



LUNCH BULLETIN

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It is the season for fun in the sun. Hot days can be spent indoors in a comfortable air-conditioned room, at the beach or pool. All these activities may seem like a good way to avoid getting dehydrated, but it can happen even in
Please ask your children to hydrate frequently.



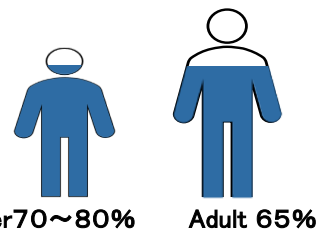
Water is the elixir of life...

Some children will tell you, "I'm thirsty!" while others prioritize play over hydration. Some get so engrossed in their activities that they don't even notice their thirst.

Do you know which type your child is?

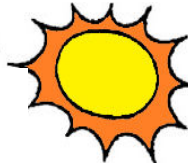
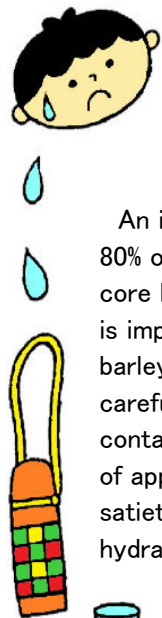
Children with high metabolisms will lose more fluid (sweat, etc.) on hot days and will dehydrate more quickly than an adult.

Body Water Percentage



How to Hydrate to Prevent Heat Stroke

An infant's body water content is said to be 70-80% of their body weight. Sweating causes their core body temperature to rise and fall rapidly so it is important to rehydrate frequently. Water or barley tea is the best beverage for children. Be careful with ionized beverages, as they may contain too much salt. Juice can also lead to a lack of appetite because of its high sugar content and satiety. Let's prevent heat stroke with good hydration.



Milk and juices take longer to digest, so try drinking water or tea.

Drinks containing electrolytes should be consumed when sweating a lot, but try to avoid drinking too much.



Do not drink a large amount all at once. Take multiple sips and drink slowly.



Drink fluids frequently before and after exercise.



Let's Eat Summer Vegetables

Summer vegetables contain a lot of water and help lower your body temperature. They are also rich in vitamins and minerals which can get sweat out and they can help relieve fatigue. They can be eaten raw or prepared through simple cooking methods. Please eat them as much as possible!



- **Tomato:** Lycopene making the tomato red prevents aging. It is an effective cancer preventative.
- **Cucumber:** Helps to cool down your body and promotes the metabolism of alcohol.
- **Eggplant:** Provides a good balance of vitamins, minerals and dietary fibers as well as helps you to bioregulate.
- **Okra:** Its unique slime helps to regulate your intestines which in turn helps improve physical strength.

