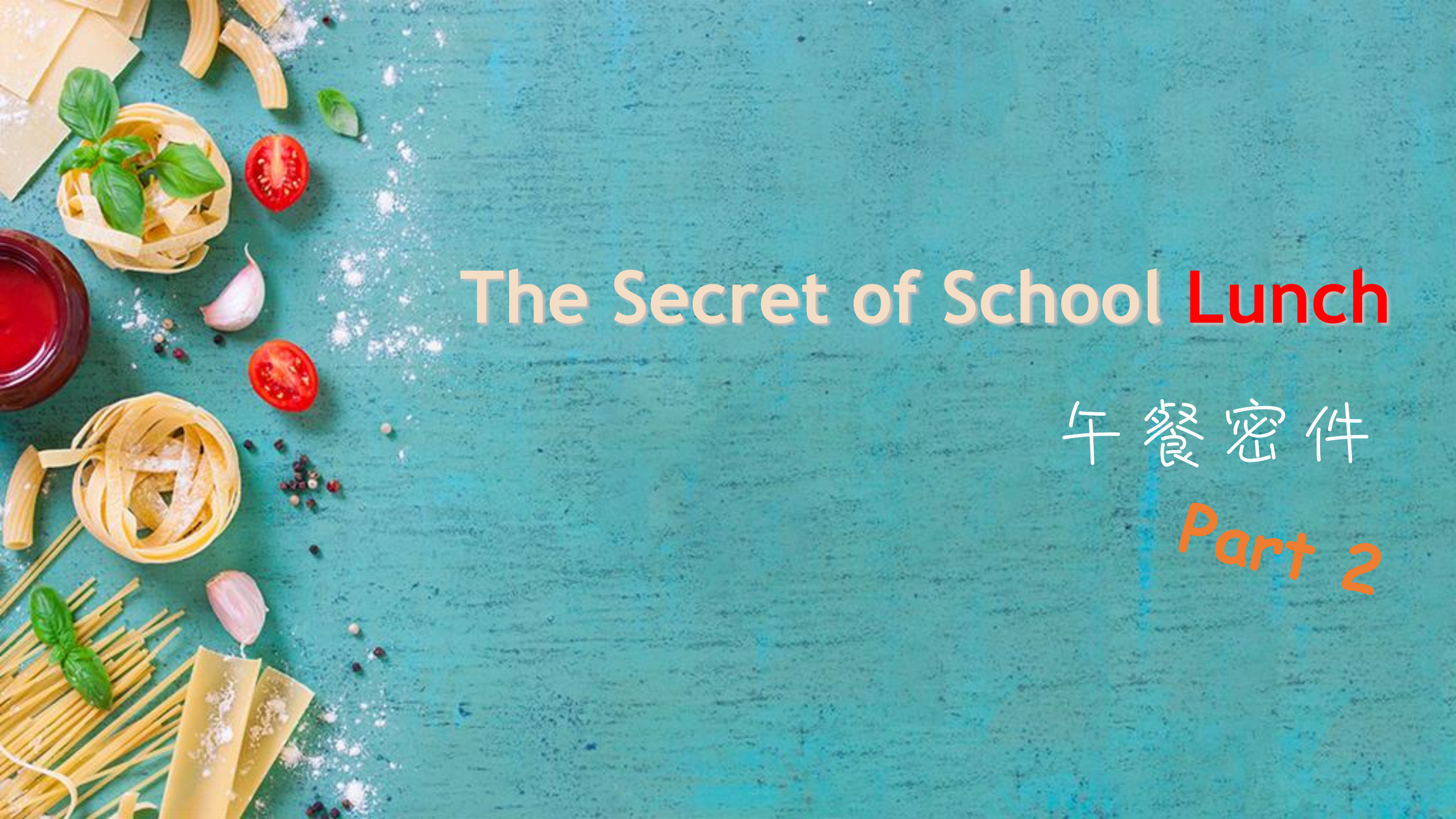
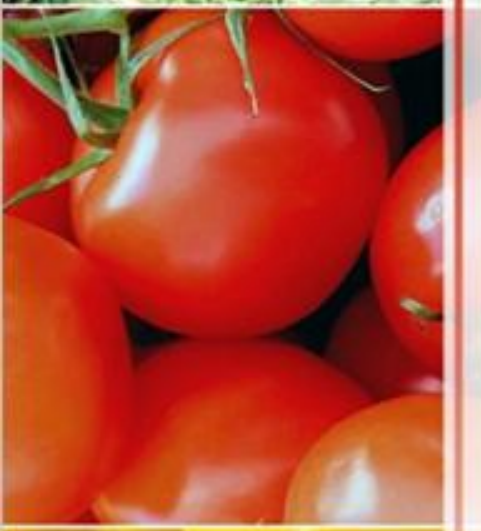
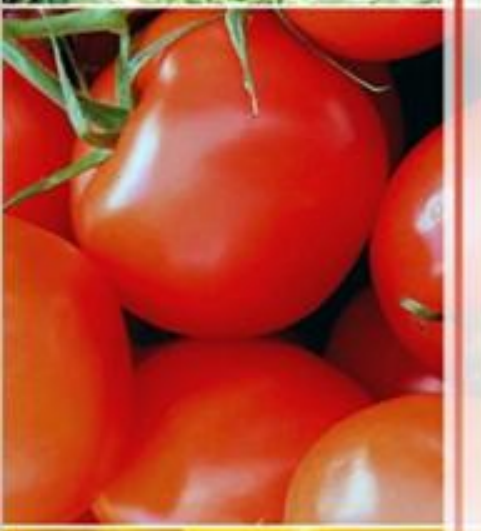

The Secret of School Lunch
午餐密件
Part 2

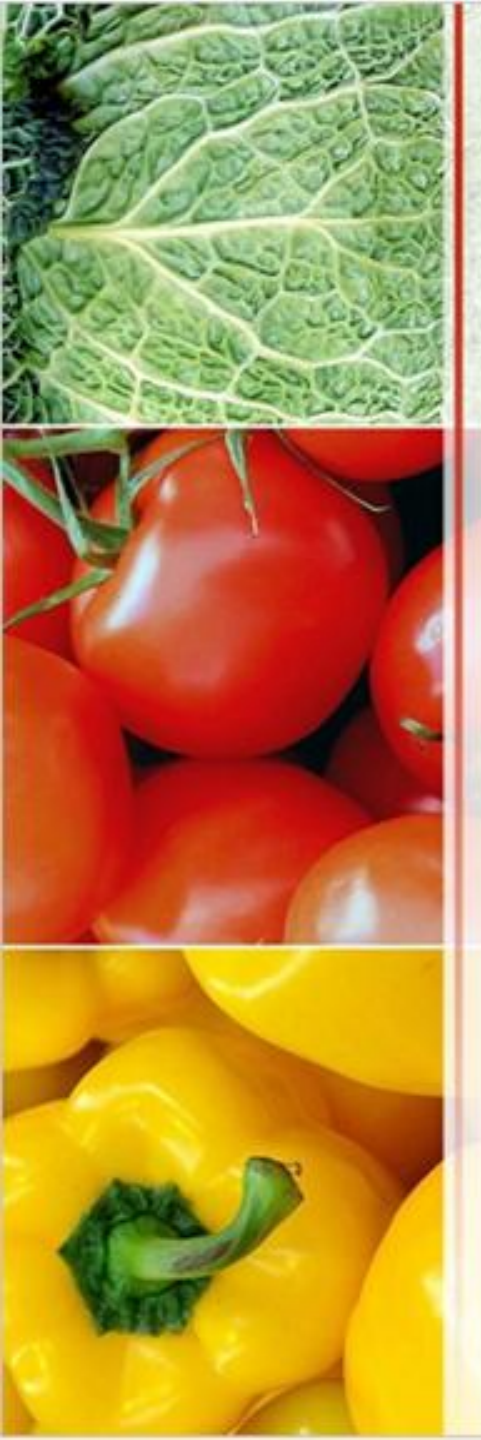


Not in lunch?

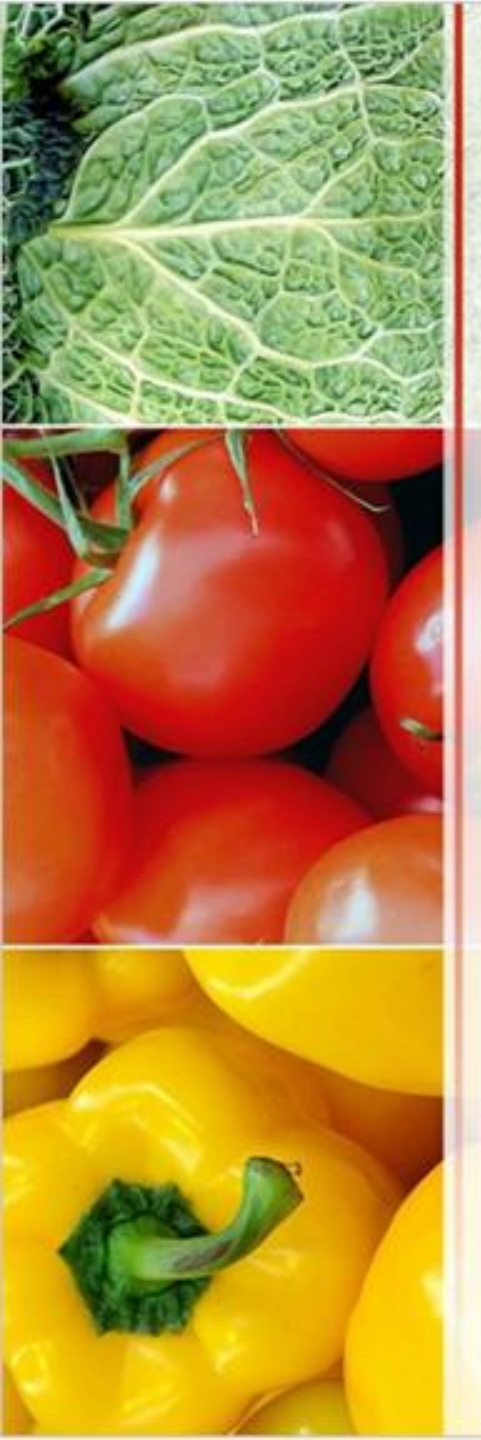


=

bad for health



= Too many fat



Too many fat =

Tofu (fat)

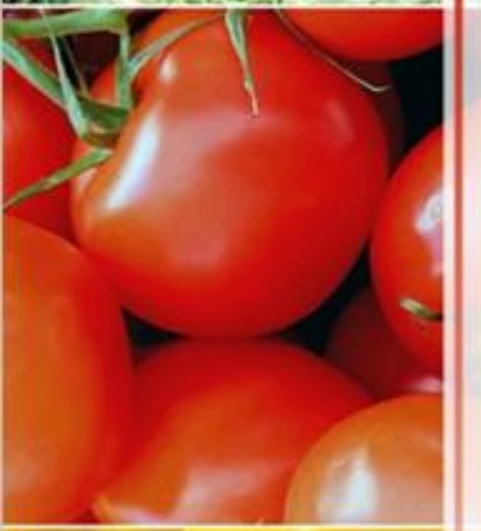
vegetable (carbohydrate)

fried egg with onion (protein)

fat + carbohydrate + protein

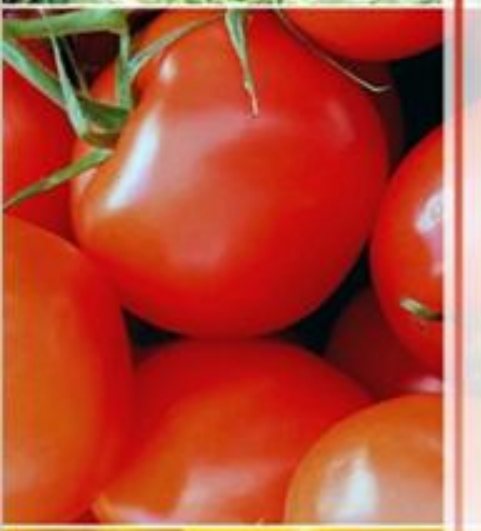
=

good lunch



My lunch, my idea

fat : 3 ~ 6 g



carbohydrate : 35 ~ 40g

protein : 25 ~ 30g