

Main table containing menu items (e.g., 牛乳, ごはん, 卵) and their corresponding quantities for each day from 1st to 15th of the month.

合唱コンクール

Main table containing menu items (e.g., 牛乳, ごはん, 卵) and their corresponding quantities for each day from 16th to 30th of the month.

おやつと上手につき合うための3つのポイント (3 points for eating snacks well). Includes illustrations of a child and text explaining the points: ①適度な量を考えて (Consider appropriate portion sizes), ②時間を考えて (Consider timing), ③食べた後はうがいや歯磨きをしよう (Brush teeth and gargle after eating).

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