



## 規則正しい食事時間

An analog clock with a yellow face and black numbers. The hour hand points to 12 and the minute hand points to 3, indicating the time is 3:00.

## 旬の食材

冬の味覚

# 大晦日の年越しそば

A person with short brown hair, wearing a green long-sleeved shirt and blue pants, is sitting at a table. They are eating a bowl of ramen with chopsticks. The table is covered with a red tablecloth featuring a white cat illustration and snowflake patterns. In the background, a television set displays a program about Japanese architecture, showing a traditional building with a thatched roof. The text 'に使った' is partially visible at the top left of the page.