



LUNCH BULLETIN

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It is the rainy season and the weather this year has changed dramatically so let's take good care of our health.

During this time of year, we also need to be careful of food poisoning. Even if there's extra bacteria on our food we tend to not notice any change in taste or flavor. To avoid excess bacterial growth please (1) heat food thoroughly, (2) eat as soon as you have finished cooking, (3) store food in the refrigerator etc.

Food Poisoning Prevention Measures

Let's review what we can do,

- Buy fresh food.
- Put meat and fish in plastic bags separately at the grocery store so the juices do not leak, then refrigerate at home.
- Avoid thawing frozen foods at room temp. Thaw in microwave or fridge.
- Use different cutting boards and knives for meat and produce/cooked foods.
- Heat food evenly when using the microwave.
- Keep your kitchen tidy and clean!

From our School Lunch Menu

★ Sliced Burdock

(Ingredients)	Burdock	250 g
	Potato Starch	40 g
	Oil	
(A)	Soy Sauce	Tbs 2/3
	Sugar	Tbs 2
	Water	Tbs 2~3
	White Sesame	Tbs 1



(Instructions)

- Cut burdock diagonally into 2cm pieces.
- Coat in potato starch and deep fry in oil.
- Combine (A) ingredients in a separate pan and heat. Sprinkle sesame seeds on top.

♥ Let your child take their time chewing on it.
This dish promotes jaw muscle development
Please try cutting it different ways.

Measuring Spoons

♥ Tbs ⇒ 15 cc

♥ Tsp ⇒ 5 cc



※ From Childcare Professionals: ♥ Please take the following lunchbox suggestions into consideration. ♥



[Guidelines for the Prevention of Accidents at Educational and Childcare Facilities]

Soybeans • Edamame

(Do not feed to children under the age of 3)

<p>Cherry Tomatoes</p> <p>4つ切り</p>	<p>Pumpkin</p> <p>一口大</p>	<p>Cucumber</p> <p>スティック</p>
<p>Rice Balls</p> <p>Cooked Seaweed... Avoid giving to younger children.</p>	<p>Sausage</p> <p>Cut in half lengthwise and then into bite sized pieces.</p>	<p>窒息時の対処法</p> <p>What do I do if my child chokes? Check with your family members on a regular basis to make sure they know what to do.</p> <p>Government Internet TV Preventing Children from Choking</p> <p>検索</p>

