



After you have finished eating, and before you leave the table, say “gochisosama deshita”. Gochisosama deshita and itadakimasu are polite words of appreciation to show that you appreciate the sacrifices that were made so that you can eat such delicious food.

GO CHEE SO SAW MAW DESH TAW

Your host mother will work hard to prepare wonderful meals for you. You will be able to eat authentic Japanese food that isn't available in the USA. Be sure and thank her for the food, either in Japanese and or in English.

Thank you= arigatou gozaimasu

AH REE GAW TOE (hold the o sound a little long) GO ZAW EE MOSS

Have fun using these words at home and with your friends.

If you wish, you can begin practicing eating with ohashi OH HAW SHEE (chopsticks). They are used for holding, but not for “stabbing” food an