

引言 Introduction

有關活用營養標籤及降低食物中鹽和糖教材套

About the Training Package on Nutrition Labelling and Reduction of Salt and Sugar in Food

為配合降低食物中鹽和糖委員會推動市民減少從食物中攝取鹽和糖食物安全中心(中心)於2017年更新《活用營養標籤及降低食物中鹽和糖教材套》(《教材套》)，加入有關能量需要量及攝取過量鹽和糖對健康影響的資料。製作《教材套》的目的，是為了增強教育伙伴(包括教師及社區機構的工作人員)對營養標籤、能量需要量、減少食物中的鹽和糖的重要性的認識，並協助教育伙伴向學生及市民推廣正確使用營養標籤及減少攝取鹽和糖的方法。此教材套包括以下項目：

To work in conjunction with the Committee on Reduction of Salt and Sugar in Food on encouraging the public to reduce dietary intake of salt and sugar, the Centre for Food Safety (CFS) updates the Training Package on Nutrition Labelling and Reduction of Salt and Sugar in Food (Training Package) in 2017 and adds information on energy requirement as well as health impact due to excessive intake of salt and sugar. The Training Package is produced to strengthen understanding of nutrition labelling, energy requirement, and importance of reducing salt and sugar in food among education stakeholders, including teachers and personnel of community organisations, and to assist them to promote the practical ways of using nutrition labelling as well as reducing the intake of salt and sugar to students and the public. The package includes the following items:

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

建議教案 - 學習重點 (二)

Proposed Training Plan – Key Learning Points (II)

- 認識食物的能量值 Get to know energy value of food
- 認識能量需要量與體重控制 Get to know energy requirement and weight control

建議教案 - 學習重點 (三)

Proposed Training Plan – Key Learning Points (III)

- 了解能量及 7 種營養素的功用 Learn about the functions of energy and 7 nutrients
- 認識過量攝取脂肪、糖、鈉對健康的影響
Understand the health effects on excessive intake of fat, sugar and sodium
- 認識脂肪、糖、鈉的每日攝入上限
Get to know the daily intake upper limits of fat, sugar and sodium

建議教案 - 學習重點 (四)

Proposed Training Plan – Key Learning Points (IV)

- 認識營養標籤上的食物參考量 Get to know the reference amount on nutrition label
- 學習計算營養攝取量 Learn how to calculate nutrient intake
- 透過「活用營養標籤三部曲」了解食物是否配合個人營養需要
Make use of “3-Step Guide to Use Nutrition Label” (3-Step) to see if food is suitable for ourselves

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建議教案 - 學習重點 (五)

Proposed Training Plan – Key Learning Points (V)

- 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, sugar 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

建議教案 - 學習重點 (六)

Proposed Training Plan – Key Learning Points (VI)

- 認識食物中的糖和游離糖 Get to know sugar in food and free sugars
- 認識過量攝取糖對健康的影響 Learn about the health impact of excessive intake of sugar
- 認識糖的每日攝入上限 Get to know the daily intake limit of sugar

建議教案 - 學習重點 (七)

Proposed Training Plan – Key Learning Points (VII)

- 認識食物中的鈉(鹽) Get to know sodium (salt) in food
- 認識過量攝取鈉對健康的影響 Learn the health impact of excessive intake of sodium
- 認識鈉的每日攝入上限 Get to know the daily intake limit of sodium

建議教案 - 學習重點 (八)

Proposed Training Plan – Key Learning Points (VIII)

- 攝取過量鹽和糖對公共健康造成的負擔(高中討論)
Public health burden due to excessive intake of salt and sugar
(discussion by senior secondary students)
- 討論和認識如何在日常生活中減鹽和減糖(初中討論)
Discuss and understand how to reduce salt and sugar in daily life
(discussion by junior secondary students)

建議教案分成(一)至(八)，導師可根據目的選擇課程內容：

Proposed training plan is divided in 8 sessions and teachers can select content according to their aim.

目的 Aim	建議教案 Proposed Training Plan
了解營養標籤 Get to know nutrition label 了解減少食物中鹽和糖對健康的重要性 Understand the importance of reducing salt and sugar in food to health 食物中的鹽和糖及相關健康影響的討論資料 Materials on salt and sugar in food and relevant health impact for discussion 了解營養標籤及減少食物中鹽和糖的重要性 Get to know nutrition label and the importance of reducing salt and sugar in food	(一)至(五) (I) to (V) (六)至(七) (VI) to (VII) (八) (VIII) (一)至(八) (I) to (VIII)