

- The diagram shows a traditional Japanese meal layout with the following components and labels:

 - ④ 副菜 (Fukusai):** Labeled as "主菜よりボリュームが少ない、煮物や炒めものなど。" (Less volume than the main course, such as boiled or stir-fried dishes). It points to a bowl of braised beef (nikujiru).
 - ③ 主菜 (Shusho):** Labeled as "たんぱく質が含まれる肉、魚、卵、大豆製品などを使った料理。" (Dishes using protein-rich ingredients like meat, fish, eggs, and soy products). It points to a piece of grilled salmon (yakimono).
 - ⑤ 副々菜 (Fukukusai):** Labeled as "二品目の副菜として、もっとさっぱりした料理。ええものや酢の物、漬物など。" (Second side dish, something more refreshing like pickles or vinegar dishes). It points to a bowl of green vegetable salad (sawagomori).
 - ① 主食 (Shushoku):** Labeled as "炭水化物が含まれるごはん、パン、麺、パスタなどの料理" (Dishes containing carbohydrates like rice, bread, noodles, and pasta). It points to a bowl of white rice (gohan).
 - ② 汁もの (Shiru):** Labeled as "みそ汁、すまし汁などの汁ものやスープ類など。" (Soups like miso soup or shirasu, and other soups). It points to a bowl of miso soup (misojiru).