



給食献立予定表

いよいよ本格的な夏が始まります。夏を楽しく過ごすためには、規則正しい生活と栄養バランスのよい食事を続けるようにしましょう。



Table for days 1-3 (Water, Wood, Gold) with meal names like 'マーボー豆腐丼', '細竹と油揚げの煮物', and 'いわしには歯や骨の成長に必要なカルシウム'.

Table for days 6-10 (Month, Fire, Water, Wood, Gold) with meal names like 'ポトフ', 'チャブチェ', '肉じゃが', and '緊急時に食べられる「温めずにおいしい野菜カレー」'.

Table for days 13-17 (Month, Fire, Water, Wood, Gold) with meal names like 'ひじきの炒め物', 'ふきの煮物', '冷しビビンパツ丼', and 'あおさは海藻の一種'.

Table for day 21 (Fire) with meal names like 'りゃんぱんさんすー' and 'たらボールの中華スープ'.

暑さに負けない 夏休みの過ごし方

朝食をとろう (Breakfast is the source of energy for the day) and 早寝や早起きをしよう (Let's get good sleep and wake up early).



見直そう! 間食のとり方 (Let's check! How to take snacks) with illustrations of various snacks.

食べる内容を考えよう (Let's think about what to eat) with an illustration of a child thinking about food.

食べる量を考えよう (Let's think about the amount to eat) with an illustration of a child eating.

時間を決めて食べよう (Let's eat at a set time) with an illustration of a child eating at a table.

冷たいものとりすぎに気をつけよう (Be careful of eating too much cold things) with an illustration of a child eating ice cream.

栄養バランスのよい食事をとろう (Let's eat a balanced meal) with illustrations of various food items.