



6月の献立表



Table with columns: 日/曜, 献立名, 材料名(昼食・3時おやつ), 10時おやつ, 栄養価. Rows include meals like 御飯 (福神漬け), 中華丼, 肉豆腐, etc.

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親子で学ぶ食の基本. Section explaining the importance of energy from food. Includes icons for ごはん (rice), パン (bread), and めん (noodles) and text explaining their nutritional benefits.