

## 新東國小 104 學年度辦理健康體位宣導活動實施成果

活動名稱：將健康議題融入課程教學中，以增進學生健康行為及健康飲食態度行為的改變。



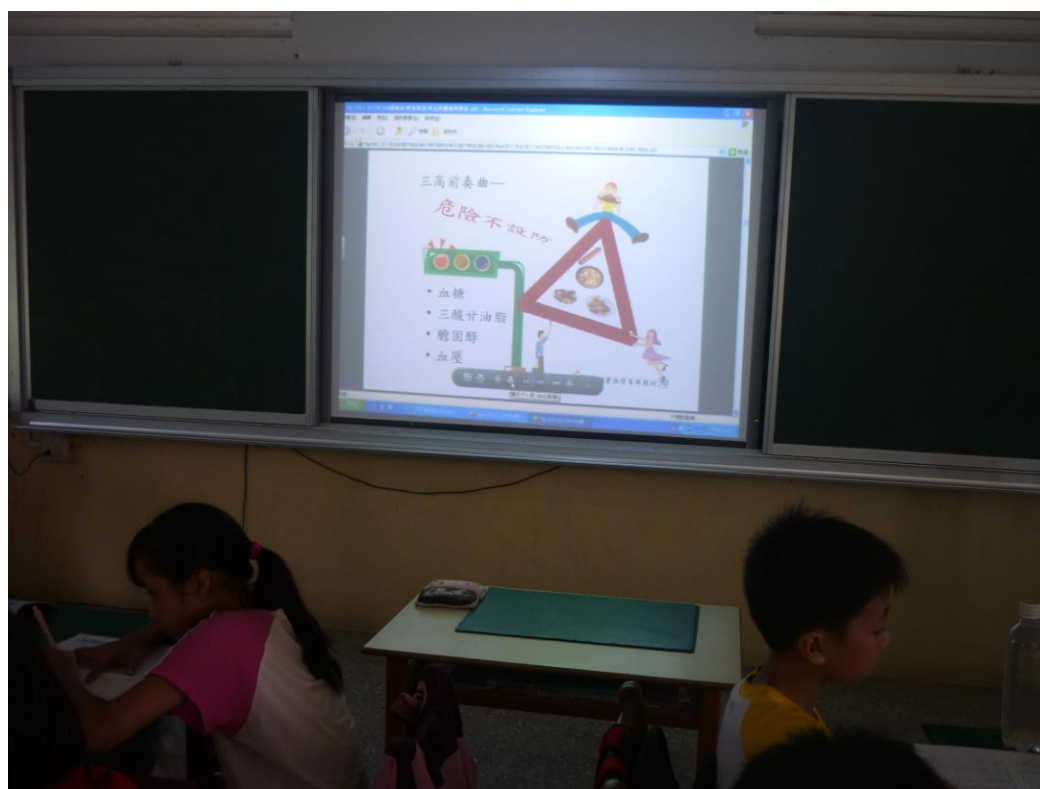
# 新東國小午餐營養教育課程教學成果

活動名稱	均衡飲食的重要
時間	104.10.2
地點	三甲教室
人數	9
成果照片	 A teacher in a light blue shirt stands in a classroom, pointing to a digital screen displaying a 'Healthy Diet Pyramid' (健康飲食金字塔). The pyramid is divided into five horizontal layers. From top to bottom, the layers are: 1. 吃應少 (Eat less): 油、鹽、糖類 (oil, salt, sugar). 2. 吃適量 (Eat moderate): 奶品類、肉、魚、蛋及豆類 (dairy, meat, fish, eggs, and beans). 3. 吃多 (Eat more): 瓜豆類 (legumes). 4. 吃最多 (Eat the most): 蔬菜類 (vegetables). 5. 吃最多 (Eat the most): 五穀類 (grains). Below the pyramid, text reads: 每天應喝6至8杯液體飲品，包括開水、清茶和淡茶。 The teacher is addressing a group of children seated at desks in the foreground.
成果照片	 A young girl in a red and white striped shirt stands in the classroom, pointing to a digital screen titled '蔬菜的彩虹攝食原則' (Rainbow Eating Principle for Vegetables). The screen lists '白色蔬果' (White vegetables and fruits) and provides examples: 白蘿蔔、冬瓜、竹筍、洋菇、金針菇、香蕉、芭樂、西洋梨. The screen also features small images of these items. The girl is presenting to the same group of children as in the previous photo.

## 新東國小午餐營養教育課程教學成果

活動名稱	米食的重要
時間	104.10.2
地點	六甲教室
人數	13人

成果照片



成果照片

