



課 綱 Course Outline
幼兒教育學系學士班

中文課程名稱 Course Name in Chinese	幼兒餐點與營養				
英文課程名稱 Course Name in English	Nutrition and Food for Young Children				
科目代碼 Course Code	ECE_20200	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	2.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
一、能了解食物中所含營養素的種類及其對人體之重要性。 二、能了解營養及飲食衛生對嬰幼兒生長之重要性。 三、能設計製作簡單可口的幼兒餐點及計算食物所含的熱量。					
系教育目標 Dept.' s Education Objectives					
1	培養優質的幼兒教保專業人才 To cultivate high-quality early childhood educare professionals				
2	培養具備本土化及國際觀之人才 To cultivate local and global perspectives professionals				
3	培養具備幼兒教保學術研究及實務兼備之人才 To cultivate research and practice in early childhood educare professionals				
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.' s Education Objectives	
A	具備幼兒教保發展理念與實務的素養。 To demonstrate the literacy of theorizing and performing developmentally appropriate early childhood educare curricula.			●	
B	具備理解與尊重幼兒發展及學習需求的素養。 To demonstrate the literacy of respecting and understanding preschool children' s versatile developmental and learning needs.			●	

C	具備規劃適切的幼兒教保課程、教學及多元評量的素養。 To demonstrate the literacy of planning, executing, and evaluating developmentally appropriate educare programs for preschool children.	●
D	具備建立幼兒教保正向學習環境及適性輔導的素養。 To demonstrate the literacy of establishing positive learning environment and implementing multiple adaptive guidance for preschool children.	○
E	具備認同與實踐幼兒教保專業倫理的素養。 To demonstrate the literacy of identifying and complying with the early childhood educare professional ethics.	

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

課程大綱

Course Outline

- 一、緒論：食物之六大分類及其所含之六大營養素之簡介。
- 二、嬰幼兒期的營養及飲食：嬰兒的生長發育、營養需求之簡介。
- 三、幼兒期的營養及飲食：幼兒期之營養需求、幼兒期供應餐點之製作要點。
- 四、如何為幼兒設計均衡的飲食：認識食物營養的換算及餐點製作

資源需求評估（師資專長之聘任、儀器設備的配合．．．等）

Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.)

請參閱教學計畫表

課程要求和教學方式之建議

Course Requirements and Suggested Teaching Methods

本課程以講授方式進行，輔以課堂討論及報告

其他

Miscellaneous