

※成長期の子どもたちの健康な体作りを考えた献立です。栄養バランスや分量等ご参考になさってください。

Table with columns for days of the week (1日(金) to 12日(火)) and rows for meal names and ingredients with quantities. Includes a '献立名' column and a '材料名および使用量 (g)' column.

Continuation of the menu table for 14日(木) and 15日(金), including meal names and ingredient lists.

Graduation message: 'ご卒業おめでとうございます'. Includes a congratulatory banner and a small illustration of a girl.

6 points for a healthy lifestyle: 1. Don't overeat snacks/dinner. 2. Don't eat only what you like. 3. Don't do unreasonable diets. 4. Don't rely on supplements. 5. Fast food is fine in moderation. 6. Get enough exercise.

Food-related issues and topics: '食'にまつわるさまざまな問題や課題. Includes a graph on '食料自給率の推移' and bullet points about declining food self-sufficiency, food additives, food waste, and origin labeling.