

A TABLE FOR ONE



「A Table for One」 (ひとりの食卓)

主人公: Kenta (ケンタ) | 年齢: 23 歳

舞台: 小さな町のアパートにある、はじめての自分のキッチン

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Episode 1: The First Kitchen

語彙解説

kitchen (キッチン)

alone (ひとりで)

begin (始まる)

Kenta stands in his new kitchen.

It is small, but it is his. He lives alone now.

He opens the empty refrigerator and sighs.

"Okay," he says to himself. "Let's begin."

He feels a little nervous, but also excited.

Episode 2: A Cup of Tea

語彙解説

kettle (やかん)

steam (湯気)

calm (落ち着く)

Kenta decides to make tea first.

He fills the kettle with water. He watches it boil.

The steam makes a soft sound.

He pours the hot water into a mug.

He watches the tea bag change the color of the water.

He holds the warm mug. He feels calm.

Episode 3: The Perfect Egg

語彙解説

egg (卵)

pan (フライパン)

perfect (完璧な)

Kenta wants to cook breakfast.

He takes out an egg and a pan. He puts a little oil in the pan.

He cracks the egg. Oops. A piece of shell falls in.

He takes it out with a spoon.

He cooks the egg carefully. It is a sunny-side up.

"It looks perfect," he says proudly.

Episode 4: A Plate for a Neighbor

語彙解説

neighbor (隣人)

share (分け合う)

plate (皿)

Kenta tries to make curry. He makes too much.

The pot is full. He thinks, "I cannot eat all of this."

He remembers his neighbor, Mrs. Sato.

He puts some curry on a plate. He brings it to her door.

"I made too much," he says.

Mrs. Sato smiles. "Thank you, Kenta-san." Sharing food feels nice.

Episode 5: Dad's Fried Rice

語彙解説

father (父)

remember (思い出す)

taste (味)

Kenta is hungry. He remembers his father's fried rice.

It was always delicious.

Kenta finds rice, an egg, and some vegetables.

He cooks everything in a pan and adds soy sauce.

He takes a bite. The taste is not the same as his father's.

But it makes him feel warm. It is the taste of home.

Episode 6: Too Much Pepper

語彙解説

pepper (コシ ョ ウ)

sneeze (くしゃみをする)

mistake (失敗)

Kenta cooks pasta for dinner. The recipe says, "Add pepper."

He takes the pepper shaker. The lid is loose and it falls off.

A lot of black pepper falls into the pan. Achoo!

Kenta sneezes.

He laughs at his small mistake. The pasta is very spicy, but he eats it anyway.

Episode 7: The Local Market

語彙解説

local (地元の)

fresh (新鮮な)

vegetable (野菜)

On Saturday, Kenta walks to the local market.

He sees many colorful vegetables.

An old man at a shop smiles. "These are fresh," the man says, pointing to some tomatoes.

Kenta buys three red tomatoes. They feel heavy and smell sweet.

He likes shopping here. It is different from a big supermarket.

Episode 8: Simple Potato Salad

語彙解説

potato (じゃがいも)

salad (サラダ)

mix (混ぜる)

Kenta wants to make a side dish. He decides to try potato salad.

He boils some potatoes until they are soft.

He mashes them in a bowl. This is hard work.

He adds mayonnaise, salt, and small pieces of cucumber.

He mixes everything together. It looks like real potato salad. He feels proud.

Episode 9: Rainy Day Ramen

語彙解説

ramen (ラーメン)

warm (温まる)

rainy (雨の)

The weather is cold and rainy. Kenta looks out the window.

He decides to make hot ramen.

He boils water and adds the noodles. He also adds an egg and some green onions.

He sits at his table and eats the hot soup.

The warm ramen is perfect for a rainy day. It makes his heart feel warm.

Episode 10: My Own Recipe

語彙解説

notebook (ノート)

recipe (レシピ)

special (特別な)

Kenta opens a new notebook.

He thinks about all the food he made. The egg, the pasta, the salad.

He takes a pen. At the top of the page, he writes: "My Special Scrambled Eggs."

He writes his own simple recipe.

It is simple, but it is his. His cooking journey has a special start.