

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

建議時數 Suggested duration : 60 分鐘 min

- ▶ 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

▼ 資源及參考資料：

▼ Resources and reference materials:



流程 Flow:

活動

Activity

(一) 引入

- 請學員分組找出不同教學道具的營養標籤分別是以哪種食物參考量標示營養資料。(提問：檸檬茶上的營養標籤是以每100毫升、每包裝或每食用分量標示食物參考量呢？飲用整盒檸檬茶所攝取的糖分相當於營養標籤所顯示的糖含量嗎？)

(A) Introduction

- Divide trainees into groups and invite them to look for the reference amounts used on the nutrition labels of training props. (Raise question: What is the reference amount shown on the nutrition label of lemon tea, per 100 ml, per package or per serving? Is the amount of sugar intake by drinking whole pack of lemon tea equal to the amount of sugar as shown on the nutrition label?)

(二) 發展

- 營養標籤上的食物參考量可分每100克、每100毫升、每包裝及/或每食用分量。
- 如營養標籤以每100克或每100毫升標示，要先查看包裝上的淨重量或淨容量再計算營養攝取量。
- 如營養標籤以每食用分量標示，包裝上會同時顯示每包裝所含的食用分量數目 (no. of servings per package) 及食用分量 (serving size) 的大小。
- 營養素摄入量與進食分量成正比。進食分量愈多，營養素摄入量就會愈多。
- 播放短片(單元五)，並利用教學道具(餅乾A)介紹每食用分量的含義。
- 透過電腦遊戲「營養標籤你要識」(識飲識食)鞏固計算營養素摄入量的技巧。
- 利用單張《活用營養標籤三部曲》介紹如何透過三個步驟—(i)睇營養標籤，(ii)知我食多少；以及(iii)揀啱我需要，了解食物是否配合自己的營養需要。
- 留意營養標籤上的脂肪、糖及鈉的含量，因應自己的進食量計算營養素攝取量，再與每日攝入上限比較，避免超標。
- 播放短片(單元三及四)，並以教學道具(即食麵及檸檬茶)介紹如何使用「活用營養標籤三部曲」。
- 完成工作紙(乙)。
- 透過展板遊戲「營養標籤101」加深對「活用營養標籤三部曲」的應用。

(B) Development

- The nutrition label can be expressed in different reference amounts, per 100 g, per 100 ml, per package and/or per serving.
- For nutrition label expressed in per 100 g or per 100 ml, read the net weight or volume of food before calculating nutrient intake.
- For nutrition label expressed in per serving, it will show no. of servings per package and serving size at the same time.
- Nutrient intake is directly proportional to consumption amount. The more you eat, the greater your nutrient intake.
- Display video (module 5) and make use of training props (Biscuits A) to introduce the concept of per serving.
- Strengthen the skills on calculating nutrient intake by completing the computer game “Get to Know Nutrition Labelling” (How much Nutrient?).
- Make use of “3-Step Guide to Use Nutrition Label” (Pamphlet) to show how to use 3-Step – (i) Read nutrition label, (ii) Know how much I eat and (iii) Make better choices to see if food is suitable for ourselves.
- Read the amount of fat, sugars and sodium on nutrition labels, calculate your own nutrient intake basing on consumption amount and compare with daily intake upper limits.
- Display video (modules 3 and 4) and introduce how to make use of 3-Step with the aid of training props (instant noodle and lemon tea).
- Complete Worksheet B.
- Enhance the application of 3-Step through Exhibition Board Games (Nutrition Label 101)

(三) 延伸活動

- 於數學課時學習正比例及百分比的運算
- 利用工作紙(乙)計算進食一包即食麵/兩個食用分量的餅乾 A 所攝入的鈉

(C) Relevant activities

- Learn direct proportion and percentage calculation in Mathematics lesson
- Calculate sodium intake by consuming 1 pack of instant noodle/ 2 servings of Biscuits A with Worksheet B

(四) 導師參考資料

- 如何閱讀營養標籤(小冊子)

(D) Reference Materials for Trainers

- How to Read Nutrition Labels (Booklet)