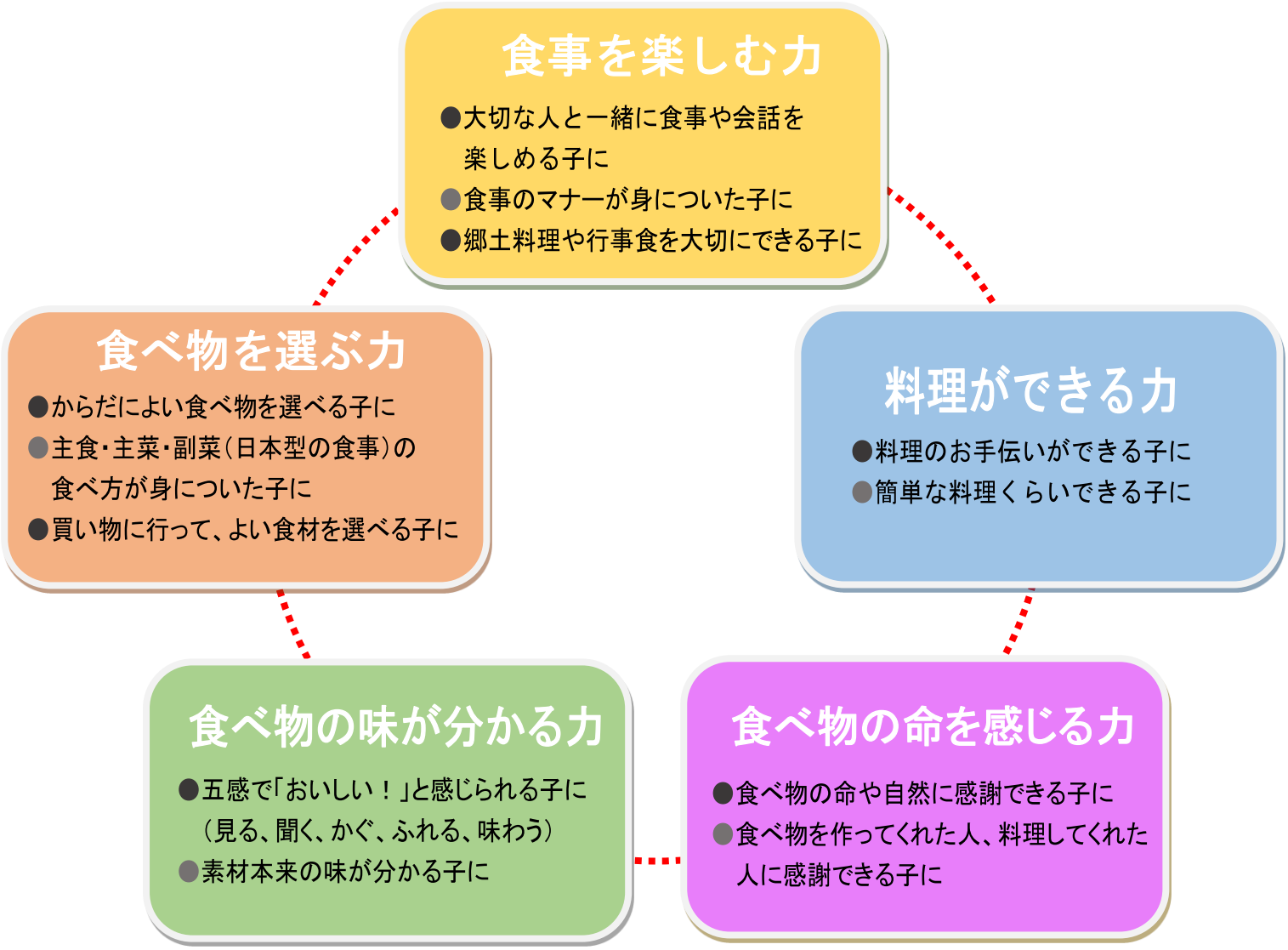食育は、子どもの「生きる力」を育てる！！