

# 建議教案 - 學習重點 (二) Proposed Training Plan – Key Learning Points (II)

建議時數 Suggested duration : 35 分鐘 min

- ▶ 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

▼ 資源及參考資料：



▼ Resources and reference materials:



## 流程 Flow:

### 活動

### Activity

#### (一) 引入

- 請學員利用膳食記錄表記錄一天進食的食物和大約分量，食物分量可以參考預先包裝食物的營養標籤或食物圖片冊。
- 請學員利用網上資源營養資料查詢系統的食物營養計算器估算一天所攝取的能量。學員需要把計算器的報告表列印，以供在課堂使用。
- 請學員計算體重指標，看看體重是否適中。

#### (A) Introduction

- Invite trainees to use the [Diet Recording Form](#) to record food items and approximate amount consumed in a day. The amount can be referred to the nutrition label of prepackaged food or the [Food Photo Booklet](#).
- Invite trainees to use the [Food Nutrient Calculator](#) of Nutrient Information Inquiry System to estimate the energy consumed in the day. Trainee needs to print the report for use on the lesson.
- Ask trainees to [calculate Body Mass Index \(BMI\)](#) of themselves and see if their weights are within the normal range.

#### (二) 發展

- 利用小冊子《[能量及營養素](#)》介紹能量和營養素。食物中的碳水化合物、脂肪和蛋白質可為身體機能和體能活動提供能量，但產生的能量值並不相同(能量以卡路里或焦耳為單位；1000卡路里 = 1千卡 = 4.2 千焦耳)。
- 能量需要量視乎年齡、性別、體重、活動量及身體狀況而定。請學員按[中國營養學會建議每日平均所需的能量](#)，比對他們每日消耗的能量，看看有沒有超過每日所需。
- 體重是與能量平衡相關。若攝取的能量較消耗的能量為多，體重便會增加。利用小冊子《[兒童肥胖症與營養標籤](#)》解釋兒童超重及肥胖的原因，並著學員檢視體重指標，看看體重是否適中。
- 超重的人可從選擇脂肪含量較低的食品入手。此外，糖是他們需要減少攝取的另一種營養素，因為糖只含能量而無別的營養價值。
- 檢視攝取能量超過每日所需的學員的食物記錄，請他們找出當中可替代的食物，以減少攝取能量。

#### (B) Development

- Make use of “[Energy and Nutrients](#)” (Booklet) to introduce energy and nutrients. Carbohydrates, fat and protein in food provide energy for body functions and physical activities. They, however, do not produce the same amount of energy (measured in calories or joules; 1 kcal = 4.2 kJ).
- Energy requirement depends on age, gender, body weight, activity level and body status. Ask trainees to check their energy consumed in a day against the [daily average energy requirement recommended by the Chinese Nutrition Society](#) to see if consumption exceeds daily requirement.
- Body weight is associated with energy balance. If energy intake is higher than energy expenditure, body weight will increase. Make use of “[Childhood Obesity and Nutrition Labelling](#)” (Booklet) to explain the cause of childhood overweight and obesity, and ask trainees to review their BMI and see if their weights are within the normal range.
- Look for a lower fat version of a food item is a good place to start for overweight person. In addition, sugar, being “empty-calorie” (i.e. providing energy but with no other nutritional value) should be another nutrient that overweight person needs to reduce the intake.
- Review the diet record of trainees whom energy consumed in a day exceeds the daily requirement. Invite trainees to replace certain food items to reduce energy intake.

#### (三) 延伸活動

- 體重是與能量平衡相關。試列出三種運動，並利用網上資源「[熱量消耗教室](#)」，計算進行這些運動三十分鐘所消耗的能量。

#### (C) Relevant activities

- Body weight is associated with energy balance. Name three types of exercise and calculate the energy expenditure for doing these exercises for 30 minutes by using “[Energy Expenditure Virtual Classroom](#)”.

#### (四) 導師參考資料

- 能量及營養素(小冊子)
- 兒童肥胖症與營養標籤(小冊子)
- 卡路里與能量(只有網上版本)
- 營養素與健康：能量及蛋白質(只有網上版本)

#### (D) Reference Materials for Trainers

- [Energy and Nutrients](#) (Booklet)
- [Childhood Obesity and Nutrition Labelling](#) (Booklet)
- [Calories and Energy](#) (Online version only)
- [Nutrient and Health : Energy and Protein](#) (Online version only)