

クイズにチャレンジ

# 野菜のこと知って得!!



## この野菜知っているかな?

## 野菜の重さわかるかな?

### 花当てクイズ

Flower matching quiz board with 12 numbered photos of vegetables and their corresponding names written on small cards.

### 野菜の一日の必要量 350g

### 緑黄色野菜 120g

### 淡色野菜 230g

### 野菜350gってどれくらい?



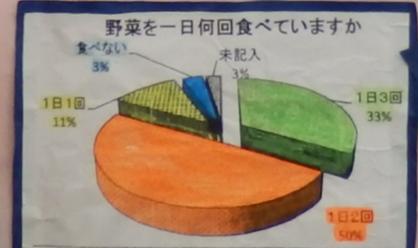
小鉢で5杯分

朝食・昼食・夕食の3回にわけて

Weight comparison cards for various vegetables on a scale:

- きゅうり 1本 ○○○g
- なす 1個 ○○○g
- レタス 1個 ○○○g
- チンゲン菜 1株 ○○○g
- トマト 1個 ○○○g
- ピーマン 1個 ○○○g

### 「朝食・野菜についてのアンケート」結果より



野菜摂取回数					総計
1日3回	1日2回	1日1回	食べない	未記入	
953	1413	324	96	71	2857

### 体のなかでは



Participants at the event, including a man in a brown shirt and a woman in a white hat, looking at the quiz board.

A woman in a white shirt and blue apron pointing at the quiz board.

A woman in a grey shirt looking at a brochure.

A woman in a grey shirt holding a white scale and weighing vegetables on a table.

# 学校でこんなことしたよ

## 各学校での食育の様子

A collage of approximately 15 small photo-text boxes arranged in a grid. Each box contains a small photograph of a school activity and a short paragraph of text. The activities include students in classrooms, outdoors, and in a kitchen setting. The text boxes are interspersed with colorful stickers: a girl's face at the top left, a carrot, a girl in a blue hat, a green bean character, and two girls at the bottom left.

## 体験学習

A vertical column of five photos showing experiential learning. From top to bottom: 1. Students in a field with straw. 2. Students working in a garden. 3. Students in a field, possibly harvesting. 4. Students in a classroom setting with plants. 5. Students in a kitchen or food preparation area.

## 一年間の食育の様子

A vertical column of four photos showing nutrition activities throughout the year. From top to bottom: 1. Students in a field. 2. Students working with green vegetables. 3. Students in a kitchen setting. 4. Students in a kitchen setting.

## 授業

A horizontal row of two photos showing classroom lessons. The left photo shows students sitting at desks in a classroom. The right photo shows a group of students gathered around a table.

## 誕生日給食

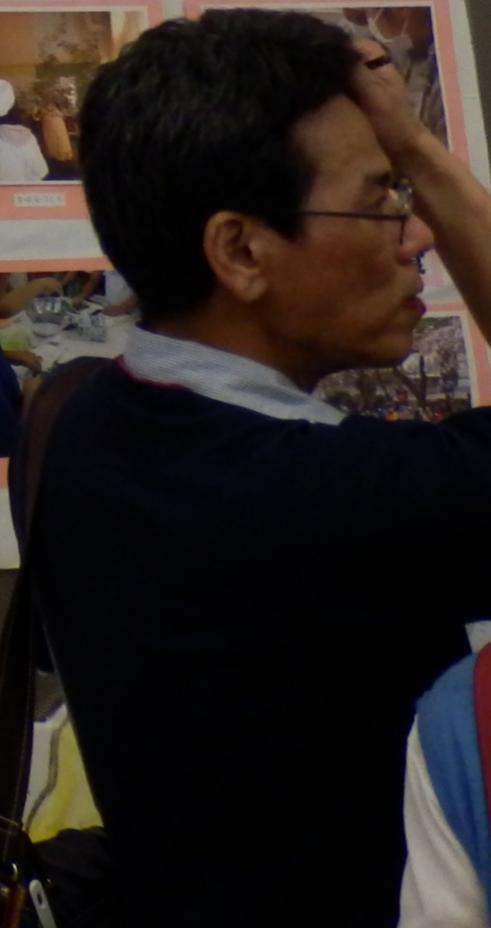
A single photo showing a birthday meal with students gathered around a table.

## 調理実習

A vertical column of four photos showing cooking practice. From top to bottom: 1. Students in a kitchen. 2. Students in a kitchen. 3. Students in a kitchen. 4. Students in a kitchen.

## セレクト給食

A vertical column of three photos showing selective meal service. From top to bottom: 1. Students in a kitchen. 2. Students in a classroom setting. 3. Students in a kitchen setting.



# 給食ができるまで

## 小学校給食

①身じたく・手洗い



②食材の納品



③打ち合わせ



④野菜を洗う



⑤野菜を切る



野菜は3つの水そうで、3回洗います。

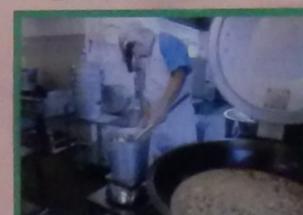
⑥調理



⑦温度の確認



⑧配膳



1年生初めての給食の様子




## 中学校給食

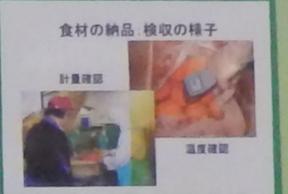
手洗いと消毒



エアシャワーでのほこり髪の毛等の除去



食材の納品、検収の様子



真空冷却機



調味料の計量



上処理室



肉魚専用下処理室



オープン料理(蒸し物)



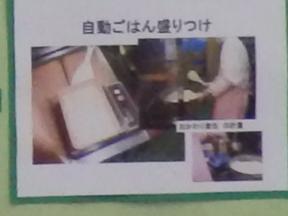
回転釜の調理



おかずの盛り付け



自動ごはん盛りつけ



配膳室の様子






ひしゃく(スプーン) 汁物盛り付け