

On June 3 (Monday) , 2024, at Higashi Chichibu Middle school, aiming to raise self control capacity of our food to pass a total healthy life, we effected a biking school lunch. To the foodstuff chosen from among milk, soup, vegetable salad, the food stuff of energy necessary to one' s healthy condition is selected from among 3 items of staple food, 5 items of main dish and 2 items of desert.

Different from usual days on the day of this biking school lunch, all the students gathered in the same one room, they enjoyed the school lunch very much. After lunch the students calculated the energy of the food they ate and looked back the school lunch.

Each student was able to eat the proper amount of energy. Some students noticed that they ate too much, so they said that they would dedicate themselves after class hours to the club activities much more than ordinary days.