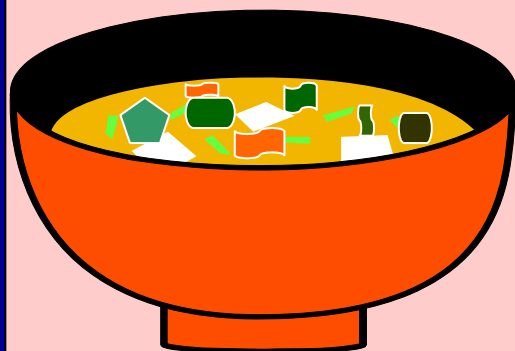


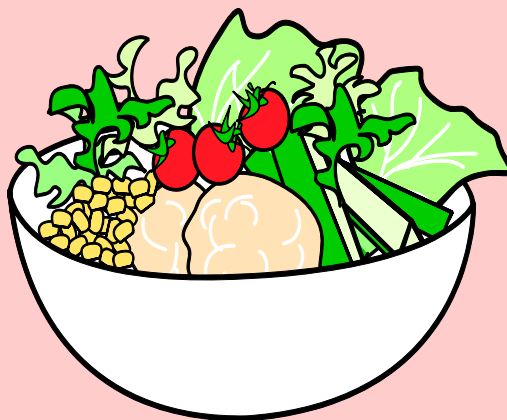
# 〔野菜摂取量増加目標の提案〕

方法は？

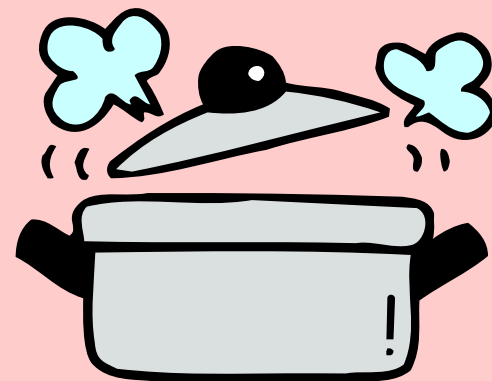
味噌汁



サラダ



調理献立



量は？

野菜小鉢で

( )分目