

School Lunch Letter

July 2024 (R6)

<Etajima City School Lunch Communal Kitchen>

The weather will continue hot and humid. 「Always tired」, 「Don't want to eat」 Aren't you suffering summer fatigue? Have a balanced meal with a regular life and nutrition. Let's spend the summer without get tired.

Eat to beat the heat and stay healthy!

As it gets hot, the cold food tastes delicious. However, if you eat too much cold food, it's easier to feel your body weak. Next points are to take good care of the body and stay healthy in hot summer.

Let's eat well for breakfast!



Breakfast is the source of a day activity. **ゆきあしごはん**
Only Rice and Tea, Bread and drinks, are not the proper meals. It's good to add a lot of ingredients in miso soup with fried egg and fruits.

Drink water frequently !



When thirsty, drink
『**water or tea**』 first.
Soft drink contains lot of sugars,
It will also make you thirsty.

When you sweat a lot,
Let's replenish minerals
with Sports drink !
It also contains sugar, so
Be careful not to drink too
much !



Let's eat coloured vegetables !

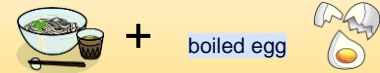


Let's eat vegetables well.
Coloured dark vegetables, it contains a lot of oil
soluble vitamins. I recommend you using oil.

Let's take Protein such as Meat, Fish and Egg!

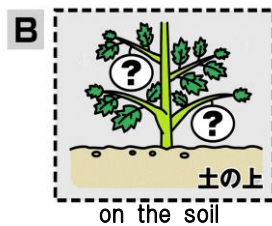
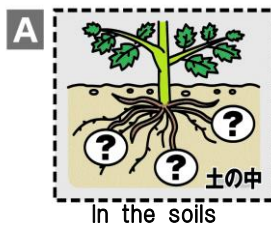
Lack of Protein causes fatigue and lack of
Stamina. Make good use of it in your daily life.

For example **somen noodles** + **boiled egg**

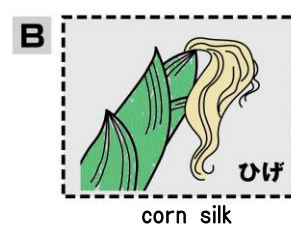
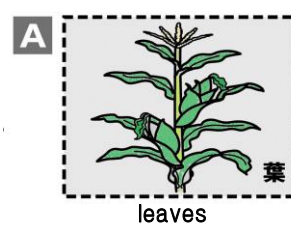


Challenge the summer vegetables quiz

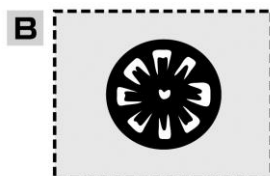
Q 1. Tomato, cucumber, eggplant. Where did they grow??



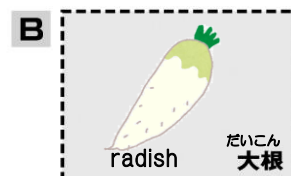
Q 3. Which part of the corn has the same number of grains?



Q2. When you cut Okra which one is the Okra silhouette?



Q 4. Which one can be taken more in Summer?



In Summer there are rich in delicious summer vegetables and fruits that are bathed in the blessings of the sun. Foods in season are highly nutritious. We often use it in school lunches. Please use it at your home, too!

Answer of the Quiz Q1 : B Q2 : A Q3 : B Q4 : A

Message from students about school lunch

6/ 4(Tue) For healthy mouth and teeth protection, chew and eat well. Today's menu was 「chicken chicken burdock」

I don't like green peas but it taste good with the chicken chicken burdock ! (1st grade-1 at Noumi Junior high school)

6/ 5(Wed) The spicy beans were so delicious, that it was the best. Please serve us again. (3rd grade at Kirikushi elementary school)

6/ 6(Thu) The crispy salad was crispy and delicious. (3rd grade at Nakamachi elementary school)

6/ 7(Fri) Matching the wiener, vegetables and bread it' very delicious. Corn cream soup with a lot of vegetables is delicious too.
(1st grade at Etajima Junior high school)

6/10(Mon) The chicken meat was more delicious than usual. Smiling. (3rd grade at Ofuru elementary school)

6/13(Wed) Morimori Mabo Donburi was very delicious ! I'm happy that the dish with a lots of Etajima's ingredients.
(6th grade at Ofuru elementary school)

6/18(Tue) The brown rice was chewy and delicious. Potatoes in soup were easy to eat and delicious. Mini tomato was crunchy and delicious. (2nd grade at Nakamachi elementary school)