

Itsuo Kobayashi



Summer task

- In any medium of your choice draw/paint 10 examples of meals you have eaten on your holidays. Try to avoid being too simplistic i.e. a bit of toast or a bowl of cereal and focus more on the interesting meals you may have whist away. Photograph the meal and draw it when you have time.

Although it's commonplace for us to snap a photo of a pretty salad or impressive latte art, Japanese chef [Itsuo Kobayashi](#) has been documenting unforgettable meals for the past 32 years, he has kept a food diary that details some of the delicious cuisines he's had the chance to sample. They are in notebooks upon notebooks—totalling more than 1,000 drawings—and detail how a dish was prepared, cooked, and arranged on a plate or in a bowl.





