

School Lunch Report

July 2024

With the spring rainy season coming to an end, we are finally starting to see more and more hot days that make us think that summer is in full swing. Various flowers are blooming in the flower beds, and our garden vegetables are growing nicely. The generous sunlight is helping our vegetable become rich in vitamins. The vegetables are also full of water and potassium, which helps our bodies manage heat during the warm months. Let's stay healthy by eating lots of vegetables that can replenish nutrients lost through perspiration.

Eat vegetables that are in season during the summer!

Vegetables in season are also more nutritious. Try to include them in your daily meal!

- ★**Tomato** ...They're available year-round, but tomatoes are in season in summer. They are rich in lycopene, an antioxidant.
- ★**Cucumber** ...Rich in water and potassium, please enjoy them in salads and dishes with vinegar.
- ★**Corn** ...Tastes great grilled or boiled. This food is high in dietary fiber and vitamin B1.
- ★**Watermelon** ...The classic summer fruit. They have diuretic properties, so be careful not to eat too much.



Be careful of heat stroke!



The season for sweating has arrived. Children are prone to dehydration due to their active metabolism and the large amount of water that leaves their bodies through sweat and urine. Since children are not able to recognize their symptoms on their own, adults around them should pay attention to any signs of heat-related illness. We encourage frequent hydration at preschool.

★Frequently

When you feel thirsty, your body already lacks water. Without water, the body cannot perspire and body temperature will rise. It is necessary to replenish water before you feel thirsty.

★Little By Little

If you consume a lot of water at once, it will not be absorbed properly. It is also hard on the gastrointestinal tract, so be sure to take it in frequent, small amounts.

★From Meals

Water is also contained in food. Eating three solid meals will provide water and minerals along with nutritional support.

*Helpful in Case of Emergency!

How to make homemade oral rehydration solution

*Ingredients (for 1 liter) *

- Boiled water which has cooled ... 1 liter
- Sugar ... 40g (4 and 1/2 tablespoons)
- Salt ... 3g (1/2 teaspoon)
- Lemon juice ... to taste

How to make

- ① Dissolve sugar and salt in boiled water.
- ② Cool completely to a drinkable temperature.
- ③ Add a squeeze of juice (lemon, grapefruit, etc.) to make it easier to drink and replenishes potassium.

