

食に関する指導のねらい 協力して食事の場づくり...進んで食事の場をつくることのできる 元気のでる黄の食べ物...元気のでる黄の食べ物を知る

小学校給食費納入のご案内 9月期の口座振替は9月29日(水)です。振替口座の残高不足にご注意ください。

アレルギー情報はこちら (公財)よこはま学校食育財団ホームページ https://ygs.or.jp



エネルギーのもとになる黄の食べ物



食べ物、体の中の働きによって、黄、赤、緑の3つのグループに分けることができます。黄のグループの食べ物には、米、パン、めん類、いも類、さとう、油などがあります。

わたしたちの体は、勉強したり、走ったり、いろいろな活動をしています。眠っている間も呼吸し、体温が保たれています。黄の食べ物は、そのためのエネルギーになります。

しっかり食べて、勉強や運動をがんばりましょう。 参考資料：教科書「わたしたちの家庭科」

水 木 金

Table 1: Menu for Monday (水) featuring 'はいがパン' and '牛乳'. Includes ingredients like chiri con carne, hijiki salad, and energy/nutrient info.

Table 2: Menu for Tuesday (木) featuring '黒パン' and '牛乳'. Includes ingredients like rice flour chiu-chow, kabayatsu salad, and energy/nutrient info.

Table 3: Menu for Wednesday (金) featuring '麦ごはん' and '牛乳'. Includes ingredients like soybean paste, miso soup, and energy/nutrient info.

月

火

Table 6: Menu for Monday (月) featuring 'チーズパン' and '牛乳'. Includes ingredients like cheese bread, vegetable salad, and energy/nutrient info.

Table 7: Menu for Tuesday (火) featuring '麦ごはん' and '牛乳'. Includes ingredients like soybean paste, miso soup, and energy/nutrient info.

Table 8: Menu for Wednesday (水) featuring 'ごはん' and '牛乳'. Includes ingredients like rice, egg, and tomato soup, and energy/nutrient info.

Table 9: Menu for Thursday (木) featuring '豚角煮丼' and '牛乳'. Includes ingredients like braised pork, bean sprouts, and energy/nutrient info.

Table 10: Menu for Friday (金) featuring '丸パン' and '牛乳'. Includes ingredients like round bread, fried fish, and energy/nutrient info.

Table 13: Menu for Monday (月) featuring 'はいがごはん' and '牛乳'. Includes ingredients like rice, vegetable soup, and energy/nutrient info.

Table 14: Menu for Tuesday (火) featuring 'ごはん' and '牛乳'. Includes ingredients like rice, miso soup, and energy/nutrient info.

Table 15: Menu for Wednesday (水) featuring '食パン' and '牛乳'. Includes ingredients like white bread, vegetable soup, and energy/nutrient info.

Table 16: Menu for Thursday (木) featuring 'はいがごはん' and '牛乳'. Includes ingredients like rice, vegetable soup, and energy/nutrient info.

Table 17: Menu for Friday (金) featuring '麦ごはん' and '牛乳'. Includes ingredients like soybean paste, miso soup, and energy/nutrient info.

Section 18: 献立表の見方 (Menu Table Reading Guide). Explains how to read the menu table, including portion sizes and school activities.

Table 21: Menu for Monday (月) featuring 'ぶどうパン' and '牛乳'. Includes ingredients like grape bread, vegetable soup, and energy/nutrient info.

Table 22: Menu for Tuesday (火) featuring 'はいがごはん' and '牛乳'. Includes ingredients like rice, vegetable soup, and energy/nutrient info.

Section 23: 古代の塩「藻塩焼き」 (Ancient Salt 'Mushroom Salt Baking'). Explains the history and health benefits of salt, including a recipe for 'Mushroom Salt Baking'.

Table 24: Menu for Friday (金) featuring '栄養満点丼' and '牛乳'. Includes ingredients like nutrient-rich bowl, miso soup, and energy/nutrient info.

Table 27: Menu for Monday (月) featuring 'ごはん' and '牛乳'. Includes ingredients like rice, miso soup, and energy/nutrient info.

Table 28: Menu for Tuesday (火) featuring 'ナン' and '牛乳'. Includes ingredients like naan, vegetable soup, and energy/nutrient info.

Table 29: Menu for Wednesday (水) featuring 'ごはん' and '牛乳'. Includes ingredients like rice, miso soup, and energy/nutrient info.

Table 30: Menu for Thursday (木) featuring 'にんじんごはん' and '牛乳'. Includes ingredients like carrot rice, miso soup, and energy/nutrient info.

Section 25: 塩 現代の塩 (Salt Modern Salt). Explains the modern use of salt, including 'Ion Exchange Membrane Salt Method' for water purification.