







Shadowing, one speaks, one follows

No matter where you are in Japan, the options for an affordable lunch are almost endless; sushi, ramen, even Japanese barbeque! You can easily find yourself eating lunch at a different restaurant every single day of the week! However, for many Japanese people, from school children to politicians, the bento box, a Japanese-style lunchbox, is a convenient way to enjoy their midday meal.

We will pop open the lid on the long history of the Japanese bento box, how bento boxes are made, and where you can buy one. Most importantly, we will reveal **how you can make the perfect bento lunch**, and you can see for yourself why the bento box is popular with both young and old.





