# 朝陽科技大學 098學年度第1學期教學大綱
# Nutrition and Meals Planning for Early Childhood 嬰幼兒餐點與營養

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| 當期課號 | 2464 | Course Number | 2464 |
| 授課教師 | 嚴金恩 | Instructor | YEN,CHIN EN |
| 中文課名 | 嬰幼兒餐點與營養 | Course Name | Nutrition and Meals Planning for Early Childhood |
| 開課單位 | 幼兒保育系(四日)二B | Department | |
| 修習別 | 選修 | Required/Elective | Elective |
| 學分數 | 2 | Credits | 2 |
| 課程目標 | 本課程教學目標包括：<br>1.認識各種營養素之功能及重要性、各種營養素食物的來源並如何攝取均衡營養，以及營養素攝取不當時對身體產生之影響。<br>2.瞭解嬰幼兒期營養需求、營養照顧、嬰幼兒常見的營養問題。<br>3.學習嬰幼兒副食品、餐點的設計與製作。 | Objectives | The objectives of the course are:<br>1. To know the function and importance of all kinds of nutrients, food sources of the nutrients, a balanced diet, and the effects of malnutrition to health.<br>2. To know young children's nutritional needs, health care, and common nutritional problems.<br>3. To learn how to plan and prepare nutritional meals and snacks for young children. |
| 教材 | 講義 | Teaching Materials | Handout |
| 成績評量方式 | 期中考<br>餐點製作<br>小組作業 | Grading | Midterm examination<br>Practice<br>Group homework |
| 教師網頁 | _ | | |
| 教學內容 | 一、認識各種營養素之功能及重要性<br>二、瞭解各種營養素的食物來源與均衡飲食<br>三、瞭解營養素攝取不當時對身體產生的影響<br>四、瞭解嬰幼兒期的營養需求、營養障礙與營養照顧<br>五、學習嬰幼兒餐點之設計與製作 | Syllabus | The purpose of the course is assist student understand the knowledge of nutrition, the requirement of nutrients in infant and early childhood.<br>The course covers the introduction of nutrition, include function and deficiency symptom and food source of the nutrients. The requirement of nutrients in infant and preschool-age child. How to selection and assessing food intake information. Vegetarian diets for children. Prevention of chronic disease with dietary intervention in childhood. |

尊重智慧財產權，請勿非法影印。