|  |  |  |  |
| --- | --- | --- | --- |
| **课 题** | 动物性食品营养价值 | **课 次** |  |
| **上课地点** | 教室 | **学 时** | 2 |
| **教学目标** | **知识目标** | **能力目标** | **素质目标** |
| 掌握各矿物质的功能,吸收及代谢过程 | 运用理论解决生活中膳食营养问题 | 树立正确的营养观念 |
| **重点难点****及解决办法** | 矿物质的消化吸收及代谢过程 |
| **教学过程****与时间分配** | **主要教学内容** | **教学方法****与手段** |
| **课前学习** |  |  |
| **情境导入****min** | 大航海时期,船员坏血病的发现与食疗防治方法 |  |
| **任务实施****min** | 小组讨论生活中听到或者接触的矿物质例 |  |
| **总结****min** |  |  |
| **课后作业** |  |

猪肉及内脏主要营养素含量（每100g可食部）

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 蛋白质(g) | 脂肪(g) | 钙(g) | 铁(g) | 视黄醇当量(μg) | VitB1(mg) | VitB2(mg) | 胆固醇(mg) |
| 猪肉(瘦)猪心猪肝猪肾猪脑 | 20.316.619.315.410.8 | 6.25.33.83.29.8 | 61261230 | 3.04.322.66.11.9 | 4413497241— | 0.540.190.210.310.11 | 0.100.482.081.140.19 | 791512883542571 |

鸡、鸭、鹅主要营养素的含量（每100g可食部）

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 食物名称  | 蛋白质(g)  | 脂肪(g)  | 视黄醇当量(μg)  | 硫胺素(mg)  | 核黄素(mg)  | 钙(mg)  | 铁(mg)  | 胆固醇(mg)  |
| 鸡鸡肝鸡肫鸭鸭肝鸭肫鹅炸鸡(肯德基) | 19.316.619.215.514.517.917.920.3 | 9.44.82.819.77.51.319.917.3 | 48104103652104064223 | 0.050.330.040.080.260.040.070.03 | 0.091.100.090.221.050.150.230.17 | 977618124109 | 1.412.04.42.223.14.33.82.2 | 1063561749434113574198 |

不同奶营养素比较（每100g含量）

|  |  |  |  |
| --- | --- | --- | --- |
|   | 人乳 | 牛乳 | 羊乳 |
| 水分(g)蛋白质(g)脂肪(g)碳水化合物(g)热能(kJ)钙(mg)磷(mg)铁(mg)视黄醇当量(μg)硫胺素(mg)核黄素(mg)尼克酸(mg)抗坏血酸(mg) | 87.61.33.47.427230130.1110.010.050.205.0 | 89.93.03.23.4226104730.3240.030.140.101.0 | 88.91.53.55.424782980.5840.040.122.10— |

奶中氮的分布

|  |  |  |
| --- | --- | --- |
|  | 牛奶 | 人奶 |
| 含量mg/100ml | 占总氮量的百分比(%)  | 含量mg/100ml  | 占总氮量的百分比(%)  |
| 总 氮酪蛋白乳清蛋白非蛋白氮 | 5404308030 | 10079.614.85.6 | 162497736 | 100304822 |

奶制品的营养价值

 ★巴氏杀菌乳(pasteurized milk)

★奶粉(milk powder)

全脂奶粉(whole milk powder) 脱脂奶粉(skimmed milk powder) 调制奶粉(formula milk powder)

 ★酸奶(cultured milk)

 ★炼乳(condensed milk) 甜炼乳(sweetened condensed milk) 淡炼乳(evaporated milk)

 ★复合奶(mixture milk)

 ★奶油(butter)

蛋各部分的主要营养组成(%)

|  |  |  |  |
| --- | --- | --- | --- |
|   | 全蛋 | 蛋清 | 蛋黄 |
| 水 分蛋白质脂 肪糖矿物质 | 73.8～75.812.811.11.31.0 | 84.4～87.78.9～11.60.11.8～3.20.6 | 44.9～51.514.5～15.526.4～33.83.4～6.21.1 |

各种主要营养素含量(每100g)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | 蛋白质(g) | 脂肪(g) | 碳水化合物(g) | 视黄醇当量(μg)  | 硫胺素(mg) | 核黄素(mg) | 钙(mg) | 铁(mg) | 胆固醇(mg) |
| 全鸡蛋鸡蛋白鸡蛋黄鸭 蛋咸鸭蛋松花蛋鹌鹑蛋 | 12.811.615.212.612.714.212.8 | 11.16.128.213012.710.711.1 | 1.33.13.43.16.34.52.1 | 194－438261134215337 | 0.130.040.330.170.160.060.11 | 0.320.310.290.350.330.180.49 | 449112621186347 | 2.31.66.52.93.63.33.2 | 585－1510565647608531 |