



HOME NEWSLETTER

Sincerity(誠實)

제 2023-264호

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OCTOBER 2023 SCHOOL LUNCH MENU INFORMATION

Origin & Nutrient Amount	Please refer to the school website for detailed country of origin and nutrition information.[Nutrition:Energy/Protein/Calcium/Iron]														
	Rice (Hattomi)	Kimchi (Cabbage, Chilli Powder)	Beef/Processed Goods	Pork/Processed Goods	Chicken/Processed Goods	Duck/Processed Goods	Octopus	Mackerel	Pollack/Pollack/Chopped Pollack	Cutlass fish	Yellow Corbina	Squid	Crab	Tofu/Soybean	
Allergy Information	Domestic	Domestic	Domestic (Hanu)	Domestic	Domestic	Domestic	China	Domestic	Russia	Domestic	Domestic	Domestic	Domestic	Domestic	

Mixed grains and glutinous rice: eco-friendly products // **Vegetables and fruits:**eco-friendly products (Regular products if supply is not available)

1.Egg, 2.Milk, 3.Buckwheat, 4.Nuts, 5.Soybean, 6.Wheat, 7.Mackerel, 8.Crab, 9.Shrimp, 10.Pork, 11.Peach 12.Tomato
 13.Sulfites,14.Walnut,15.Chicken 16.Beef, 17.Squid, 18.Clams(Oysters,Abalone,Mussel) 19.Pine Nuts
 *Students with allergies to specified foods, please check the daily menu in advance and take special care.

☞ The menu below is subject to change due to school circumstances or price fluctuations.
 ☞ Please refer to the country of origin and nutrition label of food ingredients by state on the school website (Alimmadang> Meal News)

Mon (월)	Tue (화)	Wed (수) - Chat Day	Thu (목)	Fri (금)
2	3	4[Student Recommended Meal]	5	6[Happy Birthday]
Public Holiday	National Foundation Day	Jajjang Rice 2.5.6.10.13.15.16. Corn Salad 1.5.13. Myongran Hotdog 1.2.5.6.10.12.16 Orange Juice (Ddaum) 13. Raddish Kimchi 9. 930.9/27.0/251.4/2.4	Corn Rice Beef Red Pepper Stew 5.6.13.16. Sweet & Sour Fish + Sauce 1.5.6.13. Stir-Fried Bean Sprout 5.6.13. Pickled Cucumber 5.6.13. Gold Kiwi 884.7/32.3/260.4/4.5	Glutinous Rice Potato Seaweed Soup 5.6.9.13.18. Braised Spicy Chicken 5.6.13.15. Egg Roll 1. Cabbage Kimchi 9. Fresh Cream Snow Cake 1.2.4.5.6.13. 793.0/44.4/226.6/4.7
9	10	11	12	13[Student Recommended Meal]
Hangeul Day	Barley Rice Ham & Potato Jjagul [Soup] 1.2.5.6.10.13.15.16. Buckwheat Spicy Noodles 3.5.6.13.16. Grilled Tofu in Perilla Oil 5. Stir-fried Dried Seaweed Stir-fried Butter Kimchi 2.9.13. 804.3/22.1/152.6/3.4	Jeyuk Rice Bowl 5.6.10.13. Bean Sprout Soup 5.6.9. Choco Chip Twist Pie 1.2.6. Cabbage Kimchi 9.13. Banana Strawberry Serbet 2.5. 880.6/36.3/260.8/4.2	Brown Rice Duck Soup 5.6. Potato Cheese Pancake 2.5.6.10. Seasoned Dried Raddish Leaves 5.6. Dried Pickled Radish Salad 13.17. Apple 773.4/29.1/330.0/3.8	Chicken Mayo Rice Bowl 1.5.6.13.15.18. Cabbage Bean Soup 5.6.9.13. Grilled Sausage & Rice cake 1.2.5.6.10.15.16. Raddish Kimchi 9.13. Peach Iced Tea 11.13. 968.0/31.6/269.0/3.4
16	17[Student Recommended Meal]	18[Multicultural Day]	19[No Soup Day]	20[No Soup Day]
Barley Rice Namdo Bean Sprout Soup 5.9.17. Stir-fried Pork 5.6.10. Seasoned Spinach in Chilli Paste Grilled Seaweeds Flower Pie 1.2.5.6.13. 810.8/40.4/153.5/3.7	Perilla Rice Gourd-shaped Rice Cake Soup 1.5.6.16. Grilled Spicy Chicken Wing 5.6.13.15. Chamnamul Apple Geotjeori 5.6.13. Stir-fried Fish Cake and Kimchi 1.5.6.9. 763.2/35.5/129.2/2.9	Rice [Choice] Mara Noodles [Chinese] 2.4.5.6.8.9.10.12.13.16.18. Sweet and Sour pork in Lemon 2.5.6.10.13.16. Cabbage Kimchi Calamansi Juice 845.9/26.9/93.5/7.6	Brown Rice Cabbage Bean Paste Soup 5.6.9. Boneless Chicken Galbi 5.6.13.15. Egg Dumpling 1.5.6. Chestnut Radish Salad Oranes 815.7/38.5/249.7/3.6	Bibimbap 5. Soft Tofu Bibimjang 5.16. Scorched Rice Corn Cheese Gratin 1.2.5.6.10.13.15.16.. White Kimchi 9. Yogurt 2. 710.4/21.1/199.3/2.5
23	24	25[Dokdo Day]	26	27[Student Recommended Meal]
Millet Rice Ham Stew 1.2.5.6.9.10.13.15.16. Braised Baby Potatoes 5.6.13. Crab Meat Seaweed Stir-fry 1.5.6.8. King Octopus Takoyaki 1.2.5.6.10.13.15.16.18. Raddish Kimchi 7 9. 846.2/26.1/154.5/2.5	Corn Rice Cheonggukjang Stew 5.9. Vraised Beef & Quail Eggs 1.5.6.13.16. Kimchi Squid Pancake 1.5.6.9.17. Bellflower Root Vegetables 13. Melon 703.8/36.4/236.9/5.3	Raddish Kimchi Bokkumbap 1.2.5.6.9.10.13.15.16.18. Egg Spring Onion Soup 1.5.6. Hanbando Ttonkasu 5.6.10.16. +Sauce, 2.5.6.12.13.16.18. Black Sesame Cabbage Saad 1.5. Seasoned Squid [Choice] 13. Apple 948.5/22.4/163.2/3.1	Sorghum Rice Chicken Bokkeumtang [Soup] 2.5.6.12.13.15.16.18. Boneless Grilled Pollack 2.5.6.12.13.16.18. Stir-fried Dried Seaweed & Anchovy Pickled Gungchae (Gungchae Pickled Sauce). Grape Water Jelly 13. 851.3/51.4/108.4/3.0	Brown Rice Pollack Radish Soup 5.6.9. Curry Udong 2.5.6.10.12.13.16.18. Canola Greens 5.6. Braised Pork and Kimchi 5.6.9.10.13. Maple Croffle 1.2.5.6. 969.6/48.7/383.0/4.4
30	31	27	28	29
Brown Rice Beef Stew 5.6.16. Ttok Galbi (Sauce) 1.2.5.6.10.12.13.16. raised Lotus Root Peanuts 연 4.5.6. Seasoned Bean Sprout 5. Raddish Kimchi 9. Plum Juice 762.3/35.8/158.1/3.3	Barley Rice Banquet Noodle Soup [Soup] 1.5.6. Ohyangjangyuk 2.5.6.10.13. Seasoned Lettuce & Leeks 5.6. Cabbage Kimchi 9. Mabdarins 696.8/58.8/279.5/5.5			

Know About Cholesterol

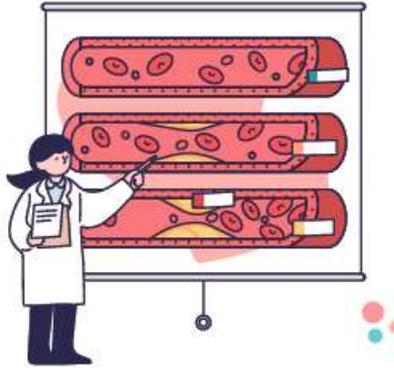
What comes to mind when you think of 'Cholesterol'?

Bad for your health?
What is bad to eat?
Blocking blood vessels?

There are side effects that occur when there is too much cholesterol. In fact,

cholesterol is a very important nutrient in our body.

It may seem unfair that cholesterol is only hated despite doing many amazing things. Then, what is cholesterol really? Let's find out right away, shall we?



◆ What cholesterol does in our body

1. Creates cell membranes.

An essential component of the cell membrane surrounding cells and **acts as a guardian to protect cells.**

2. It makes hormones.

It is an ingredient that makes various hormones, including female hormones, male hormones, and stress coping hormones.

3. Makes vitamin D.

When cholesterol in the skin is **exposed to sunlight (ultraviolet rays), it is converted into vitamin D.**

4. Produces bile acids

It produces bile acids needed to digest fried or fatty foods

5. It doesn't create energy.

It produces important components for our bodies, but it cannot produce energy. In other words, **having too much cholesterol does not mean you gain weight.**

◆ Is cholesterol so important that we need to eat it every day?

No, it isn't!!

Cholesterol is a necessary component for the entire body, so it is produced in all cells and is mainly synthesized in the liver.

If you eat more cholesterol, your body will make less cholesterol, and if you eat less cholesterol, your body will make more to maintain balance.

◆ Good Cholesterol vs Bad Cholesterol?

To be precise, this is incorrect.

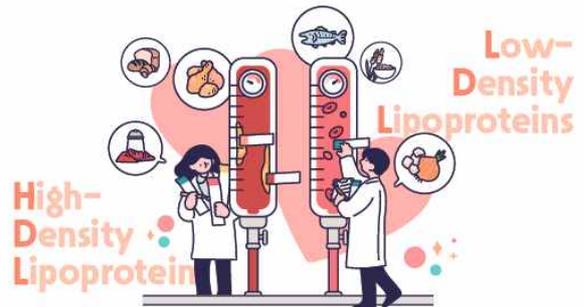
HDL and LDL are not different types of cholesterol, but different types of carriers (lipid proteins) that transport cholesterol. In other words, they are divided according to **their role as carriers of cholesterol.**

When the carrier (lipid protein) is formed,

- If the protein ratio is low **LDL (Low-density lipoprotein)**
--> Brings cholesterol from the liver to cells throughout the body
- High protein ratio **HDL (High-density lipoprotein)**
--> Transports cholesterol from cells throughout the body to the liver

Therefore, **in people at high risk of arteriosclerosis,**

HDL plays a 'good' role in collecting and eliminating cholesterol in the blood vessels, LDL can be said to play a 'bad' role in bringing cholesterol to the blood vessels and causing it to accumulate.



◆ Know More About Cholesterol!

Q. Can I eat cholesterol-containing foods (egg yolks, squid, crab, shrimp) as much as I want without worrying about cholesterol?

A. Eating cholesterol does not have a significant effect on blood cholesterol, so it is not a problem for people with normal blood cholesterol levels.

However, it is recommended that people with hyperlipidemia or those at risk of cardiovascular diseases such as arteriosclerosis consume less.

Data source: Modern Life Nutrition (2021) Tae-seon Park, Eun-kyung Kim, Gyomunsa Professor Hong Kyung-hee's 'Healthy Nutrition' food column cholesterol (21.07.06), Nongshim Blog Kim Soo-hyun's Dietary Lifestyle White Paper 100 Questions and 100 Answers (2012), Kim Soo-hyun, Dalteum