

TOPICS

American Elementary School lunch Experience

アメリカの小学校で給食を食べてみた！



Wrong belief about American School lunch
Many Japanese people are inclined to think that American school lunches are unhealthy; imagining hamburgers, french fries and potato chips. But, what is it really like? I had an opportunity to visit an elementary school in the U.S.A. and have a school lunch.

Expressions

- wrong belief 間違った先入観
- are inclined to think～ ～と考えがちである
- unhealthy 健康に悪い
- had an opportunity 機会があった
- an elementary school in the U.S.A. アメリカの小学校
- school lunch 学校給食

Selection for Men

In Japan, usually only one lunch is provided for the students. However, students are able to choose among three main dishes at this American school. They can also choose plain milk or chocolate milk. After students receive their main dish, they can go to the salad bar and get vegetables and fruit. First, students must take at least one fruit or vegetable dish from the fruit and vegetable corner. Second, they must take at least three different kinds of vegetables from the salad bar, but you can't take more than four. There is no restriction on the amount of vegetables that can be taken.

Expressions

- at least three different kinds 最低3種類の
- no restriction on the amount 量に制限はない

Pay for lunch at the register

Once students have taken their vegetables from the salad bar, they can go and pay for their food at the cash register. The price is \$2 for children. Students can just show their student ID and their parents will be billed later.

Expressions

- show their student ID 学生証を見せる
- their parents will be billed later 親にあとで請求される

How did it taste?

I was able to try both a chicken burger and tacos, but I was surprised to find that they both had no flavor. Also, the chocolate milk wasn't sweet. I was wondering if these children were satisfied with the meal. I realized that all of the children were putting ketchup on their burgers in large quantities. Honestly speaking, Japanese school lunches taste better to me but I cannot judge because there is no accounting for tastes.

Expressions

- they both had no flavor どちらも全然味がない
- if these children were satisfied with the meal 子供たちは食事に満足しているのかどうか
- there is no accounting for tastes 人の好みはそれぞれである

Problems with this school's lunch

There are lots of fruits and vegetables in the salad bar, but children only choose the foods they like to eat. Most of the kids aren't eating many vegetables. I also saw that the milk each student receives is in a plastic bag and students pierce the bag with a straw to drink it.

Expressions

- plastic bag ビニール袋
- pierce the bag with a straw to drink 袋にストローで穴をあけて飲む

Calories of food and a balanced diet

American school lunches are planned so that children eat many vegetables and fruit, and the main dishes are not greasy. The menu doesn't look too high in calories and will not cause food related diseases. Although some children are very picky and eat only what they want to eat, it is a healthy meal.

Expressions

- not greasy 脂っこくない
- doesn't look too high in calories カロリーが高すぎるようには見えない
- picky 好き嫌いがはげしい

Different point of view

It is common in Japan to not have a choice of what food you get with your school lunch. Also, students are supposed to eat everything and aren't allowed to have any leftovers (as long as they do not have allergies). The reason for this is because the school lunch is regarded as the perfect amount of nutrition, and having lots of leftovers is regarded as bad manners in Japan. If Japanese children grew up in the U.S.A., they would have a tough time when they returned to Japan and had to eat the elementary school lunch.

Expressions

- eat everything 食べ残しをしない
- as long as they do not have allergies アレルギーがない限り

アメリカの小学校の給食



◆生徒が食べたい物を選ぶ

給食といっても、全員同じものが出されるわけではありません。日本の場合は病院食と同じで決められた食事を食べる必要がありますが、アメリカの給食はカフェテリアなので自分が食べたいものを選んで食べられます。

◆予想よりヘルシーなメニュー

高カロリーのアメリカンフードばかりを予想していましたが、実際は思ったよりヘルシーです。タコスやハンバーガー、チキンナゲットなどのメイン料理と数種類のドリンク類が用意され、好きなものを一つ選び、サラダバーで自分の食べたい野菜とフルーツを取ります。

◆配膳は専門スタッフ

日本の給食当番は生徒ですが、アメリカはカフェテリアなので、生徒でなく「ランチレディ」と呼ばれる盛りつけのスタッフがいます。生徒は準備も盛りつけも片づけも不要。ただ食べるだけです。

◆レジでお金を支払う

レジでその時に取った分だけ支払います。保護者などの大人は4ドルで、生徒の子供は2ドル程度が平均らしいです。生徒は学生証を見せるだけで、後日、親に請求されるそうです。 ※ニューヨーク市のように無料の地域もあります。

◆食べてみた感想

実際に食べてみると、驚くことにほとんど味がしません。子供たちはケチャップやディップを大量に振りかけて食べています。料理より調味料のカロリーを心配しなければならいかもしれません。こうやってアメリカの子供は太っていくのでしょうか？そして、繊細な味覚を育てられるかどうか、いう問題もあります。

◆選択肢のあるなしという問題

用意されているものだけとはいえ、食べ物は自分で選べ、また食べ残しも自由です。そして全員がカフェテリアで食べるわけではありません。自宅からランチを持参する子もあり、中にはおやつとしか思えないような甘いものばかり持ってくる子もいます。栄養士の考えるメニューを半ば強制的に食べる日本と比べ、健康管理も自分ですべき、というのがアメリカの学校ランチ事情です。