

Summer vacation is over and the 2nd semester has begun. To stay healthy, it's important to go to bed early, get up early and get your daily routine in order. Let's take a look back at our daily habits and maintain a regular routine.

Start your day with breakfast!

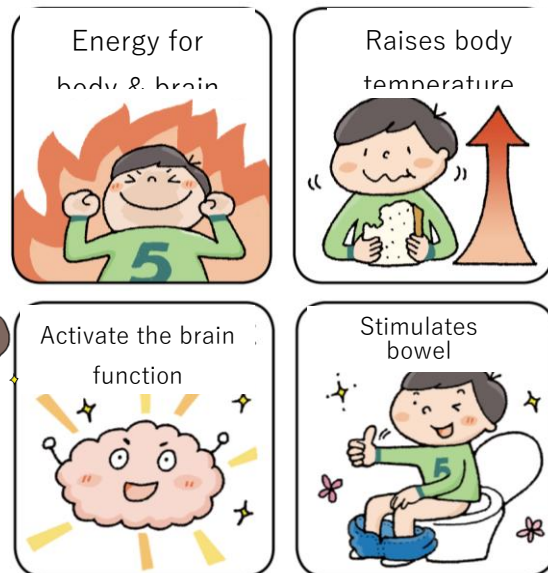
Who goes to school without eating breakfast because you don't have time or you are not hungry in the morning? Breakfast fulfills your energy and nutrients and wakes up your body and brain. It also helps to rise your body temperature which drops during sleep, and promotes bowel movement.

If you are going to school without having breakfast, try starting with foods you can eat without cooking, such as drinks, yogurt, or fruit(STEP①) Hearty soup is recommended to replenish water and vitamins(STEP②) If you eat breakfast every day, try eating a combination of a staple food, a main dish, and a side dish(STEP③) Let's look back at our daily life and start with what we can do.



「第4次食育推進基本計画」啓発リーフレットより

Breakfast benefits



School lunch

~Until it reaches everyone~
Cooking rice



We use rice grown in Hiroshima



We use 15 rice cookers.



Wash 7kg rice and put it into the rice cooker together with water.



We can cook enough rice for around 80 people in one rice cooker.



Once the rice is cooked, combined weight of the rice cooker and the rice gets 20 kg! Two people join forces to carry it.



The rice amount is determined based on the grade. We serve rice to each class according to the number of students. Cooking rice is a hard work, isn't it? I'd be so happy if you all eat every last grain ♪ ♪ ♪

Next topic:
Japanese dressed dishes
Please look forward to it!



School lunch message from Students



7/7(Tue) Tanabata jelly was sparkling and delicious. (Ofuru Elementary School 5th grade)

7/8(Wed) Hawaiian salad was tasty. The pineapple juice soaked into the vegetables and tasted good. Please serve it again! (Kanokawa Elementary School 5th grade)

7/13(Mon) The bitterness of the bitter gourds went well with the sweetness and rich flavor of the eggs, meat and vegetables ! (Nomi Junior High School, 1-1)

7/14(Tue) The green bell peppers in the colorful mixed salad was slightly crunchy and good.(Etajima Elementary School 3rd grade)

7/15(Wed) Soybeans udon was so tasty. I'd like to cook it at home! (Kirikushi Elementary School 4th grade)