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| Theme | 小廚師阿諾 (Reference: <http://www.aichibooks.com.tw/e-7-los-pdf/e-7-los-1.pdf>) |
| Background | 繪本”小廚師阿諾”的故事 |
| Description | 主題活動一開始先介紹自選繪本”小廚師阿諾”， 每個人自小都會有屬於自己的夢想，從繪本中將會去探 討阿諾是如何付出努力完成自己的夢想；從「蘋果」進 行一些活動切入主題，利用不同的延伸活動讓小朋友將 繪本和蘋果料理做個連結，蘋果是大家熟知的水果，藉 由食物金字塔的活動，除了可以了解各種食物的營養價 值之外，更可以認識均衡飲食的重要性；活動進行時也 會搭配其它的繪本讓活動有更多的延展性，同時從進行 的活動中去了解當一位廚師應該具備的才能以及對於料 理的熱愛和抱持的態度，這個主題將讓小朋友體驗如何 利用蘋果做出很多美味的點心，學習當一位小廚師以及 透過同儕的互助合作開一家餐廳，再將自己料理過的蘋 果美食分享給大家品嚐。 |
| Objectives | 一. 能分享自己長大的志願。  二. 認識食物金字塔以及食物的營養。  三. 透過戶外教學到傳統市場挑選新鮮的食材。  四. 認識廚師的工作內容。  五. 學習當個小廚師進行不同的蘋果料理。  六. 能進行餐廳的籌備工作以及美食響宴。 |
| Developmental objectives | Morality Development  Cognitive and Language Development  Physical Development  Affective and Social Development  Aesthetic Development |
| Learning areas | Physical Fitness and Health  Language  Preschool Mathematics  Nature and Living  Self and Society  Arts and Creativity |
| Material List | (materials from all activities) |

**Theme Mind Map**





**Material Overview**

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| Material Name | Level | Morality Development | Cognitive and Language Development | Physical Development | Affective and Social Development | Aesthetic Development |
| 我的志願 | Entry(3-4) |  |  |  |  |  |
| 一分為二 | Advanced(5-6) | ✓ | ✓ | ✓ |  |  |
| 食物金字塔 | Medium(4-5) |  | ✓ | ✓ |  | ✓ |
| 好喝的水果茶 | Entry(3-4) |  |  |  |  |  |
| 繪本分享: 神秘的煎餅 | Entry(3-4) |  |  |  |  |  |
| 我的廚師服 | Medium(4-5) |  |  |  |  |  |
| 我是小廚師 | Medium(4-5) |  |  |  |  |  |
| 酸甜蘋果醬/蘋果鬆餅 | Advanced(5-6) |  |  |  |  |  |
| 貓頭鷹 | Entry(3-4) |  |  |  |  |  |
| 香酥蘋果派小書 | Medium(4-5) |  |  |  |  |  |
| 餐廳命名活動 | Medium(4-5) |  |  |  |  |  |
| 繪本分享:黃金鼠開餐廳 | Entry(3-4) |  |  |  |  |  |
| 小小廚師開餐廳 | Advanced(5-6) |  |  |  |  |  |
| 甜蜜美食館 | Advanced(5-6) |  |  |  |  |  |

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| Activity Name | 一分為二 | | | | |
| Level(age) | Entry(3-4) | Medium(4-5) | | Advanced(5-6) | |
| Developmental objectives | Morality Development  Cognitive and Language Development  Physical Development | | Affective and Social Development  Aesthetic Development | | |
| Learning areas | Physical Fitness and Health  Language  Preschool Mathematics | | Nature and Living  Self and Society  Arts and Creativity | | |
| Knowledge | 1. 縱切面、橫切面 2. 分數 | | | | |
| Skills | (小肌肉訓練) 學習使用刀 | | | | |
| Values and Attitude | 輪流使用用具及分享食物 | | | | |
| Material | 刀、分數字卡、器皿(碟/大碗) | | | | |
| Activity | Description | | | | Materials |
|  | 利用刀將食物以縱切面、橫切面的方式切開，觀察不同切面  http://images.tutorvista.com/cms/images/67/cross-section-figure.png | | | | 刀 |
|  | 利用刀將食物切成1、1/2、1/4或不同等份，再將食物與分數字卡做配對 練習  https://ecdn.teacherspayteachers.com/thumbitem/ONE-A-Fraction-Card-Game-That-Plays-Like-UNO-012736300-1377911331-1453433438/original-853055-2.jpg | | | | 分數字卡 |
| Others/ Remarks | 使用刀具時注意安全 | | | | |

Reference: [小廚師阿諾](http://www.aichibooks.com.tw/e-7-los-pdf/e-7-los-1.pdf) P.10-13

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| --- | --- | --- | --- | --- |
| Activity Name | 食物金字塔 | | | |
| Level(age) | Entry(3-4) | Medium(4-5) | | Advanced(5-6) |
| Developmental objectives | Morality Development  Cognitive and Language Development  Physical Development | | Affective and Social Development  Aesthetic Development | |
| Learning areas | Physical Fitness and Health  Language  Preschool Mathematics | | Nature and Living  Self and Society  Arts and Creativity | |
| Knowledge | 認識食物的種類  認識均衡飲食 | | | |
| Skills |  | | | |
| Values and Attitude |  | | | |
| Material | 金字塔、食物圖卡 | | | |
| 金字塔  http://handameslfoodunit.weebly.com/uploads/2/8/2/1/28212161/8858962_orig.jpg | | 食物圖卡  http://i.imgbox.com/1L6vV8HK.jpg | |
|  | http://zentofitness.com/wp-content/uploads/2008/10/picture-1.png | |  | |
|  | |  | |
| Others/ Remarks |  | | | |