

# School Lunch Letter

July 2024(R6)

<Etajima city School Lunch Communal Kitchen>

The summer holidays are over and the second term of the year is about to begin.

In order to live each day in good health, it is important to go to bed early and get up early to establish a regular rhythm in your daily life.

Reflect on your lifestyle habits and try to maintain a regular rhythm of your life.

## Let's eat breakfast and start the day !

Who goes to school without breakfast because they don't have time or an appetite in the morning?

Eating breakfast replenishes energy and nutrients and wakes up the body and brain. It also raises body temperature which drops during sleep and stimulates the intestines and promotes bowel movements.

If you are going to school without breakfast, should start with drinks, yogurt, fruits and other foods that can be eaten as is (STEP①).

Soups with many ingredients are recommended to replenish water and vitamins (STEP②).

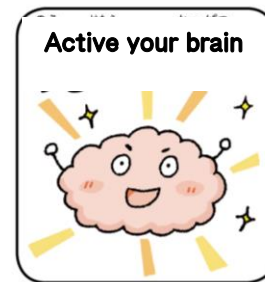
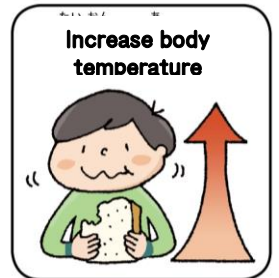
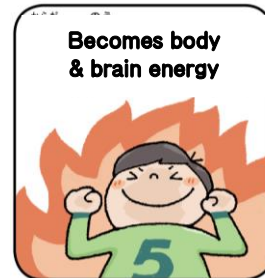
For those who eat breakfast, try to eat a combination of staple, main and side dishes together.(STEP③).

Let's look back on our current lifestyle and start with what we can do.



From the leaflet "The 4th Basic Plan for Food Education"

### Breakfast Benefits



### ◎ Easy ! Breakfast Recipe

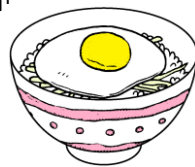
#### <Bean Sprouts & Egg Donburi>

##### Ingredients

- bean sprouts • egg • salt&pepper • rice

##### How to cook

- ① Stir fry the bean sprouts. When the become soft, crack the egg and add salt & pepper. Cover and heat it on low for 5 minutes.
- ② Serve rice and place it on top. Ready to serve.



#### <Nori -Jako Toast>

##### Ingredients

- bread • whitebait • Nori(seaweed) • cheese • mayonnaise

##### How to cook

- ① Mix the whitebait and mayonnaise. Spread the mixture on the top of bread.
- ② Teat the Nori into small pieces and Cheese on the top of bread. Toast it. Done.



### Message from students about school lunch



7/ 3(Wed) I was not good in eggplant but I was able to eat little. (Noumi junior high school 1-2)

7/ 3(Wed) Fried bonito is very delicious, and the oil inside taste good. Please serve us again.(Nakamachi elementary school 4<sup>th</sup>grade)

7/ 4(Thu) It's related to the Tanabata Festival and delicious. I thought it's nice to be able to experience the seasons through food.  
(Etajima junior high school 2-1)

7/ 4(Thu) The chirashi-zushi was delicious, with a variety of ingredients and just the right amount of acidity in the vinegared rice.  
(Mitaka junior high school 1<sup>st</sup>grade)

7/ 8(Mon) The combination of minced meat with eggplant was very delicious.(Mitaka elementary school 5<sup>th</sup>grade)

7/ 8(Mon) I didn't like eggplant but I'm glad I was able to eat it.(Mitaka elementary school 6<sup>th</sup>grade)

7/ 9(Tue) Rice with hijiki was my first time to eat but it was delicious.(Ofuru elementary school 6<sup>th</sup>grade)

7/10(Wed) Sea bass was full of taste, it went well with rice.it was delicious like fish steak. (Ofuru elementary school 5<sup>th</sup>grade)

7/11(Thu) Today's lunch was also tasty. I didn't like the bitter melon,but I could eat& taste good.(Ogaki junior high school 2<sup>nd</sup>grade)

7/12(Fri) The Summer vegetable curry was delicious with a variety of vegetables.(Kanokawa elementary school 1<sup>st</sup>grade)

7/16(Tue) The fried sand borer were delicious. (Etajima elementary school 4<sup>th</sup>grade)

7/18(Thu) I learned the day of "Doyo-no-Ushi" (during the hottest season). It was delicious. (Kirikushi elementary school 5<sup>th</sup>grade)