





上石太太的日式飯糰

**RICE BALL**

您可能用得到的配料





soy sauce



mayonnaise



nori

日式飯糰-調味料(色料、黏著劑)

tools



您需要的小工具



可愛打孔器

RICE 白飯 OR 醋飯



保鮮膜

plastic wrap





秤好適當的重量 weight



加入日式醬油

soy sauce



拌均匀 mix





放在保鮮膜中間

揉成橢圓形 oval





稍稍壓扁 squash

麵包超人的頭...出現了! ~



**Bread superman's head**



再看一次喔!



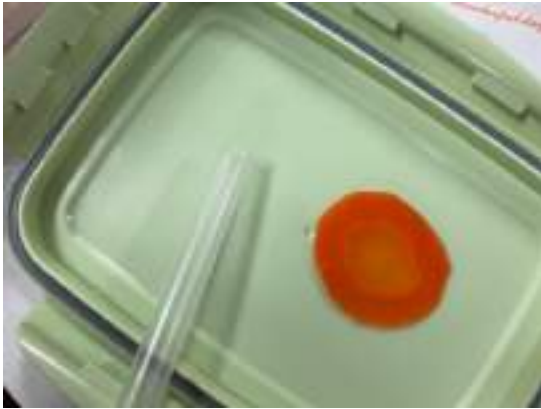


# 海苔...麵包超人的眼睛 *eyes*



# 紅蘿蔔片.....鹹蛋超人的臉頰

cheeks



# 美乃滋是很好的黏著劑

mayonnaise







HI~麵包超人!!! Bread Superman

# 裝飾餐盒 開始!

Decorate the lunch box





運用身邊的食材



大家一起玩創意



Hi~麵包超人!!!







- I see \_\_\_\_\_ in the lunch box.
- I can make a Japanese style lunch box.
- I can make a Bread Superman in my lunch box.
- I can make a Bread Superman rice ball in my lunch box.

- I can make rice balls in my lunch box.
- I like                    in the lunch box.
- I like                    (Taiwan/Japanese) style lunch box.

What is the difference between a Japanese-style lunch box and a Taiwan-style lunch box?



Japanese-style lunch box



Taiwan-style lunch box