



# 9gatu

Reiwa4nen9gatu  
Miharashi jidouhoikuka

Natuno tukarega detekuru konokisetu,mainitino syokuziwo minaoshite,baransuno toreta syokuseikatu wo okureruyou kokorogakemasyou.syusyoku/syusai/hukusai wo baransu yoku taberukoto wa kenkou ni tunagaru syokzino daiippodesu.

**! Syokuji wa asa·hiru·yu. syusyoku·syusai·hukusai. aka·ki·midori. yoku Kan de tabeyo !**

## 9gatu kyusyoku mokuhyo

**Tyo-syokuwo tabeyo- !**

Tyousyoku wo taberuto,suimin tyuuni sagatta taion ga agatte karadaga katudo-shiyasui zyoutaini narimasu. Mata, nou ni enerugi- ga hokyuusare runode,nou ga kappatu ni ugokidashimasu.



Tyousyoku no taisetusa wo kangaeyou

## Kisetu to syoku no hanashi



~zyu-goya (tyu-syu-nome-getu) i~

Itinen de mottomo tuki ga utukushikumieru「tyu-syu-no me-getu」wo kansyousuru「otukimi」wa,mousakumotu no ho-sakukigan ya syuukaku eno kansya wo arawasu gyouzidesu.komeko de tukutta odango wo tuki ni mitatete ononaeshimasu.konohiwa,imo no syuukakuwoiwau 「imo me-getu」tomoiware,satoimoryourino「kinukatugi」mo sonaemasu.tinamini,zyu-goyano hi wa toshiniyotte kawari kotoshi wa 9gatu10ka (doyo-bi) desu.

### adobo

※ hyiripin no daihyoutekina kateiryuridesu. su no koukade onikuga wayarakakunarimasu. ninniku wo kikasetemo oishiidesu.



Kongetu no kyushoku kara

### ~adobo~

[kodomo 4ninbun]  
toriniku 240g (honetukidemo oishii)  
tamanegi syou 1ko  
su o-sazi1, syouyu o-sazi1  
mirin o-sazi 1, sake o-sazi1  
mizu toriniku ga mizunitukaruteido  
[tukurikata]

- ① tamanegi wa usugirini suru,
- ② toriniku to tyoumiryou wo awasetamono wo tukekomu.
- ③ nabe ni ①to②wo kuwae, aku wo torinagara toriniku ga yawarakakunarumade nikomu.