

建議教案 - 學習重點 (四) Proposed Training Plan - Key Learning Points (IV):

- ▶ 運用營養標籤作產品比較，選出脂肪、糖、鈉較低的食物
Compare nutrition labels to choose food products with less fat, sugars and sodium
- ▶ 如食物參考量相同，直接比較營養含量; 如食物參考量不同，須經換算後再作比較
If reference amounts are the same, compare nutrient content directly. If different, do the conversion before comparison
- ▶ 認識營養聲稱
Get to know nutrition claims

▶ 資源及參考資料



▶ Resources and reference materials



流程 Flow :

活動	Activity
<p>(一) 引入</p> <ul style="list-style-type: none"> ● 請學員分組於教學道具中的兩款檸檬茶及餅乾中找出較低糖的檸檬茶與較低鈉的餅乾。(提問: 比較兩款食品的營養素前要注意什麼? 是否直接比較數目的高低嗎?) ● 請學員從家中攜帶一樣附有營養聲稱的食品。(提問: 請列舉營養聲稱的例子。它們在哪些食物出現?) 	<p>(A) Introduction</p> <ul style="list-style-type: none"> ● Divide trainees into groups and give them two sets of training props (lemon tea and biscuits). Ask them to choose the lemon tea with less sugars and biscuits with less sodium. (Raise questions: Before comparing the nutrient content of two food products, what do you need to pay attention to? Is it just simply to compare the numbers as shown on the nutrition labels?) ● Invite trainee to bring a food product with nutrition claim. (Raise questions: Please give example(s) of nutrition claim. On which food products do you find them?)
<p>(二) 發展</p> <ul style="list-style-type: none"> ● 運用營養標籤作產品比較，選出脂肪、糖、鈉較低的食物。 ● 如食物參考量相同，直接比較營養含量; 如食物參考量不同，須經換算後再作比較。 ● 完成工作紙(丙)。 ● 播放短片(單元六)了解利用營養標籤作產品比較時須注意的地方。 ● 透過電腦遊戲「營養標籤你要識」(營養成分大比拼)練習比較不同產品的營養標籤。 	<p>(B) Development</p> <ul style="list-style-type: none"> ● Compare nutrition labels and choose food with less fat, sugars and sodium. ● If reference amounts are the same, compare nutrient content directly. If different, do the conversion before comparison. ● Complete Worksheet C. ● Display video (module 6) to reveal the points need to be observed when comparing nutrition labels. ● Practise on comparing nutrition labels through computer game “Get to Know Nutrition Labelling” (Compare the Nutrient Content).
<p>(三) 延伸活動</p> <ul style="list-style-type: none"> ● 配合聲稱卡介紹營養聲稱並解釋營養聲稱已受法例規管，必須符合特定的條件。 ● 透過電腦遊戲「營養標籤你要識」(營養聲稱逐個捉)加深認識營養聲稱背後的意義。 	<p>(C) Relevant activities</p> <ul style="list-style-type: none"> ● With the Claim Card, introduce nutrition claims and explain that nutrition claims are regulated by law and must fulfil the specified conditions. ● Understand the meaning behind nutrition claims through computer game “Get to Know Nutrition Labelling” (How Well Do You Know about Nutrition Claims?).
<p>(四) 導師參考資料</p> <ul style="list-style-type: none"> ● 營之訊(六) - 活用營養標籤 食物高低「鈉」見 (單張) ● 了解營養聲稱 (小冊子) 	<p>(D) Reference Materials for Trainers</p> <ul style="list-style-type: none"> ● NutriGet 6 - Use Nutrition Label to Become Sodium Savvy (Factsheet) ● Understanding Nutrition Claims (Booklet)

工作紙(丙) 答案 Worksheet C Answers

問題一Q1. (i) 100 (ii) 5 (iii) 100 (iv) 10 (v) A

問題二Q2. (vi) 25 (vii) 200 (viii) 100 (ix) 220 (x) 4 (xi) 4 (xii) 800 (xiii) B