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年末年始はご家族で楽しく過ごされましたか？
生活リズムを少しずつ整えながら、朝ごはんをしっかり食べて、寒さや風邪に負けないように
元気よく、新年をスタートさせましょう。

春の七草

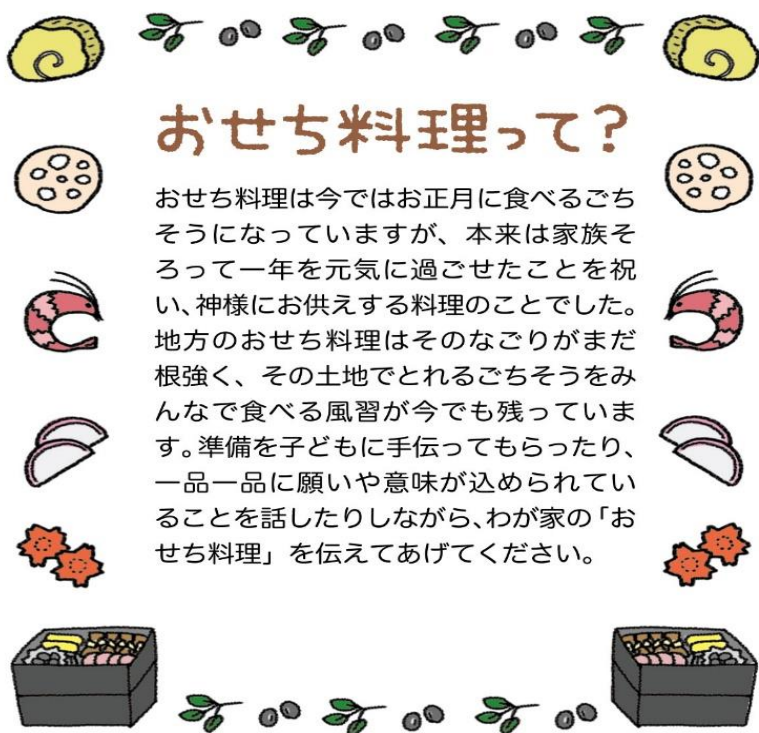
七草がゆは、さまざまな説がありますが、お正月にごちそう三昧だった胃腸をいたわり、不足した緑黄色野菜を補う、という意义があります。本来は、朝ごはんには七草がゆを食べるもの。七草がゆに入れる春の七草とは、「せり」「なずな」「ごぎょう」「はこべら」「ほとけのざ」「すずな」「すずしろ」です。最近ではスーパーマーケットなどで便利な七草セットが売られていますので、気軽に試してみましょう。

給食では、アレンジして「七草ごはん」にしています



- 1 えんぴつのようにはしを1ぼんもつ
- 2 もう1ぼんのはしをおやゆびのつけねとくすりゆびのさきではさむ
- 3 うえのはしだけうごかす
さきをそろえる
したのはしはうごかさない

一緒に食べる機会が多いこの時季は、



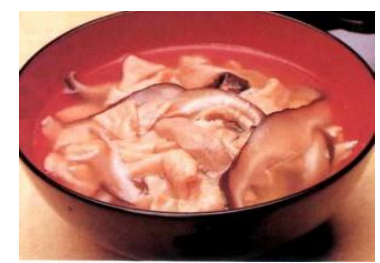
おせち料理って？

おせち料理は今ではお正月に食べるごちそうになっていますが、本来は家族そろって一年を元気に過ごせたことを祝い、神様にお供えする料理のことでした。地方のおせち料理はそのなごりがまだ根強く、その土地でとれるごちそうをみんなで食べる風習が今でも残っています。準備を子どもに手伝ってもらったり、一品一品に願いや意味が込められていることを話したりしながら、わが家の「おせち料理」を伝えてあげてください。

★ うちなー料理もかかせませんね。食べる機会が多いと思います。ぜひ、料理名も伝えていきましょう！



クーブイリチー



中身の吸い物



ターウムディンガク



サーターアンダギー



Noahara Masako (Nutritionist)

January 2025

Did you enjoy the New Year holidays with your family? As we ease back into our daily routines, let's focus on gradually adjusting our schedules, starting each day with a nutritious breakfast, and staying strong against the cold and flu. Let's start the new year with energy and good health!

The Seven- Herb Rice Porridge

The Festival of Seven Herbs or Nanakusa - Gayo is the long- standing Japanese custom of eating seven- herb rice porridge on January 7. Nanakusa-gayu (seven-herb porridge) is a traditional dish with various interpretations. It is believed to soothe the stomach after the rich New Year's feasts and replenish essential vitamins from green and yellow vegetables. Traditionally, nanakusa-gayu is eaten as breakfast. These days, convenient pre-packaged nanakusa herb sets are available at supermarkets, making it easy to prepare. Why not give it a try?

In school lunches, this dish is often adapted into "seven-herb rice," offering a creative twist.



How to Hold a Chopstick

- 1 Hold one chopstick as you would a pencil.
- 2 Place the other chopstick between the base of your thumb and the
- 3 Move only the upper chopstick. Align the tips of the chopsticks for proper use. The bottom chopstick does not

With more shared meals during this season, it's a great opportunity to teach and practice proper chopstick etiquette!



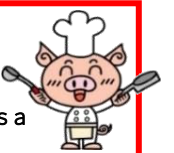
What is Osechi Ryori?

Osechi Ryori is the traditional food enjoyed on New Year's Day in Japan. The assortment of colorful dishes are packed and displayed in special stacking boxes called jubako. Every Osechi dish has a special meaning in welcoming the New Year. The multi-tiered boxes symbolize the hope that happiness and wealth come continuously, like the layers of lacquerware. Why not involve children in the preparation? You can also share the meanings and wishes behind each dish passing on your family's osechi ryori traditions and creating lasting memories.

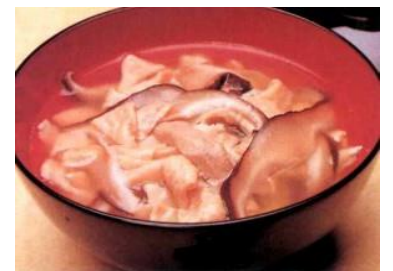


Okinawan Cuisine (Uchinaa Ryori)

This time of year is also perfect for enjoying traditional Okinawan dishes! With plenty of opportunities to share meals, it's a wonderful time to introduce their unique names and flavors.



Kubu-irichi (stir fried kelp)



Nakami no suimono (pork intestine soup)



Tamu-dengaku



Sata andagi (Okinawan doughnuts)



Scan for delightful Okinawan recipes from Okinawa Dietitian Association.