

建議教案 - 學習重點 (六) Proposed Training Plan – Key Learning Points (VI)

建議時數 Suggested duration : 35 分鐘 min

- ▶ 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

▼ 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">• 請學員攜帶一件預先包裝飲品或零食，而其營養標籤註明有一定含量的糖。• 播放短片 (單元四)。• 張貼「營養知多少 揀啱我需要 - 糖」海報，並著學員比較不同食物中的糖含量。	<p>(A) Introduction</p> <ul style="list-style-type: none">• Invite trainees to bring a prepackaged drink/ snack in which there is certain amount of sugars stated on the nutrition label.• Display video (module 4).• Display Poster on “Make Better Choice Use Nutrition Labels – Sugars” and invite trainees to compare the amount of sugar in different food items.
<p>(二) 發展</p> <ul style="list-style-type: none">• 利用網上資源「糖：事實與迷思」以介紹食物中的糖，以及什麼是游離糖。• 檢視食物配料表和營養標籤，找出添加於食物中的糖。• 以問答方式討論有關糖的迷思。• 利用《營之訊(五)-含糖飲品知多點》介紹飲品中的糖及含糖的成分，以及經常飲用含糖飲品對健康的影響。• 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。• 計算所帶食物達到糖的每日攝入上限的食用量。• 附有糖含量聲稱的食品須符合糖含量聲稱的相關條件，包裝上聲稱「低糖」或「不含糖」的食物，每100克或100毫升分別含不超過5克或0.5克糖。	<p>(B) Development</p> <ul style="list-style-type: none">• Make use of online resource “Sugar: Facts and Myths” to introduce sugar in food as well as what are free sugars.• Read the food ingredient lists and nutrition label and find the added sugar in the food items.• Discuss the myths about sugar in question and answer format.• Make use of “NutriGet Series: Article 5 Know More about Sugary Drinks” to introduce sugar and sugar-containing ingredients in drinks, as well as health effects of drinking sugary drinks frequently.• 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.• Calculate the consumption amount of the food items to reach the daily intake limit of sugar.• Food products carrying claims on sugar should meet the relevant conditions of claims on sugar, food containing $\leq 0.5\text{g}$ per 100 mL or per 100 g can bear the nutrition claim “sugar free” whereas food containing $\leq 5\text{g}$ per 100 mL or per 100g can bear the nutrition claim “low sugar”.
<p>(三) 延伸活動</p> <ul style="list-style-type: none">• 尋找市面上可供選購的預先包裝低糖食物(包括調味料)及飲品。• 比較低糖和非低糖的食物/飲品達到糖的每日攝入上限的食用/飲用量。	<p>(C) Relevant activities</p> <ul style="list-style-type: none">• Find low sugar choice of prepackaged food (including seasoning) and drinks available in the market.• Compare between the consumption amounts to reach the daily intake limit of sugar for the low sugar choice and the non-low-sugar choice.
<p>(四) 導師參考資料</p> <ul style="list-style-type: none">• 如何閱讀營養標籤(小冊子)• 兒童肥胖症與營養標籤(小冊子)• 糖的苦澀真相(只有網上版本)	<p>(D) Reference Materials for Trainers</p> <ul style="list-style-type: none">• How to Read Nutrition Label (Booklet)• Childhood Obesity and Nutrition Labelling (Booklet)• The Bitter Truth about Sugars (Online version only)