

# 家庭科だより

国際理解教育  
推進委員会協力

11月 No.3

平成27年11月発行  
中央大学附属横浜中学校・高等学校・家庭科  
発行：家庭科教員



## About California, Santa Monica and Ants on a log.

California is the 3<sup>rd</sup> largest state in the U.S. In fact, it's bigger than Japan. California has everything from beaches to deserts, forests to mountains, and also swamps. The two biggest cities in California are San Francisco and Los Angeles. These two cities are about the same distance from each other as Tokyo and Osaka. Inside Los Angeles is the city of Santa Monica, my hometown. Santa Monica is known for its beautiful beaches and weather. It is sunny about 320 days per year. People in Santa Monica are always trying to eat healthy and exercise daily. We often eat snacks that are healthy, such as fruits and vegetables. A popular snack is called "Ants on a Log", parents like it because it's healthy and kids like it because it tastes good. There are many other snacks we eat in the U.S. but this one is so easy, kids can make it by themselves and very quickly too.



### Recipe

- Fresh celery
  - Cream cheese
  - Dried fruits
- Cut celery into pieces.  
Spread cream cheese on top.  
Place fruit on top of cream cheese.



高校1年生2学期の調理実習は、セス先生(英語科)の「英語で学ぶアメリカの食生活」。カリフォルニア州・サンタモニカ出身のセス先生が子どもの頃おやつに食べていたという、アメリカ人に大人気のスナックを教えてくださいました。  
今回は他学年にも授業気分を味わってもらおうということで、セス先生にご協力いただき、家庭科だよりを英語版にしました。



Santa Monica

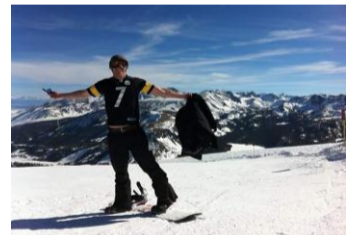


My breakfast every day !

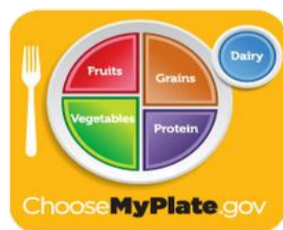


## Seth's introduction.

Hello everyone, my name is Seth. I'm from Santa Monica, California and I now live in Yokohama, Japan. I love to play and watch sports. I especially love surfing and snowboarding, watching football and baseball, eating a lot and traveling! I'm an English teacher here at Chuo, but I was a Physics and Chemistry teacher in the U.S. I always enjoy laughing and having fun inside and outside of the class, so don't be shy when you see me, say hello!



My grandma and I ♥



## My Plate summary.

My Plate is an easy way to understand if you are eating healthy or not. It was started by The First Lady, Michelle Obama, and it was created to help parents make sure their children are eating right. My Plate works by looking at your plate and if you can see that 40% has vegetables, 30% grains (bread, rice, etc.), 20% protein (meat, beans, fish) and 10% fruits. If your plate looks like this, you're eating a healthy meal.



## 編集後記

今回の家庭科だよりはいかがでしたか。英語で学ぶ調理実習は、英語を用いて自国の文化や異文化を学ぶことを目標としています。ですので、間違いや失敗を恐れず積極的に英語で授業に参加してください。英語がちょっと難しかったという人、もっとアメリカについて知りたい人など、ぜひセス先生に質問してみてください。セス先生はいつでも皆さんの質問に答えてくれます。もちろん、あいさつだけでもみましょう！

Let's continue to take on more challenges,  
and speak English together.

Ants on a log

