

東京でおいしいお魚をお腹いっぱい楽しもう！（JNTO 掲載内容）



Enjoy delicious fish in Tokyo!

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Japanese cuisine was registered as a UNESCO World Intangible Cultural Heritage, and experiencing Japanese food culture has become one of the must-do activities to enjoy your trip to Japan. There are many Japanese foods that are popular abroad, including ramen, which evolved in a unique way in Japan, traditional sushi, and tempura. Among these, seafood dishes, especially raw fish such as sushi, give you an experience of Japan's location, which is surrounded by sea. You might be worried about hygiene, but there is nothing to worry about. Food hygiene control in Tokyo is of the world's highest standard. You can safely enjoy delicious fish dishes here.

Fish market that sustained the diet of the people of Edo (former name for Tokyo)

The fish market in Tokyo is one of the world's largest fish markets, and fish and shellfish caught throughout Japan are presented here. Its origin was "Uogashi" in Nihonbashi, which was the center of Edo in the Edo period (1603-1867). This fish market, which was at the foot of Nihonbashi, sustained the diet of Tokyo for over 300 years until it was finally transferred to the Tsukiji Market in 1935. Not only the fish from the seas and rivers of Edo, but also those from the wide areas that are currently known such as Chiba, Kanagawa, and Shizuoka were carried over to the market, filling the bellies of the townspeople and Samurai of Edo.



Woodblock print of Nihonbashi Uogashi

Food Culture of Edo, Food Culture of Tokyo

Dishes that shaped modern Japanese food culture were born in the Edo period. Back in those days, Edo was one of world's largest cities and it is said that its population was 800,000 or 1 million. Diverse culture was born during a period of stability that lasted 265 years, including the culture of fish cuisine.



## Approaches to food hygiene in Tokyo

For everyone to really enjoy delicious meals, it is essential to ensure safety with thorough hygiene control. Tokyo will host the Olympic and Paralympic Games in 2020, and the number of tourists from both inside and outside of Japan is increasing, so food safety and security are required now more than ever.



Making sure there are no sanitary problems in the handling of ingredients in the market



Testing microorganisms in food

Under these circumstances, Tokyo is fully prepared. Japan's food sanitation laws and regulations are already at the world-class level. Furthermore, Tokyo has established its own Tokyo Metropolitan Food Safety Promotion Plan and is making effort to ensure the safety of food at all stages, from production to consumption, by cooperating with each organization.

In addition to inspection of perishable food and confirmation of sanitary conditions in markets/food manufacturing facilities and restaurants, this activity extends to all steps regarding food, including publicity activities, testing and research, crisis management systems for times of emergency, and measures for ensuring proper labeling of food. In order to carry this out, qualified food hygiene inspectors and researchers who belong to Wholesale Market Hygiene Inspection Stations, the Institute of Public Health, and Healthcare Centers perform their duties every day.

This activity is often unnoticed by the general public, but it supports food safety in Tokyo, where fish and shellfish are consumed like no other place in the world.

> [Shokuhin Eisei no Mado \(Japanese\)](#)

## Tokyo Food Hygiene Meister System



Moreover, there is a system called "Tokyo Food Hygiene Meister" which is the system of the Tokyo Metropolitan Government for certification of food facilities that practice hygiene management, from buying ingredients to cooking and offering them appropriately. Each facility is audited and certified based on the special standard designated by the Tokyo Metropolitan Government. Certified facilities can display the certification mark at the entrance and so on, and it is instantly recognizable for anyone. Restaurants and stores with the Tokyo Food Hygiene Meister Mark provide safe and secure food.