

## 建議教案 - 學習重點 (一) Proposed Training Plan - Key Learning Points (I) :

### ▶ 認識營養標籤及其功用

Get to know nutrition label and its functions

### ▶ 了解營養標籤上的“1+7”營養資料

Understand the “1+7” information on nutrition label

### ▶ 介紹食物參考量於營養標籤上的位置

Introduce the location of reference amount on nutrition label

### ▶ 資源及參考資料



### ▶ Resources and reference materials



### 流程 Flow :

| 活動   | Activity   |
|--|--|
| <p><b>(一) 引入</b></p> <ul style="list-style-type: none"> <li>請學員從家中攜帶一件經常進食或購買的預先包裝食物/飲品或使用<b>教學道具</b>，並著學員討論選擇此食物的考慮因素(例如: 味道、價錢、包裝外觀、產地等)，從而帶出食物的營養成分亦應該是其中一項考慮因素。</li> <li>學員將不同的營養標籤作比較並列出共通的營養素項目。</li> </ul>  | <p><b>(A) Introduction</b></p> <ul style="list-style-type: none"> <li>Invite trainees to bring a prepackaged food/drink or make use of <b>training props</b> and initiate discussion on the factors to be considered when purchasing such food item (e.g. taste, price, package outlook, origin). Trainer should bring up that nutrient content should be one of the factors for consideration.</li> <li>Invite trainees to compare among the nutrition labels and list the nutrients in common.</li> </ul>  |
| <p><b>(二) 發展</b></p> <ul style="list-style-type: none"> <li>利用<b>單張「預先包裝食物知多點」</b>帶出營養標籤是食物標籤的一部分，列出食物的營養成分。</li> <li>營養標籤是實用工具，幫助消費者了解食物的營養素含量，從而選擇較健康的食物，即脂肪、糖、鈉較低的食物。</li> <li>營養標籤列出“1+7”資料，即能量及七種指定標示營養素（蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖及鈉）的數值。</li> <li>播放<b>短片(單元一)</b>，認識營養標籤的功用及“1+7”營養資料。</li> <li>完成<b>工作紙(甲)</b>。</li> </ul> | <p><b>(B) Development</b></p> <ul style="list-style-type: none"> <li>Make use of “<b>Know More About the Label of Prepackaged Food</b>” (Pamphlet) to illustrate that nutrition label is part of the food label and list out the nutrient content of food.</li> <li>Nutrition label is a useful tool which helps us to understand the nutrient content of food and choose healthier products, i.e. food with less fat, sugars and sodium.</li> <li>Nutrition label lists out “1+7” information which is the amounts of energy and that of 7 specified nutrients namely protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.</li> <li>Watch <b>video (module 1)</b> which illustrates the functions of nutrition label and the “1+7” information.</li> <li>Complete <b>Worksheet A</b>.</li> </ul> |
| <p><b>(三) 延伸活動</b></p> <ul style="list-style-type: none"> <li>回家剪下預先包裝食物的營養標籤並細閱內容，找出“1+7”營養資料。</li> <li>於英文課時學習營養素的英文名稱。</li> </ul>   | <p><b>(C) Relevant activities</b></p> <ul style="list-style-type: none"> <li>Cut the nutrition label from a prepackaged food at home and carefully read the label to identify the “1+7” information.</li> <li>Introduce the nutrients in English lessons.</li> </ul>   |
| <p><b>(四) 導師參考資料</b></p> <ul style="list-style-type: none"> <li>營之訊(一) 簡介營養標籤制度 (單張)</li> <li>認識新的營養資料標籤制度 (小冊子)</li> </ul>  | <p><b>(D) Reference Materials for Trainers</b></p> <ul style="list-style-type: none"> <li>NutriGet 1 - Introducing Nutrition Labelling Scheme (Factsheet)</li> <li>Get to Know the Nutrition Labelling Scheme (Booklet)</li> </ul>   |

### 工作紙(甲) 答案 Worksheet A Answers

問題 (一) Q1. (i) 100 克 (ii) 能量 (iii) Protein (iv) Sugars (v) 總脂肪 (vi) Trans fat (vii) 鈉 (viii) 千卡 (ix) 1.1 (x) 15.7 (xi) 毫克

問題 (二) 營養標籤“1+7”資料的1是指能量；7是指蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖、鈉。

Q2. Nutrition label lists out “1+7” information, 1 refers to energy and 7 refers to protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.

問題 (三) Q3. 每100克 / Per 100g