

School Lunch Letter

May 2024 (R6)

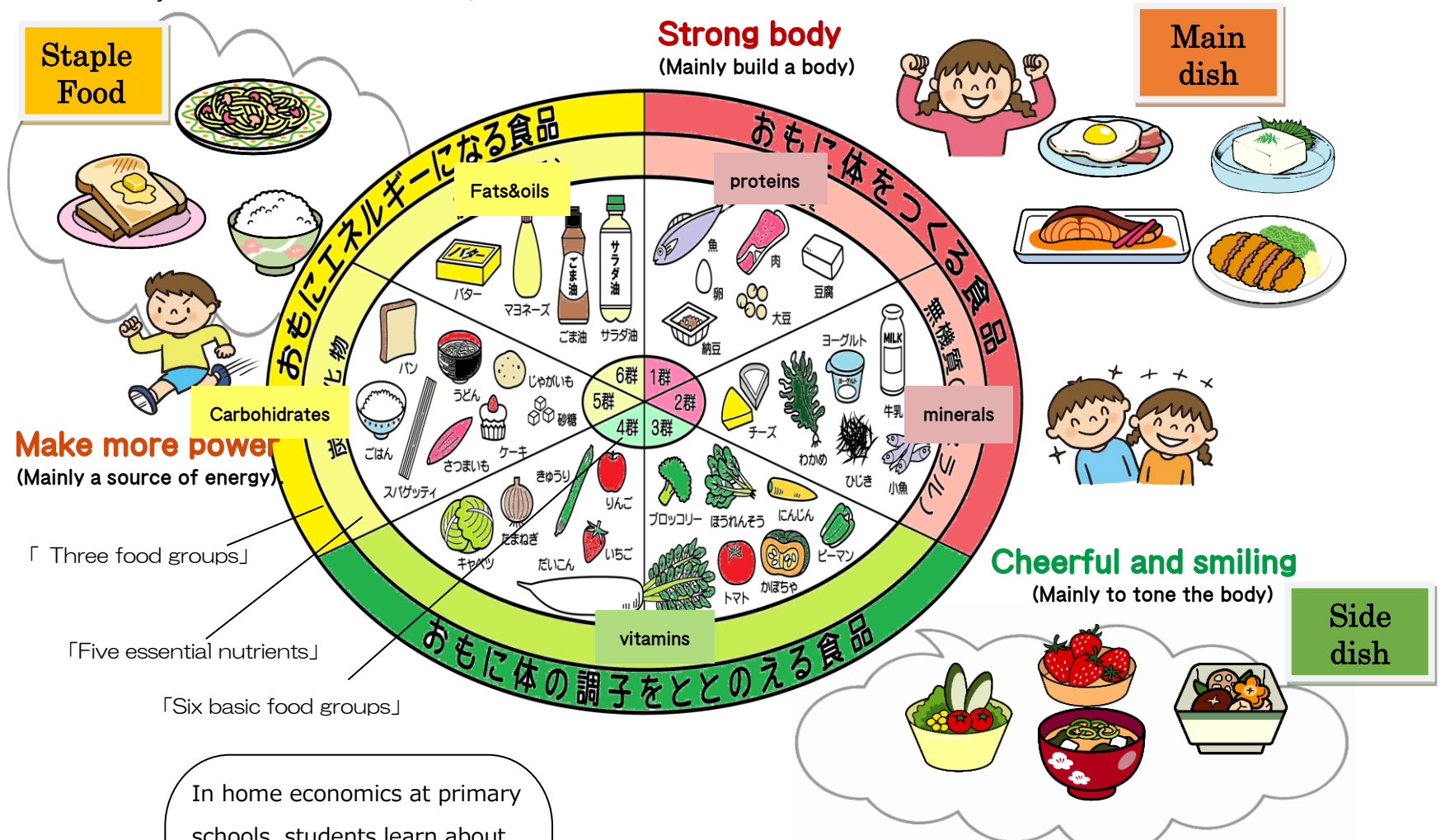
<Etajima city School Lunch communal kitchen>

It is the season of fresh green leaves and a pleasant breeze. This is the time of year that easy to become tired in the new environment. Have a relax your mind and body during the holidays.

Nutritional balance What should I eat?

Eating is an important part of growing up, being active and maintaining our health.

Foods contain different nutrients and have different functions in the body, so it is important to eat a variety of foods in combination.



In home economics at primary schools, students learn about the three food groups and the five essential nutrients, while at junior high school they study the six basic food groups. Each group helps to improve the nutritional balance of the food.

We received olive oil from the Enoh school!



It will be used in the school lunch on Wednesday 22 May.

Let's taste the olive oil made by the students of the Enoh school.



School lunch message from school

- 4/9(Tue) Thank you for the delicious school lunches. I don't like fish, but today's fried fish made me like fish. I hope you will continue to provide us with delicious school lunches. (Etajima Elementary School, 5th grade)
- 4/11(Thu) Everything was delicious! (Oogaki Junior High School 2nd grade)
- 4/12(Fri) It was the first time I had eaten sea curry since I came to junior high school, and it was a bit nostalgic. It was as tasty as usual. I also like the toppings. Thank you for your continued work. (Noumi Junior High School, 1-2)
- 4/15(Mon) The flavour of the baked chicken with sesame was delicious. (Kiri-Kushi Elementary School, 4th grade)