

1. What is the main idea of the passage?

- (A) Japanese people eat a big meat dish on January 7. (B) A porridge with seven herbs is eaten for good health.
- (C) Supermarkets in Japan close on January 7. (D) Seven kinds of animals are eaten in early January.

2. In old China, what was day seven of the year for?

- (A) chickens (B) dogs
- (C) horses (D) people

3. Why were young spring plants special in Japan long ago?

- (A) Fresh vegetables were hard to find in winter. (B) The shogun gave them to everyone as a gift.
- (C) They grew only in China at that time. (D) People used them to make New Year cards.

4. In paragraph 4, what does soak mean in soak their nails in herb water?

- (A) to cut (B) to paint
- (C) to put into liquid (D) to dry

5. In the dialogue, why does Sota say his stomach loves the porridge?

- (A) He did not eat anything for a week. (B) He usually eats porridge every morning.
- (C) He ate New Year food for a week before. (D) He is sick and cannot eat other food.

True or False? 正しいければ T、ちがえば F に○

People in Japan eat nanakusa-gayu on January 7.	T / F
In old China, day one of the year was for people.	T / F
Suzuna and suzushiro are turnip and daikon radish.	T / F
People eat the seven autumn flowers, too.	T / F



Word Work

Words & phrases. 単語のれんしゅう。

Class _____ No. _____ Name _____

① Match the pictures and the words. 絵と単語を線で結ぼう。



●

● nails



●

● bowl



●

● knife



●

● herb



●

● rice



●

● chicken

② Fill in the blanks. 語群から選んで () に入れよう。

song

herbs

porridge

turnip

7

pizza

Canada

radish

health

summer

Leo's Green Breakfast

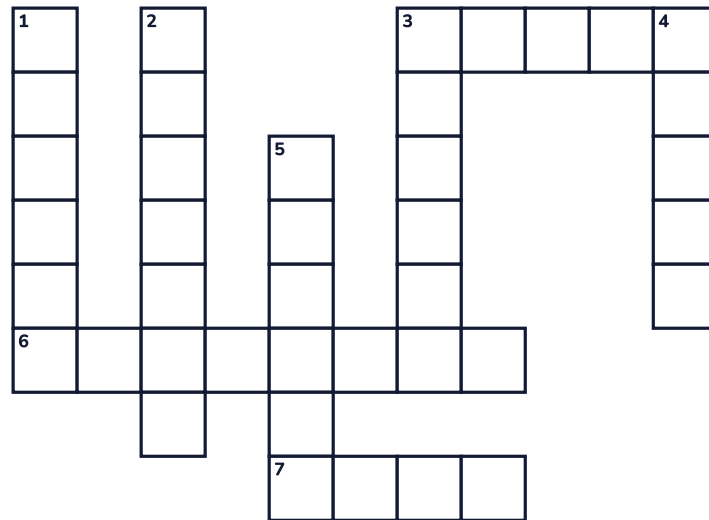
Leo is from (1) _____. On January (2) _____, his host mother makes rice (3) _____. It has seven spring (4) _____ in it. Two of them are (5) _____ and daikon (6) _____. Leo learns the names with a short (7) _____. After the song, he eats the warm bowl slowly. He wishes for good (8) _____.



Crossword Puzzle

Read the clues and fill in the puzzle. ヒントを読んで、クロスワードを完成させよう。

Class _____ No. _____ Name _____



Across →

- 3** The number after six. (5)
6 Soft food. You cook rice in a lot of water. (8)
7 A small green plant. People use it in food or tea. (4)

Down ↓

- 1** A round white root vegetable. In Japan, it is kabu. (6)
2 The first month of the year. (7)
3 The season after winter. (6)
4 The hard parts at the ends of your fingers. (5)
5 A white root vegetable. In Japan, it is daikon. (6)



Word Search

Find the hidden words. かくれた単語を探そう (→ ↓ ↘ ↗)。

Class _____ No. _____ Name _____

V	J	P	O	H	K	B	U	V	G	Y	R	P
P	B	N	C	P	C	S	A	Y	J	G	N	O
Y	M	S	J	A	K	E	I	K	N	F	A	B
V	M	H	P	O	K	V	S	T	W	P	I	U
Y	C	E	T	R	F	E	E	H	G	O	L	F
R	G	R	N	U	I	N	S	H	B	R	S	I
P	A	B	D	U	R	N	I	F	I	R	Y	N
W	U	D	O	V	B	N	G	S	I	I	S	W
I	U	C	I	O	Y	G	I	P	D	D	P	F
T	B	L	E	S	A	R	D	P	E	G	U	F
V	V	H	K	B	H	E	T	J	J	E	W	F
E	R	I	C	E	W	E	F	J	I	Y	V	D
Y	K	T	B	N	C	N	H	E	A	L	T	H

Find these words! 10

- ☐ GREEN
- ☐ HEALTH
- ☐ HERB
- ☐ NAILS
- ☐ PORRIDGE
- ☐ RADISH
- ☐ RICE
- ☐ SEVEN
- ☐ SPRING
- ☐ TURNIP

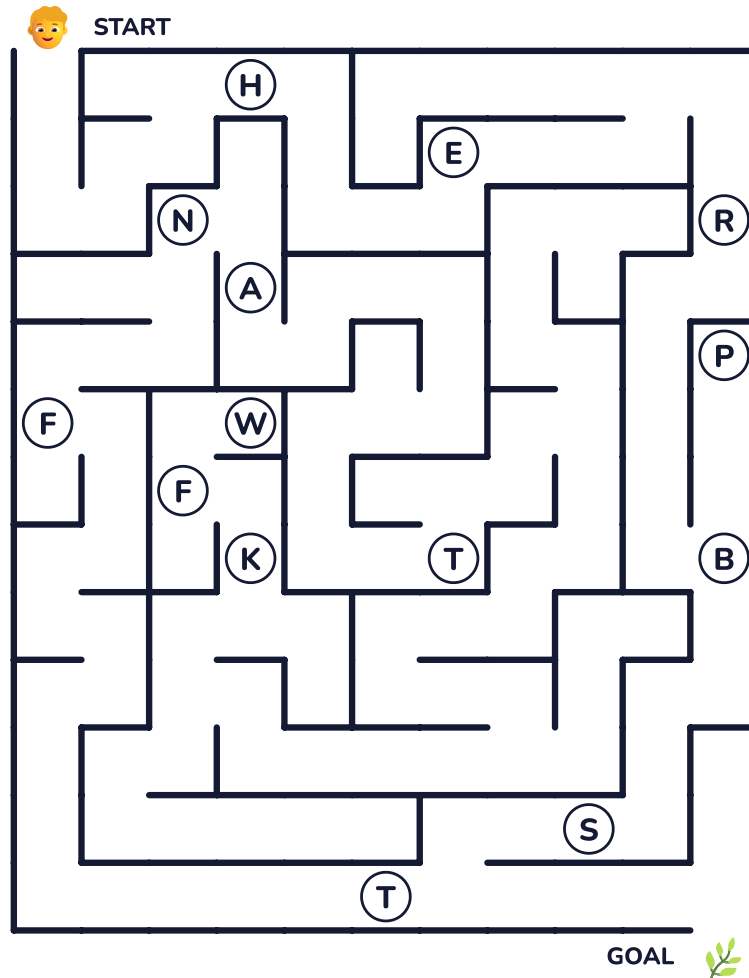


Maze & Sentences

Class _____ No. _____ Name _____

Help Kenta find the seven herbs!

Collect the letters on the right path. What is the secret word? 正しい道の文字を集めると、ひみつの言葉になるよ。



Secret word: _ _ _ _ _



Class Activity & Writing

Class _____ No. _____ Name _____

Let's Write! 英語で書いてみよう。

If I made my own seven-herb porridge, I would put in _____ because _____.

This year, I wish for _____ for my family.



Trace & Color

Trace the words. Then color the picture! なぞって書こう。絵に色を塗ろう。

Class _____ No. _____ Name _____



herb



rice



knife



bowl



nails

Draw your Nanakusa (Seven Herbs Day)! 七草（人日の節句）の絵を描こう。