

ABOUT US

Offices Kinshicho and
Sagamihara

Telephone: 03 5637 8809

Web

www.tomtom-english.com

Email

kinshicho@

tomtom-english.com

Tom Tom English (Kinshicho)

Tom Tom English(Sagamihara)



TOM TOM ENGLISH



Staying Cool in Summer

Discussion Questions

1. Do you like summer in Japan? Why? Why not?
2. Do you do any of the things in the article to stay cool? Which ones? Do they work well?
3. Which one of the thing in the article do you is the most effective?
4. What other ways of staying cool can you think of?
5. Do you think Japan is getting hotter in the summer?
6. The 2020 Olympics will be held in Tokyo from 24th July to 9th August. It's likely to be hot. Do you think this will cause any problems for the athletes?
7. How about for spectators? And for visitors to Japan? Is there anything we can do to avoid these problems?

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It's hot in Japan! But how can we stay cool?

1. Drink *mugicha* barley tea

Mugicha, - Japanese roasted barley tea, is a traditional summer drink in Japan. Many Japanese housewives believe that barley tea has cooling properties. Barley tea is also full of Vitamin B, fiber, and iron, so *mugicha* a beloved symbol of summer in Japan. During the hot summer months, many restaurants will serve barley tea instead of water. It is also readily available in vending machines, convenience stores, and grocery shops.

2. Use an ice pillow at night

The concept is simple and surprisingly effective. Keeping your head cool while you sleep is thought to increase melatonin. Most grocery stores in Japan sell several varieties of ice pillows during the summer. These adorable ice pillows come in many shapes and sizes, including animal shaped packs in smaller sizes for children.

You can also buy an ice pack. They tend to be cheaper than the brand-name ice pillows but are usually slightly harder. They are not as comfortable to sleep on.

Either method will work well and keep your body cool.

3. Eat *kakigori* shaved ice

Kakigori, - Japanese shaved ice - comes in two varieties. Festival style *kakigori* is simple shaved ice with artificial flavors such as lemon, green tea, melon, "Blue Hawaii," or strawberry poured on top. Most street vendors will use either an electric or hand operated machine that rotates a block of ice over a blade and shaves the ice into the container below.

Another variety of *kakigori* typically served in restaurants is the green tea flavored *kakigori*, or *uji kintoki*. This is topped with sweetened red bean paste, ice cream, condensed milk, or tapioca pearls. These *kakigori* flakes are much thinner than the festival-style *kakigori*; they turn a street festival food into a sophisticated, traditional Japanese dessert.

4. Go out during the hottest part of the day

This seems strange, but it is by far the best way to beat the heat in Japan. Going shopping, meeting friends for karaoke, or visiting an art museum during the hottest part of the day (from about 12 noon to 3pm) splits up the day. This gives your body a break from sweating. Even just an hour away from the heat and humidity of Japan can be a lifesaver. If you would rather spend the summer outdoors, try a beer garden, park, or botanical garden. They typically have ample amounts of shade so you can enjoy the atmosphere without the risk of heat stroke.

5. Carry around a sun parasol

The Japanese population is one the biggest spenders per person on skin care products. Many of these are aimed at reversing the damage of UV radiation. Along with these expensive skin care products, many women in Japan also carry sun umbrellas or parasols. These parasols are lightweight and come in all sorts of chic patterns. They provide an enjoyable amount of shade. Other options include carrying around a small handkerchief to keep sweat off your brow or a foldable fan to provide a gentle breeze.

Adapted from "Only in Japan"

<http://us.jnto.go.jp/blog/staying-cool-in-japan-5-favorite-ways-to-beat-the-heat/>