

建議教案 - 學習重點 (三) Proposed Training Plan – Key Learning Points (III)

建議時數 Suggested duration : 35 分鐘 min

- ▶ 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

▼ 資源及參考資料 :

▼ Resources and reference materials:



流程 Flow:

活動

Activity

(一) 引入

- 張貼「營養知多少 揀啱我需要-糖、脂肪、鈉」海報，以提升學員的興趣。
- 請學員重溫標籤上「1+7」的營養資料。(提問：營養標籤上的「1+7」是指什麼？你最關注的營養素是什麼？原因是什麼？)

(A) Introduction

- Display Posters on “Make Better Choice Use Nutrition Labels – Sugars, Fat, Sodium” to raise trainees’ interest.
- Revisit the “1+7” nutrition information on label. (Raise questions: What does “1+7” on nutrition label refer to? Which nutrients are you most concerned about? Why?)

(二) 發展

- 利用單張《營之訊(二) - 1+7與健康》介紹能量及7種營養素與健康的關係。
- 過量攝取脂肪、糖、鈉增加患上慢性疾病的風險。
- 閱讀營養標籤應由脂肪、糖、鈉開始。
- 播放短片(單元二)，了解過量攝取脂肪、糖、鈉對健康的影響，以及認識脂肪、糖、鈉的每日攝入上限。
- 能量攝入量人人不同，視乎年齡、性別、體重、活動量等而定。
- 攝取過量的脂肪會增加超重及肥胖的風險，以每日攝取2000千卡能量計，總脂肪的每日攝入上限為60克，即4湯匙油。
- 攝取過量的糖會增加蛀牙及超重的風險，以每日攝取2000千卡能量計，糖的每日攝入上限為50克，即10粒方糖。
- 攝取過量的鈉會增加患上高血壓的風險，就一般成年人而言，鈉的每日攝入上限為2000毫克，即一平茶匙食鹽。兒童應比成年人攝入更少鈉。

(B) Development

- Make use of NutriGet 2 - “1+7” and Health (Factsheet) to introduce the health effects of energy and 7 nutrients.
- Excessive intake of fat, sugar, sodium increase the risk of chronic diseases.
- Start from fat, sugar, sodium when reading nutrition label.
- Display video (module 2) to reveal the health effects of excessive intake of fat, sugar, sodium and their daily intake upper limits.
- Energy requirement is different among individuals and it depends on age, gender, weight and physical activity level.
- Excessive intake of fat will increase risk of overweight and obesity. The daily intake upper limit is 60 g (4 tablespoons of oil) based on 2,000-kcal diet.
- Excessive intake of sugar will increase risk of tooth decay and overweight. The daily intake upper limit is 50 g (10 sugar cubes) based on 2,000-kcal diet.
- Excessive intake of sodium will increase risk of high blood pressure. The daily intake upper limit for average adult is 2000 mg (1 level teaspoon of salt). Children should consume less sodium than adults.

(三) 延伸活動

- 派發百摺卡，並鼓勵學員與家人分享有關資訊。

(C) Relevant activities

- Distribute folded card and encourage trainees to share information with family members.

(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)
- 心臟病與脂肪(小冊子)
- 高血壓與鈉(小冊子)

(D) Reference Materials for Trainers

- Energy and Nutrients (Booklet)
- Childhood Obesity and Nutrition Labelling (Booklet)
- Heart Diseases and Fats (Booklet)
- High Blood Pressure and Sodium (Booklet)