



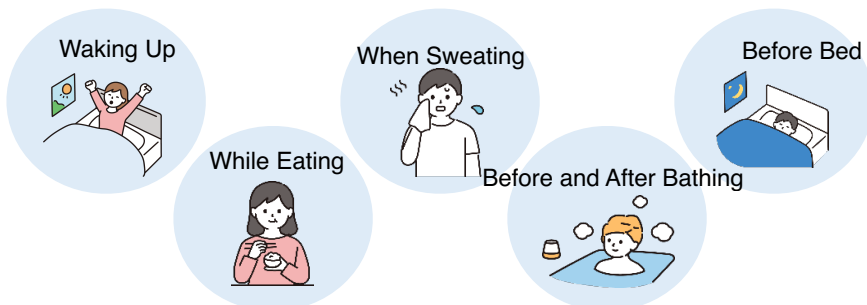
Day by day, the sun seems to be getting stronger and it feels like summer is quickly approaching. During this season, sudden heat waves make us feel lethargic, cause us to lose our appetite, and can even make us sick. In order to prepare yourself for extreme heat, be sure to remain diligent about staying hydrated, getting enough nutrients, and prioritizing sleep so that you can fortify your body and have lots of energy.

Hydration - Little by Little, Diligently

Children have a comparatively higher percentage of water than adults in their bodies, so they need to be careful to guard against dehydration by diligently taking in liquids little by little.



- Start drinking before you feel thirsty.
By the time you feel thirsty, you're already dehydrated.
Be sure to give your kids liquids before they tell you they're thirsty.
- Diligently drink water little by little.
Taking in a large amount of liquid at once is hard on your digestive system.
Taking in 1 cup of liquid at a time is thought to be suitable.



This Month's World Cuisine: Chicken Phô from Vietnam



Vietnam's classic dish. Phô is made with flattened rice noodles that are a bit like fettuccine. The noodles have a smooth and soft texture, and they're typically eaten with a beef or chicken stock soup.

For our school lunch version, we're making a stock from chicken bones and adding veggies and chicken meat to that for a wonderful arrangement. Please look forward to it!



Regional Japanese Cuisine Menu Begins



Up to now, we've had Thai, Japanese, Indonesian, Hawaiian, Korean, Taiwanese, and Spanish cuisine, in addition to next month's Vietnamese cuisine, for our world cuisine lunch days.

But it's not just world cuisine that has a lot of variety. Japan, too, has many types of local cuisine. So, starting in July, we've decided to add a Japanese regional menu to the monthly roster.

Our first regional menu will be Hokkaido's "Hakodate Veggie Salt Ramen." The main characteristic of Hakodate ramen is the clear soup through which you can see the bottom of the bowl. As for the toppings, bread dumplings and naruto fish cake are commonly used.

