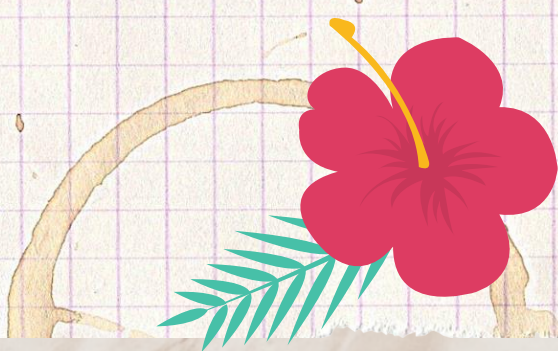


November 8, 2025

"A Taste of Okinawa: Food & Longevity" Reception

In honour of the visit by the Okinawan Cultural Delegation, the Embassy of Japan in Barbados hosted a special reception entitled "A Taste of Okinawa: Food & Longevity" on November 8.

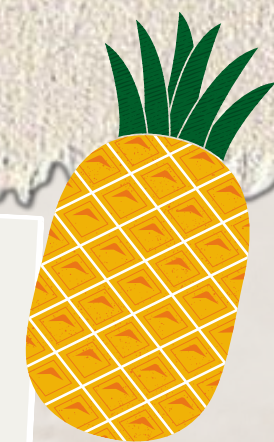


Ambassador MIYASAKA, and
the Okinawan Cultural Delegation



Guests were treated to an authentic culinary experience curated by Chef ZUKEYAMA Yoshihito, an officially certified Successor of the Ryukyu Culinary Tradition, who showcased the rich flavors and traditions of Okinawan cuisine. The event also highlighted various aspects of Okinawan culture, including the traditional martial art, Okinawan karate, from which the various styles of karate originated.

Known as one of the world's "Blue Zones", the island of Okinawa in Japan is renowned for having one of the highest populations of centenarians in the world. This remarkable longevity is widely attributed to its distinctive cuisine.



Chef Yoshihito ZUKEYAMA,
showcasing a live cooking

The evening also highlighted the fascinating similarities between Okinawa and Barbados, bringing the two islands closer together through food and friendship.



Ambassador MIYASAKA,
giving remarks



Embassy of Japan in Barbados

November 8, 2025



Guests enjoying Okinawan cuisine



Reception photos



Deputy NAKAE, giving remarks



Mr. Tsukasa SHINJO, performing Karate



Guests mingling with each other

