



Main table with columns for Date, Day, Menu Name, Food Groups (1-6), and Energy/Calories. Includes sub-headers for 'Main food groups for body structure', 'Main food groups for body balance', and 'Main energy food groups'. Includes a '食メモ' (Food Memo) section with a train illustration.

八十八夜ってなあに? (What is the 88th night?) - Article about the tea-picking festival and rice planting.

八十八夜に摘んだ新茶を飲むと、病気になる... (Drinking new tea picked on the 88th night prevents illness...) - Article about drinking tea.

5/5 端午の節句 (Bunshu no Matsuri) - Article about the festival, including a '平均' (Average) section and an illustration of children eating zongzi.

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