

Table with 12 columns for dates from 6/16 to 6/23. Each column includes meal name, ingredients, and quantity. Includes a callout for '毎月19日は食育の日' (Monthly 19th is Food Education Day) with a drawing of 'じゃがいもポテトくん' (Potato-kun).

Table with 12 columns for dates from 6/26 to 6/30. Each column includes meal name, ingredients, and quantity. This table continues the menu from the previous section.

たべものの三色分け (Three-color sorting of food)

赤(あか)のたべもの (Red food) section: からだをつくるものになる. Includes icons for milk, rice, egg, meat, fish, oil, etc.

緑(みどり)のたべもの (Green food) section: からだのちようじをととのえる. Includes icons for vegetables like carrots, broccoli, etc.

黄(き)のたべもの (Yellow food) section: はたらくちからのものになる. Includes icons for oil, soy sauce, etc.

☆食品名の横に、どの色のグループの食べ物か書いています.

