

Challenge!! Making Japanese Style Lunch Box



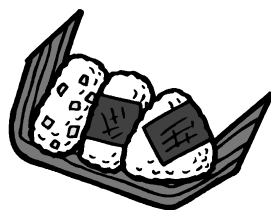
The key for making the lunch box is to consider nutritional balance and colorfulness!

Little tricks can excite children a whole lot! Cutting a hard boiled egg zigzag in the center makes flowers. Slicing one side of a little wiener sausage and sautéing it makes an octopus. Deep colored vegetable such as broccoli will make it colorful. To avoid spoiling food, make sure to put the lid on after everything is completely cooled off. This is especially important in the summer time.



Easy Recipes

1. Onigiri – Rice Balls



After rinsing rice with water, cook Japanese sticky rice; do not fry rice before cooking it in the rice cooker.

Wet both hands lightly with water and sprinkle salt. Put the amount of rice you can hold on your left hand. Make mountain shape with your right hand and squeeze rice. Flip the rice ball towards you after every squeezing. When you want pickled plum, bonito fish, seaweed or anything you like inside of the rice ball, make a dip in the middle of the ball with your finger and added it in there.

2. Deep Fried Chicken

Cut chicken into bite-size pieces and marinade with soy sauce/ginger/sake or salt/pepper. Lightly cover meat with potato starch and deep fry until golden in color.

3. Rolled Egg (tamago yaki)

Mix egg with small amount of salt, sugar, soy sauce or fish broth. Heat up the frying pan and add a little oil. Add egg mixture to cover the surface of the pan. Use chopsticks to lightly stir the egg until it is half done. Then roll it up from the far end to the close end. Move the rolled up egg to the far end and add more mixture. Continue to roll until the mixture is gone. Cut it and eat! This is also good with a little wiener sausage or ham inside.



4. Asparagus Rolled with Ham

Boil water with small amount of salt and cook asparagus. Then cool them off. Roll 2 cooked asparagus in a piece of ham. Cut it in half and skewer with a toothpick.

5. Spinach Saute

Cut spinach and saute it with butter. Add salt and pepper for taste.



April is the start of the new school year

In Japan, the new school year starts in April. School provides various handouts this time of year to communicate with each family. Important paperwork may include individual survey (kojin tyosa hyo・個人調査票), Health questionnaire (kenko monshinyo・健康問診票), payment for educational materials and event schedule information. Some of these need to be submitted to school by the due date. If you are not sure about the contents, be sure to ask someone for clarification.

Children in school will have check-ups such as physical (shintai sokutei・身体測定), internal (naika

kenshin・内科検診), eye (ganka kenshin・眼科検診), ear/nose (jibika kenshin・耳鼻科検診), dental (shika kenshin・歯科検診) and heart (shinzo kenshin・心臓検診). They also need to take samples from home for feces (kenben 検便), urine (kenryo・検尿) and worms (gyotyū kensa・ぎょう虫検査).

Parents schedule time with the homeroom teacher for “Katei homon・家庭訪問 – home visit”. This is a good opportunity to meet the teacher and discuss your child’s behaviors both at home and in school. You may also want to discuss any of your concerns at this time.