

# School Lunch Letter

December 2024 (R6)

<Etajima City School Lunch communal kitchen>

It is now the season when the cold weather is beginning to set in. There is only one month left in this year. It is a time of year when it is easy to get sick, but let's try to keep a regular lifestyle and welcome the winter holidays in good spirits.



## Request Menu !!

6th grade elementary school students, 3rd grade junior high school students think about their menu requests. The students were asked to consider a menu of staple foods, main dishes, side dishes, and desserts, and from these items, to consider the nutritional balance, combination of dishes, price, cooking time, hygiene, and other factors.

For the month of December, the menu will be prepared based on the ideas of the students of Ohfuru Elementary School and Kirikushi Elementary School.

### ◎Menu◎

#### 【Side Dish】

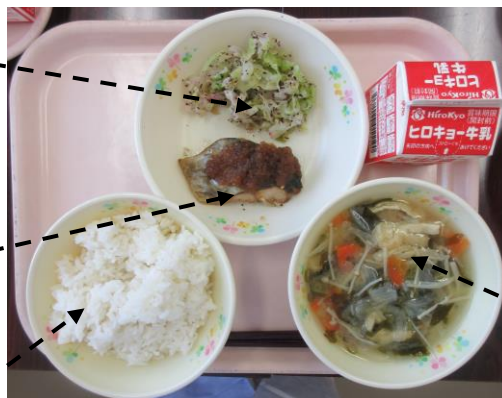
Vegetables, sea weeds, and other foods rich in vitamins are mainly used to regulate bodily functions.

#### 【Main Dish】

Protein-rich foods such as meat, fish, eggs, and soybeans, which are the main building the body.

#### 【Staple Food】

Carbohydrate-rich foods such as rice, bread, and noodles are the main source of energy.



#### 【Other, Dessert】

Serve with seasonal fruits, yogurt, jelly, etc. This helps to supplement nutrition and is also fun for the children and students.

#### 【Side Dish】

It is useful for supplementing nutrients lacking in other menus as well as for supplying water.



## How to spend your winter vacation

Even during the winter break, students should try to go to bed early, get up early, and eat breakfast in the morning, just as they do on school days. Nutritionally balanced meals, moderate exercise, and adequate sleep will increase the body's immunity. During the winter vacation, there are various events such as Christmas, New Year's Eve, and New Year's Day. Please be careful not to overeat and have a good time!



## School lunch message from school



- 11/1 (Fri) Thank you for the school lunch to celebrate the 20th anniversary of Etajima City. (Grade 6 student at Mitaka Elementary School)
- 11/1 (Fri) The Etajima Curry was delicious. Because I could eat the beans, rice and roux together. (Grade 2, Kanokawa Elementary School)
- 11/5 (Tue) The emergency curry is not very tasty, but I appreciate it because I can eat it during the days of emergency. (Grade 2, Kanokawa Elementary School)
- 11/5 (Tue) I was able to think about disaster prevention. I am glad that we don't have any opportunities to eat emergency food. (Grade 3 at Nomi Junior High School)
- 11/7(Thu) The requested school lunch by Nakamachi Elementary School was delicious. (Grade 5 at Nakamachi Elementary School)
- 11/14 (Thu) Today's menu was requested by Kanokawa Elementary School, and I was happy because it had all my favorite foods. (Grade 3 at Mitaka Elementary School)
- 11/21 (Thu) I would like to remember the phrase "one soup and three vegetables" for the first time to hear. (Grade 4, Nakamachi Elementary School)