



今月の指導目標

寒さに負けない体をつくるために、バランスのよい食事をすることができ

- いろいろな食べ物があることを知りましょう。
●冬の健康と栄養の関係について知りましょう。
●伝統的な食事や食品の組み合わせを知りましょう。

月

Table 1: Menu for the 1st week (Coppaban, Chicken, etc.) with ingredients and kcal.

火

Table 2: Menu for the 2nd week (Gohan, Fish, etc.) with ingredients and kcal.

水

Table 3: Menu for the 3rd week (Dogupan, Nuts, etc.) with ingredients and kcal.

木

Table 4: Menu for the 4th week (Gohan, Noodles, etc.) with ingredients and kcal.

金

Table 5: Menu for the 5th week (Tea, Fish, etc.) with ingredients and kcal.

Table 8: Menu for the 8th week (Miso Gohan, Tofu, etc.) with ingredients and kcal.

Table 9: Menu for the 9th week (Rollupan, Noodles, etc.) with ingredients and kcal.

Table 10: Menu for the 10th week (Nuts, Miso, etc.) with ingredients and kcal.

Advertisement for 'Hirohira' (横浜市立小学校) home delivery service.

Table 12: Menu for the 12th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 15: Menu for the 15th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 16: Menu for the 16th week (Rollupan, Noodles, etc.) with ingredients and kcal.

Table 17: Menu for the 17th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 18: Menu for the 18th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 19: Menu for the 19th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 22: Menu for the 22nd week (Rice, Noodles, etc.) with ingredients and kcal.

Table 23: Menu for the 23rd week (Gohan, Noodles, etc.) with ingredients and kcal.

Table 24: Menu for the 24th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 25: Menu for the 25th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 26: Menu for the 26th week (Rice, Noodles, etc.) with ingredients and kcal.

Table 29: Menu for the 29th week (Rice, Noodles, etc.) with ingredients and kcal.

Advertisement for 'Soup of the Month' (鍋の定番) featuring various soups and nutrients.