

建議教案 - 學習重點 (七) Proposed Training Plan – Key Learning Points (VII)

建議時數 Suggested duration : 35 分鐘 min

- ▶ 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 about 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

▼ 資源及參考資料 : ▼ Resources and reference materials:



流程 Flow:

活動

Activity

(一) 引入

- 請學員攜帶一件預先包裝餅乾或其他零食，而其營養標籤註明有一定含量的鈉。
- 播放短片(單元五)
- 張貼「營養知多少 揀啱我需要 - 鈉」海報，並著學員比較不同食物中的鈉含量。

(A) Introduction

- Invite trainees to bring a prepackaged biscuits or other snack in which there is certain amount of sodium stated on the nutrition label.
- Display video (module 5)
- Display posters on “Make Better Choice Use Nutrition Labels – Sodium” and invite trainees to compare the amount of sodium in different food items.

(二) 發展

- 利用網上資源「鈉：事實與迷思」介紹食物中的鈉，包括鈉和鹽的關係。
- 閱讀味精：使用它還是厭惡它？(上篇)和味精：用它還是厭惡它？(下篇)，並查看學員食物的配料表，找出添加於食物中的鈉或含有鈉的添加劑。
- 以問答方式討論有關鈉的迷思。
- 利用《營之訊(六)-活用營養標籤 食物高低「鈉」見》介紹食品中的鈉，以及何謂鈉含量高的食物。
- 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。
- 計算所帶食物達到鈉的每日攝入上限的食用量。
- 附有鹽含量聲稱的食品須符合鈉含量聲稱的相同條件，即每100克/毫升「低鈉(低鹽)」的食物的鈉含量不應超過120毫克，而每100克/毫升「不含鈉(不含鹽)」的食物的鈉含量不應超過5毫克。

(B) Development

- Make use of online resource “Sodium: Facts and Myths” to introduce sodium in foods as well as the terms, “salt” and “sodium”.
- Read the articles, Monosodium Glutamate (MSG): Use it or Loathe it? (Part I) and Monosodium Glutamate (MSG): Use it or Loathe it? (Part II) and check the food ingredient list for sodium or sodium-containing food additives in the food items.
- Discuss the myths about sodium in question and answer format.
- Make use of “NutriGet Series: Article 6 Use Nutrition Labels to Become Sodium Savvy” to introduce sodium in food as well as how to define food contains high level of sodium.
- 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.
- Calculate the consumption amount of the food items to reach the daily intake limit of sodium.
- Food products carrying claims on salt should meet the same conditions of claims on sodium, “low sodium (low salt)” should contain not more than 120 mg of sodium per 100 g/mL of food while “sodium free (salt free)” should contain not more than 5 mg of sodium per 100 g/mL of food.

(三) 延伸活動

- 尋找市面上可供選購的預先包裝低鈉食物。
- 比較低鈉和非低鈉的食物達到鈉的每日攝入上限的食用量。

(C) Relevant activities

- Find low sodium choice of prepackaged food available in the market.
- Compare between the consumption amounts to reach the daily intake limit of sodium for the low sodium choice and the non-low-sodium choice.

(四) 導師參考資料

- 如何閱讀營養標籤(小冊子)
- 高血壓與鈉(小冊子)
- 嗜鹽都市(只有網上版本)

(D) Reference Materials for Trainers

- How to Read Nutrition Label (Booklet)
- High Blood Pressure and Sodium (Booklet)
- Salt and the City (Online version only)