



Sias IS
西亚斯外籍学校

2022-2023

Newsletter

2022-2023 家校通讯录

December 9, 2022
2022 年 12 月 9 日

Welcome Back! 欢迎回来!

I am so grateful to see our students again for school activities. Our students have been wonderfully happy being on campus. All of the teachers and staff were very excited. I hope you, parents, have enjoyed a quieter home the past few days.

很开心能够再次在学校见到我们的学生。我们的学生在校园里过得非常愉快。所有的老师和工作人员都非常兴奋。家长们，希望大家这几天在家都享受到了安静的环境。



Epidemic Control at School 校园疫情防控

Each classroom is a small “bubble” meaning the students are isolated from each other to limit the potential spread of COVID. During the school day, students do not interact with kids from other classes and our specialist teachers (Art, Music, and PE) do not see the students in-person to prevent the spread of COVID from bubble to bubble. We will continue this safety plan until we are confident that the risks of getting COVID are minimal.

We are all required to work together to keep each other safe. Timely reporting of any positive cases to the school will help prevent the spread of COVID and ensure we can keep the school open to all students.

每个教室都是一个小“泡泡”，这意味着学生们彼此隔离，以限制新冠病毒的潜在传播。在校期间，学生不与其他班级的孩子互动，我们的专业老师（美术、音乐和体育）也不亲自与学生见面，以防止疫情从一个“泡泡”传播到另一个“泡泡”。我们将继续实施这一安全计划，直到我们确保 b 病毒的风险降到最低为止。

所有人都需要共同努力，守护彼此的安全。及时向学校报告任何阳性病例将有助于防止疫情的传播，并确保我们能够保持学校对所有学生开放。



What happens when COVID impacts a student or the family of a student?

学生或学生同住人感染新冠我们的方案是什么？

- If any student or staff member exhibits symptoms of COVID (fever, runny nose, etc.) he or she must stay home from school until the symptoms stop. If these symptoms are caused by some other medical reason, he/she may return to school with a doctor's explanation and negative NAT test.

- 如果任何学生或工作人员表现出症状 (发烧、流鼻涕等), 该生必须待在家里, 直到症状消失。如果这些症状是由其他原因引起的, 他 / 她可以在医生开的病历单和核酸测试阴性的情况下返回学校。

- If a student tests positive, the student must stay home until he/she has a negative NAT test result. Parents must report the positive test result to school immediately. School staff will then contact the students and staff in the bubble. All students and staff must take another NAT and submit the negative results before returning to school.

- 如果学生核酸检测呈阳性, 该生必须留在家中, 直到测试结果呈阴性。如检测结果呈阳性, 家长须立即向学校报备, 学校的工作人员会联系处在相同 “泡泡” 中的学生和工作人员。所有学生和工作人员必须再次参加核酸测试, 并在返回学校之前提交阴性结果。

- If a family member who lives in the students' home tests positive, the parents must notify the school immediately. The student must stay home until all other family members in the house have negative NAT results.

- 如果住在学生家中的家庭成员检测呈阳性, 家长必须立即通知学校。学生必须留在家中, 直到其他家庭成员的核酸检测结果为阴性。

- If we begin to have multiple COVID cases across several classes, we will notify all families and staff. We may consider closing school for a short period to prevent the wide spread of COVID. If school is closed, we will switch to remote learning for those days.

- 如果我们开始在几个班级出现多例新冠阳性病例, 我们将通知所有家庭和员工。为防止新冠肺炎疫情扩散, 可以考虑短期停课。如果学校停课, 我们将转换为线上学习。

Why is a negative 48 Hour NAT result required to be on campus?

为什么入校要求 48 小时核酸阴性证明?

While the national policy has stated that all schools shall be reopened, Zhengzhou has instituted a local rule requiring schools to collect and report 48-hour NAT results for all students and staff on campus. We understand that this is a difficult requirement to comply with since most of the testing booths in the city are closed and rapid tests are difficult to purchase. We have informed the Education Bureau of this hardship. We have asked them to support us to have the testing booth near campus open or to strictly follow the national reopening guidelines which do not require NAT testing.

国家政策规定所有学校都应该复课，郑州要求学校收集并报告校园内所有学生和工作人员 48 小时的核酸结果。我们知道这是一项很难遵守的要求，因为目前郑州市的大多数核酸小屋都是关闭的，而且很难购买到抗原测试盒。我们已经向教育局反映了这一困难。我们已经请求他们支持我们在校园附近开放检测点，或者严格遵守国家重新开放的指导方针，入校不要求提交核酸检测。

Tree Lighting Ceremony 点灯仪式

We are excited to share that we will host our annual Tree Lighting on campus Saturday, 12/17 for the tree lighting. The event will be from 5:00 PM to 6:15. All students, staff, and guests must have negative 48 hour NAT test results to be on campus. Parents will upload their results on DingTalk before the event.

我们很高兴地宣布，我们将于 12 月 17 日（周六）在校园举办一年一度的圣诞点灯仪式。活动时间为下午 5 点到 6 点 15 分。所有学生、员工和来宾必须在持 48 小时核酸阴性结果才能进入校园。家长需要在活动开始前在钉钉上上传检测结果。



Comic/Manga competition 漫画大赛

Do you enjoy drawing stories? Do you have a love of illustration? Does Japanese Manga art appeal to you?

你喜欢画故事吗？你喜欢插画吗？日本漫画艺术对你有吸引力吗？

If you answer yes to any of the questions above, then you will be pleased to know that Sias IS has registered for the 'International Comic/Manga School Contest 2023'. This competition will allow our talented students to showcase their art skills on the international stage. To enter the competition, simply contact Mr. Bond on email: nicholasbond@siasinternationalschool.org

如果你对上面任何一个问题的回答是肯定的，那么你会很高兴地知道西亚斯外籍人员子女学校经注册参加了“2023 年国际漫画 / 漫画学校比赛”。这次比赛将让我们有才华的学生在国际舞台上展示他们的艺术技能。若您有意向报名参加，请通过电子邮件联系邦德先生：nicholasbond@siasinternationalschool.org



Please scan the QR code for further information regarding the competition:
请扫描二维码了解更多比赛信息：





Theme of the Month: Communicators 本月主题：沟通者

Every communication involves (at least) one sender, a message and a recipient. This may sound simple, but communication is actually a very complex subject. The transmission of the message from sender to recipient can be affected by a huge range of things. These include our emotions, the cultural situation, the medium used to communicate, and even our location. This complexity is why good communication skills are considered so desirable by employers around the world: accurate, effective and unambiguous communication is actually extremely hard.

每一次交流都包括（至少）一个发送者、一条信息和一个接收者。这听起来可能很简单，但沟通实际上是一门非常复杂的学科。从发送方到接收方的信息传输可能受到很多因素的影响。这些因素包括我们的情绪、文化环境、交流媒介，甚至我们所处的位置。这种复杂性就是为什么世界各地的雇主都认为良好的沟通技巧是如此可取：准确、有效和明确的沟通实际上是极其困难的。

Activities for parents

家长小游戏

When working on non-language homework. Encourage your child to explain his/her answer to you orally or by drawing a picture.

当做非语言作业时。鼓励孩子用口头或图画的方式向你解释他 / 她的答案。

Student Learning for the Week 本周教学

Toddler

What a joy
it is to be back together!

重聚是件多么快乐的事情呀

Toddlers lit up the class Christmas tree together and sent their best wishes to those friends who haven't be able to return.

The parents were so sweet that they sent Santa Claus-cakes to share for the celebration.

Toddler 一起点亮了班级圣诞树，也给那些暂时没有回归的小伙伴发去了遥远的祝福。

班级大朋友（家长）特地送来了圣诞老人蛋糕，大家一起庆祝～





We're celebrating the little learners' return, how they did their best at eating vegetables during remote learning, and they're turning three years old. Best of all, we're celebrating that everyone can count to 10!

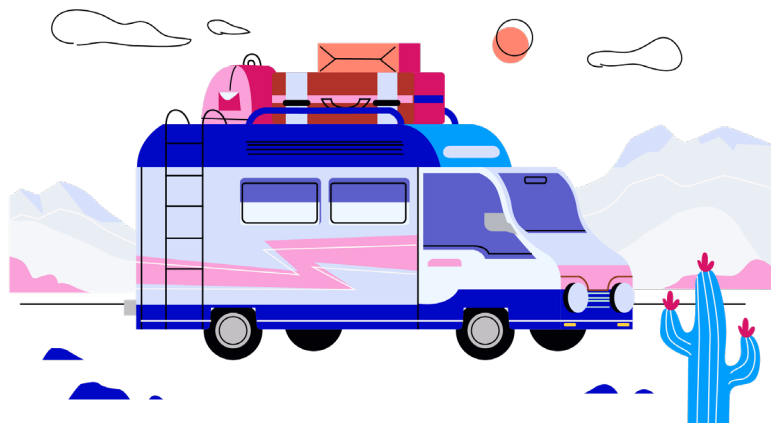
Congratulations to our little learners for their persistence and consistently challenging themselves.

我们庆祝大家重聚，庆祝在分离时期各个小探索者在家依旧坚持吃菜菜，庆祝小探索者们已经三岁了，还庆祝大家可以数到 10 啦～庆祝我们的坚持以及不断挑战小小的自己。



PreK 3B

RV Learning 房车学习



What a great way to start the week by meeting our students at the park and teaching them in an RV! The bright smiles on their faces revealed how happy they were to see their teachers and friends.

在公园里与孩子们见面，并在房车里给他们上课，这是一个多么好的开启本周的方式啊！孩子们脸上灿烂的笑容透露出他们见到老师和朋友是多么的开心。



Our unique classroom sparked their curiosity. They seemed intrigued by what was in store for them. They did not mind the tiny space as they engaged in different activities.

我们奇特的教室激发了孩子们的好奇心，他们显示出对在房车上上课非常感兴趣。虽然空间狭小，但孩子们并不介意，因为他们依然可以开展不同的活动。

While strolling through the park, the students came across several pinecones. We collected them for our upcoming holiday art project.

在公园里散步时，孩子们看到了一些松果。为了即将到来的假日艺术项目，我们便收集了它们。



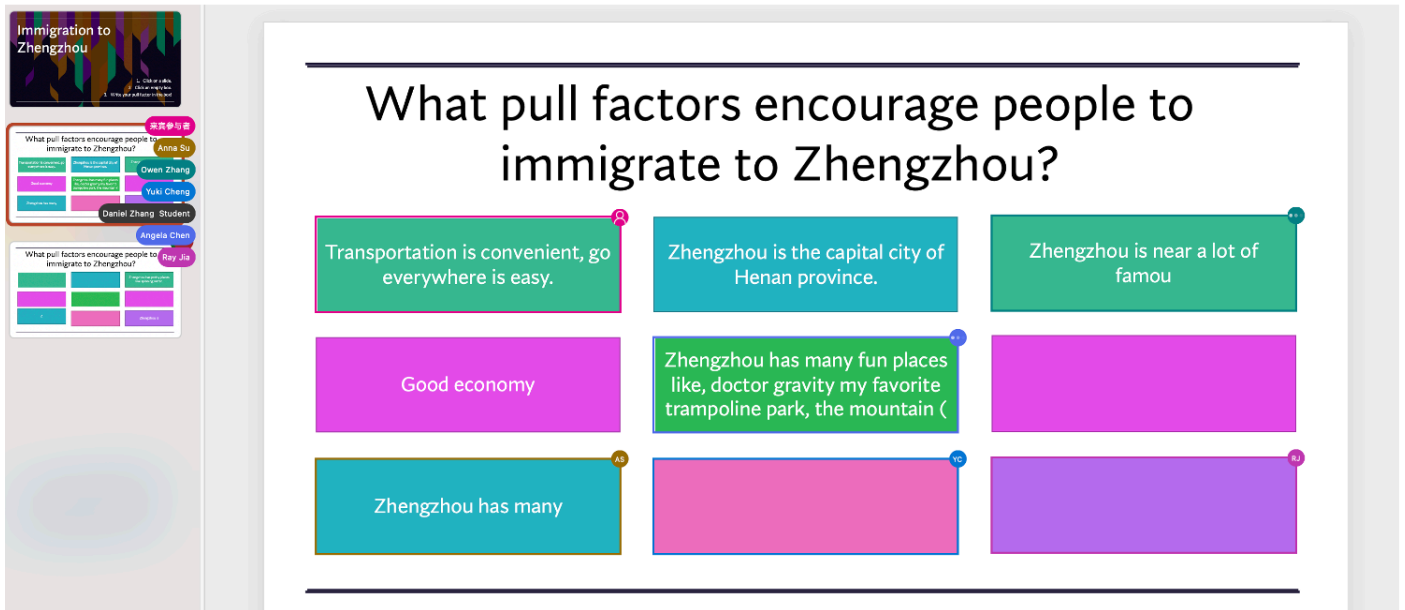
As we began our second line of inquiry, “different cultures can be represented through art,” we discussed how countries celebrate Christmas. The students started creating Christmas decorations typically seen in various places as they observed the Christmas season. We also considered various art forms that may be used to commemorate holidays like Christmas and other special events.

当开始第二条探究思路—不同的文化可以通过艺术表现出来时，我们讨论了各国如何庆祝圣诞节。孩子们通过学习便开始制作圣诞节的装饰，如圣诞树和驯鹿帽子。不仅如此，我们还学习了通过各种各样的艺术形式来纪念圣诞节和其他特别节日。

We are looking forward to a more fun and creative way of having in-person classes.

我们期待着一种更有趣、更具创意的面对面授课方式。





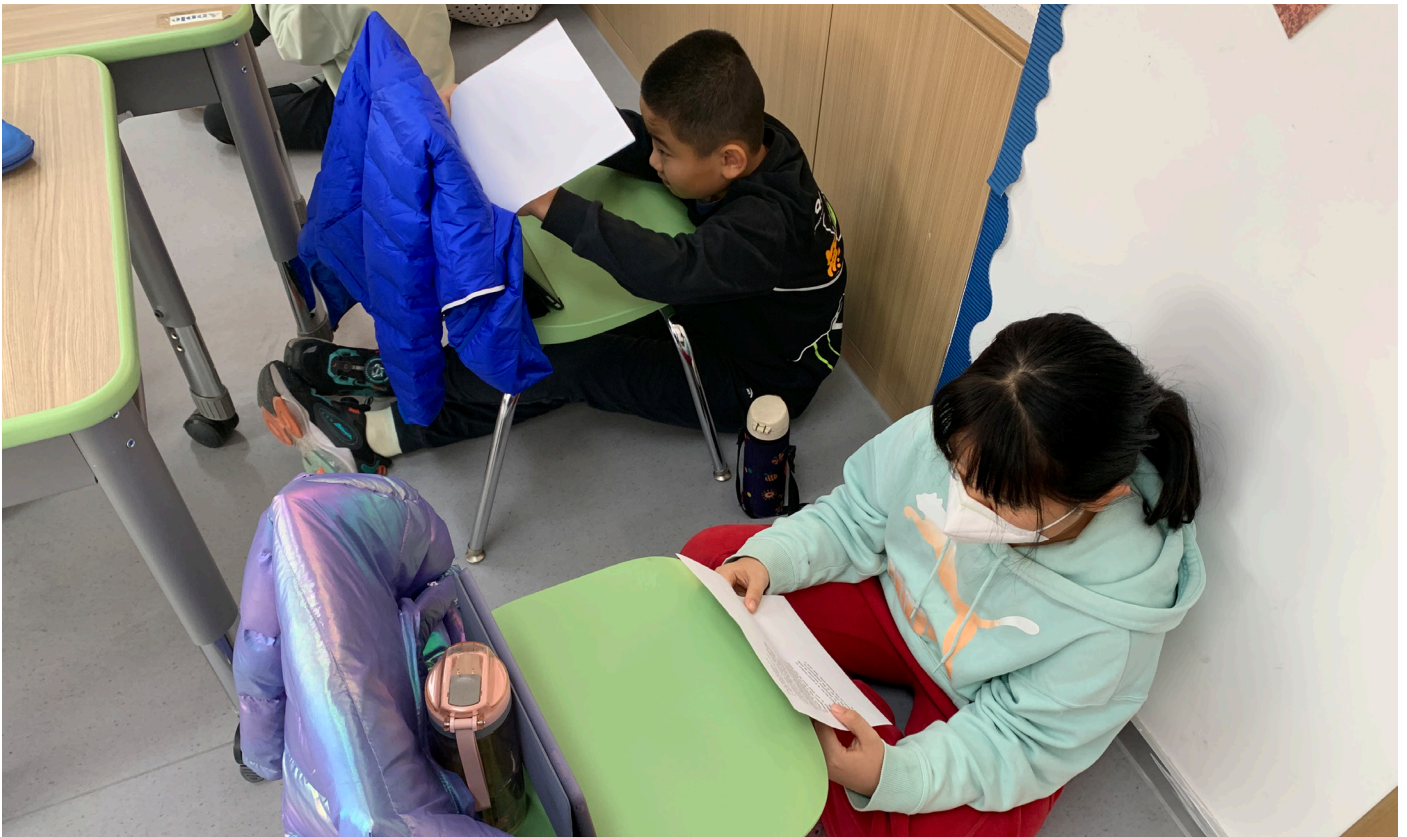
Grade 4

Inquired Into Human Migration 探究人类迁徙问题

For their second Unit of Inquiry, the 4th grade students inquired into human migration. They learned the reasons for migrations and the causes and effects of various migrations. Then, each student conducted their own research project into a historic migration of their choice. They shared their learning with the class using various mediums, including PPT, written reports, posters, and speeches.

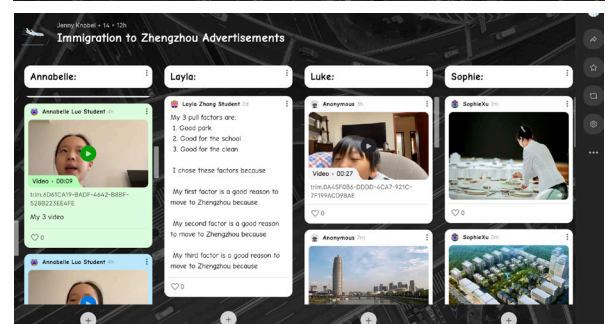
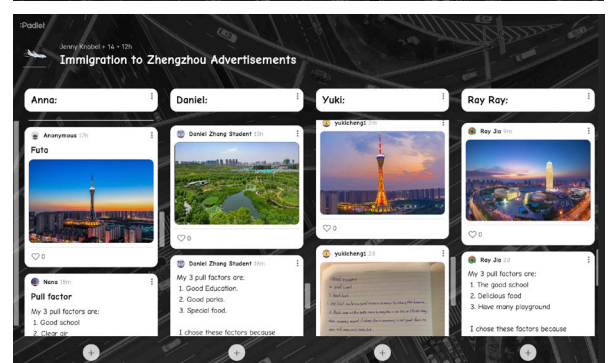
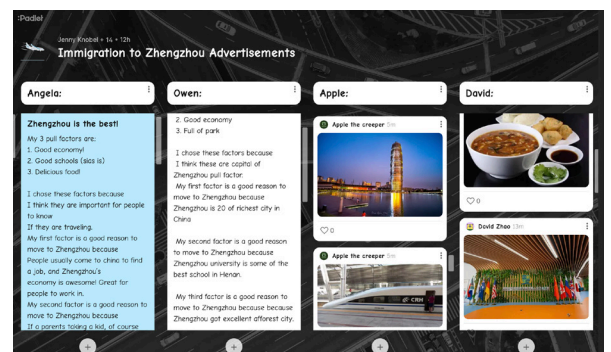
在他们的第二个探究单元中，四年级的学生们探究了人类迁徙问题。他们了解了各种移民的原因和影响。然后，每个学生都对自己选择的历史性移民进行了自己的研究项目。他们通过各种媒介，包括 PPT、书面报告、海报和演讲，与全班同学分享他们的学习成果。





In culmination of their Unit of Inquiry into migration, the 4th grade students are taking action! Immigration to Zhengzhou would benefit both the city and Sias International School, but there isn't a lot of information available about the city online in English. The 4th grade is helping to solve this problem by creating advertisements for Zhengzhou. Each student has identified pull factors that they believe will encourage people to move to the city. They are using the iMovie skills they developed in Media class to create video advertisements that will be shared using Sias' social media with the broader community and world!

在他们关于移民的单元调查的高潮，四年级的学生正在采取行动！移民郑州对郑州市和西亚斯外籍学校都有好处，但网上没有太多关于这座城市的英文信息。四年级通过为郑州市创作广告来帮助解决这个问题。每个学生都确定了他们认为会吸引人们搬到城市来的因素。他们正在使用他们在媒体课上开发的 iMovie 技能来制作视频广告，并将通过西亚斯的社交媒体与更广泛的社区和世界分享！



Library

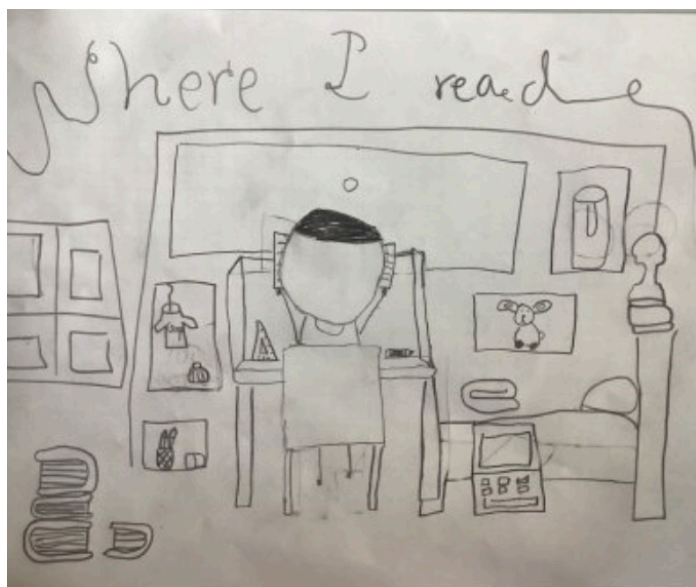
TRANSFORMING LITERACY LEARNING SPACES

阅读学习空间的转换



This year, not only Sias IS but the United Nations declared this year's worldwide theme of literacy to be, "Transforming Literacy Learning Spaces". What does it mean to have a literacy space? Our primary year students shared their literacy spaces through drawings. We found students who love to read in their bedrooms, sofas, balconies, cars and even on the toilet! Where do you and your family have your literacy space?

今年，不仅在 Sias IS，联合国也宣布了今年的全球阅读主题为“阅读学习空间的转换”。什么是阅读空间呢？我们的小学生通过绘画分享他们的各自的阅读空间。我们发现学生们喜欢在卧室、沙发、阳台、汽车甚至马桶上阅读！您和家人的阅读空间在哪里呢？

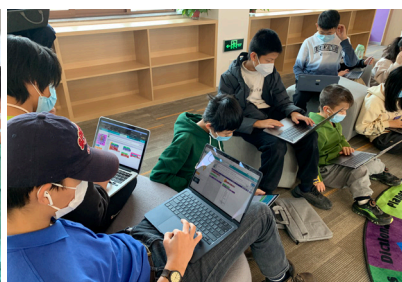


December 5-13 is the Worldwide hour of Code Week! Sias IS students coded across multiple platforms both at home and school. Coding encourages algorithmic thinking, persistence, problem-solving and creativity. Students used code to create objects for 3-D printing and to interact with robots! Ask your child to teach you how to code!

12 月 5 日至 13 日是全球的编码周时间！ Sias IS 学生在家中和学校跨多个平台进行编码。编码鼓励算法思维、坚持、解决问题和创造的能力。我们的学生已经使用编码制作了各种 3D 打印的物品，而且还能用编码操控机器人！让您的孩子教您如何进行编码吧！



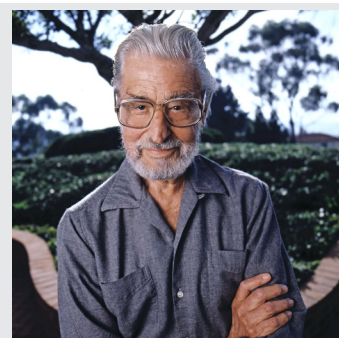
This term, we had story time in various places – in our redesigned EY library, in different parks and even in Recreational Vehicles! No matter where reading took place, our early year students were engaged. Their exciting faces and wonderful questions during story time showed that our little readers are ready for more!



这个学期，我们在不同的地方进行了故事时间 -- 在我们重新设计的幼儿园图书馆、在不同的公园，甚至在房车上！无论在哪里阅读，我们的幼儿园学生都非常投入。每次故事时间，孩子们兴奋的表情和奇妙的问题互动，都表明我们的小读者们已经准备好聆听更多精彩的故事了！

“You can find magic wherever you look. Sit back and relax all you need is a book!” — Dr. Seuss

*“无论你在哪里，你都可以找到魔法。坐下来放松，你所需要的只是一本书！”
-- 苏斯博士*



MYP Community Time

中学的社区时间



At Sias International School we use Community Time to bring teachers and students together across the MYP 1 to MYP 3 grades. This allows middle school students to work with students from across the school on different activities, whole school initiatives, celebrations, and service-learning activities. Students have been engaged in teambuilding activities like capturing the flag, quiz competitions, Halloween activities and World Cup themed activities.

在西亚斯外籍学校 (Sias IS), 我们利用社区时间将 MYP 1 到 MYP 3 的老师和学生聚集在一起。这使得中学生可以与学校的所有学生一起开展不同的活动、全校活动、庆祝仪式和服务学习活动。学生们参与了夺旗赛、智力竞赛、万圣节活动和世界杯主题活动等团队建设活动。

Sias IS is always looking for opportunities to combine fun community building activities with academic learning. The Scary Story Halloween event is a perfect example. Not only was it a fun activity building relationships between teachers and students, but it also helped students develop their English reading and writing abilities. During this event, teachers and students read scary Halloween stories together. Students practiced their reading and writing skills by working together to produce a collaborative story.

Sias IS 一直在寻找机会将有趣的社区建设活动与学术学习结合起来。“万圣节恐怖故事”就是一个很好的例子。这不仅是一个建立师生关系的有趣活动, 而且还帮助学生提高了英语阅读和写作能力。在这次活动中, 老师和学生一起读万圣节恐怖故事。学生们通过共同创作一个合作故事来练习他们的阅读和写作技能。



The staff at Sias International School prioritizes the emotional health and happiness of students. Online learning can present social, emotional, and academic challenges to students. MYP students conducted a survey to see how the students were feeling and coping with the isolation of online learning at home. Teachers and school staff are using this information to better understand and help students.

Sias IS 的工作人员总会优先考虑学生的情感健康和幸福感。线上学习可能给学生带来社交、情感和学术方面的挑战。MYP 的学生进行了一项调查，以了解学生们是如何感受和应对在家在线学习的孤立状态的。教师和学校工作人员利用这些信息更好地了解帮助学生。

This week we are celebrating computer science with the worldwide activity Hour of Code. Mrs. Baker has been preparing activities for the students so that they can learn more about computer science and computer programming. Students are participating in online coding challenges.

本周我们通过“编码一小时”的全球活动来庆祝计算机科学。Ms.Baker 一直在为学生们筹备活动，以便他们能学到更多关于计算机科学和计算机编程的知识。本周学生们将会参加在线编码的挑战。



Teachers are excited about the return of students to school. It is great to see students again! MYP Teachers and students are both enthusiastic now to be able to work together in person at Sias IS. The MYP team looks forward to creating activities that further the MYP community's development.

老师们对学生们返校感到很兴奋。再次见到学生们真是太好了！MYP 的老师 and 学生们都对现在能够在 Sias IS 一起工作充满热情。MYP 团队期待着开展更多活动来促进社区的美好发展。

Community time 社区时间

- Capture the flag
夺旗赛
- Community quiz
智力竞赛
- Collaborative Halloween writing
万圣节集体创作
- Scary story reading
恐怖故事阅读
- Collaborative board games
集体桌游

Service Time 服务时间

- Recycle Reuse and Reduce, Movie, Artwork
回收利用，电影，艺术品
- Paper recycling
废纸回收
- Game
游戏
- Mental Health/Online learning survey calls
心理健康 / 线上学习调查电话

Menus 菜单

| 12.12-12.16 Menu | | | | | | | | | | | Note: all weights are in grams |
|---|--|--|---|--|--|---|--|--|--|---|--------------------------------|
| | Monday | Nutritional volume (g) | Tuesday | Nutritional volume (g) | Wednesday | Nutritional volume (g) | Thursday | Nutritional volume (g) | Friday | Nutritional volume (g) | |
| Breakfast Time 7:30-7:55 | Stir-fried beef with beans Colorful steamed egg custard Lotus-Leaf-Shaped Pancake White porridge with fragrant rice | Carob 30 Bell pepper 8 Beef tenderloin 15 Eggs 20 Soybean oil 1 Bell pepper 5 Dried yellow corn kernels 5 Flour 20 Fragrant rice 10 | Asparagus scrambled eggs with mixed beans Grilled sausages with romaine lettuce White toast with jam Milk cornflakes | Green soybeans 20 Butter 6 Eggs (X) 10 Chicken (X) 20 Lettuce 20 Flour 35 Applesauce 10 Yellow cornmeal 5 Milk 15 | Asparagus eggs Minced tofu Scallion oil cake Eight treasure porridge | Chives 5 Asparagus 35 Eggs (X) 15 Beef tenderloin 15 Onion 10 Aqua fungus 10 North Tofu 40 Peanut Oil 7 Flour 40 Mung beans (dried) 1 Rice 1 Black Rice 1 Rice (X) 2 Jujube (fresh) 1 Peanuts (fresh) 1 Gui Yuan 1 Almond 1 Lotus seed (dry) 1 | Baked eggs with cheese Grilled shrimp with vegetables in butter Milky bread Purple sweet potato milk sago dew | Bell pepper 3 Eggs (X) 15 Cheese [cottage cheese] 3 Butter 3 Shrimp 15 Broccoli 20 Flour 30 Rice (X) 5 Sweet potatoes 20 Whole milk powder 5 | Scrambled eggs with bell peppers Cucumber stir-fried ham and red date cake Millet sweet potato porridge | Bell pepper 10 Peanut Oil 5 Soybean oil 5 Sandwich ham 15 Bell pepper 15 Cucumber 65 Eggs (X) 35 Flour 45 Dates (dry) 10 Yeast (fresh) 3 Xiaomi (yellow) 10 Sweet potatoes 5 | |
| Snack | Citrus Blueberry | Citrus 75 Blueberry 75 | Korla pear Apple | Korla pears 75 Apple 75 | Kiwi Banana | Kiwi 75 Banana 75 | Hami melon Dragon Fruit | Hami melon 75 Dragon Fruit 75 | Red grape Mango | Red grape 75 Mango 75 | |
| Lunch | Steamed sole fish with scallion Stir-fried Shanghai cole Stir-Fried Rice Noodles Flammulina velutipes tofu soup | Peanut Oil 4 Sole Fish 40 Cabbage 80 Lettuce 10 Flour 50 Carrot 10 Mung bean sprouts 10 Canola oil 3 Beef (lean) 15 Salad oil 5 Sesame oil 2 Enoki mushroom 15 Tofu (X) 10 | Grilled beef tenderloin with mushroom sauce Caesar salad Chicken cheese gratin Cream of Mushroom Soup | Cheese [cottage cheese] 3 Beef (tenderloin) 30 Soybean oil 3 Mushrooms (fresh mushrooms) 10 Lettuce 10 Bacon (bacon) 15 Olives (white olive oil) 5 Onion 20 Starch (rice) 40 Carrot 10 Chicken (X) 15 White Mushroom 30 | Braised prawns Stir-fried oil wheat vegetables home-fried shredded cakes Tomato egg soup | Mung bean sprouts 10 Peanut Oil 3 Kiwi shrimp 60 Canola oil (green oil) 3 Oily wheat 30 Beef (lean) 15 Lettuce 5 Starch (wheat) 35 Tomato 30 Nori (dried) 1 Eggs (X) 20 Sesame oil 2 | Braised veal in creamy sauce Nice salad Thai pineapple fried rice Pumpkin bisque | Eggs (white skin) 30 Soybean oil 3 Beef (tenderloin) 20 Cream 10 Sardines 15 Potato 5 Cherry Tomatoes 5 Lettuce 10 Fresh corn 10 Carrot 5 Starch (rice) 50 Pineapple 10 Butter 3 Pumpkin 20 | Spiced marinated chicken thighs Vinegar slipped cabbage Henan Marinated Noodles Pear soup with rock sugar | Chicken drumsticks 70 Chinese cabbage 30 Beef (lean) 15 Peanut Oil 6 Flour 15 Carob 10 Soybean sprouts 10 Carrot 10 Sydney 15 Rock sugar 8 | |
| Snack | Chinese yam Milk | Chinese yam 10 Milk 200 | Yellow peach pie Orange juice | Yellow peach 10 Flour 10 White sugar 1 Butter 2 Orange juice 200 | Steamed babe pumpkin Milk | Pumpkin 15 Milk 200 | Sesame cookies Apple juice | Butter 3 Sesame seeds 3 Egg 5 Starch 15 Apple juice 200 | Chestnut Milk | Chestnut 20 Milk (X) 200 | |

Remarks: 1.Stas IS uses the 2016 Chinese Residents Nutritional guidelines- for School-Aged Children to determine weekly meal plans.
2.Chinese food is provided on Monday, Wednesday and Friday, and Western food is served on Tuesday and Thursday.
3. Weekly diet nutritional evaluation criteria (daily): energy 978 kcal, protein 34 grams, animal and soy protein about 17 grams, fat less than 30% of total calories, vitamin A 420 ug, vitamin C 49 mg, vitamin E 3.5 mg, calcium 560 mg, potassium 1050 mg, magnesium 105 mg, iron 8.4 mg, zinc 8.4 mg, phosphorus 350 mg, selenium 17.5 mg
4. Diet nutrition analysis this week (average daily): energy 1035 kcal, protein 38 grams, high-quality protein functional ratio more than 50%, fat 28% of total calories, vitamin A 305 ug, vitamin C 51 mg, vitamin E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg
5. Nutritional evaluation of this week's diet: the average daily energy is close to 978 kcal, protein is more than 37 grams, high-quality protein accounts for more than 1 / 2 of total protein, and the energy supply ratio of fat is less than 30% of total energy; the content of vitamins such as vitamin A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.

| 12.12-12.16 菜单 | | | | | | | | | | |
|---|-----------------------------------|---|---------------------------------------|---|--------------------------------|---|------------------------------------|---|---|---|
| 注：重量单位均为克 | | | | | | | | | | |
| | 星期一 | 带量(克) | 星期二 | 带量(克) | 星期三 | 带量(克) | 星期四 | 带量(克) | 星期五 | 带量(克) |
| 早餐 | 豆角炒肉丝 五彩蒸蛋羹 荷叶饼 香米粥 | 豆角 30 甜椒 8 牛里脊 15 鸡蛋 20 豆油 1 彩椒 5 黄干玉米粒 5 小麦粉 20 香米 10 | 美式炒豆鸡蛋羹 烤肠配罗马生菜 白土司配果酱 牛奶玉米片 | 青大豆 20 黄豆 6 鸡蛋(X) 10 鸡(X) 20 生菜 20 小麦粉 35 苹果酱 10 黄玉米面 5 牛奶 15 | 芦笋鸡蛋 豆腐肉沫 葱油饼 八宝粥 | 细香葱 5 芦笋 35 鸡蛋(X) 15 牛里脊 15 洋葱 10 水发木耳 10 北豆腐 40 花生油 7 小麦粉 40 绿豆(X) 1 黑米 1 稻米(X) 2 枣(鲜) 1 花生(鲜) 1 桂圆 1 杏仁 1 莲子(干) 1 | 芝士鸡蛋 黄油时蔬虾仁 奶香小面包 紫薯牛奶西米露 | 小甜椒 3 鸡蛋(X) 15 奶酪(干酪) 3 黄油 3 虾仁 15 西兰花 20 小麦粉 30 稻米(X) 5 红薯 20 全脂牛奶粉 5 | 彩椒 50 花生油 5 豆油 5 甜椒 15 彩椒 15 黄瓜火腿 红枣发糕 小米地瓜粥 | 彩椒 50 花生油 5 豆油 5 甜椒 15 彩椒 15 黄瓜 65 鸡蛋(X) 35 小麦粉 45 枣(干) 10 酵母(鲜) 3 小米(黄) 10 红薯 5 |
| 加点 | 杞杞柑 蓝莓 | 杞杞柑 75 蓝莓 75 | 库勒雪梨 苹果 | 库勒雪梨 75 苹果 75 | 奇异果 香蕉 | 奇异果 75 香蕉 75 | 哈密瓜 火龙果 | 哈密瓜 75 火龙果 75 | 红提 小芒果 | 红提 75 小芒果 75 |
| 中餐 | 葱油龙利鱼 清炒上海青 广式炒河粉 金针菇豆腐汤 | 花生油 4 龙利鱼 40 上海青 80 生菜 10 小麦粉 50 胡萝卜 10 绿豆芽 10 菜籽油 3 牛肉(瘦) 15 色拉油 5 芝麻油 2 金针菇 15 豆腐(X) 10 | 香烤牛里脊配蘑菇汁 凯撒沙拉 鸡肉芝士焗饭 奶油蘑菇汤 | 奶酪(干酪) 3 牛肉(里脊) 30 豆油 3 蘑菇(鲜蘑) 10 生菜 10 小麦粉 10 腊肉(培根) 15 橄榄(白榄) 5 洋葱 20 淀粉(大米) 40 胡萝卜 10 鸡(X) 15 白蘑菇 30 | 焖大虾 清炒油菜菜 家常炒饼丝 番茄鸡蛋汤 | 绿豆芽 10 花生油 3 基围虾 60 菜籽油(青油) 3 牛腩(瘦) 30 生菜 5 淀粉(小麦) 35 番茄 30 紫菜(干) 1 鸡蛋(X) 20 芝麻油 2 | 奶油汁烩小牛肉 尼斯沙拉 泰式菠萝炒饭 南瓜浓汤 | 鸡蛋(白皮) 30 豆油 3 牛肉(里脊) 20 奶油 10 沙丁鱼 15 土豆 5 圣女果 5 生菜 10 鲜玉米 10 胡萝卜 5 淀粉(大米) 50 菠萝 10 黄油 3 南瓜 20 | 五香鸡腿 醋溜白菜 豫式卤面 冰糖雪梨汤 | 鸡腿 70 大白菜 30 牛肉(瘦) 15 花生油 6 小麦粉 15 豆角 10 黄豆芽 10 红萝卜 10 雪梨 15 冰糖 8 |
| 加点 | 铁棍山药 牛奶 | 铁棍山药 20 牛奶 100 | 黄桃派 橙汁 | 黄桃 10 小麦粉 10 白砂糖 1 黄油 2 橙汁 200 | 燕贝南瓜 牛奶 | 南瓜 15 牛奶 200 | 芝麻饼干 苹果汁 | 黄油 3 芝麻子 3 鸡蛋 5 淀粉 15 苹果汁 200 | 板栗 牛奶 | 板栗 20 牛奶 200 |
| <p>备注：1、我校参考《中国居民膳食指南 2022——学龄儿童膳食指南》制定每周带量食谱，进行计划膳食。2、每周1、3、5提供中餐，2、4提供西餐。</p> <p>周食谱营养评价标准（每日）：能量 1010 千卡，蛋白质 35 克，动物及大豆蛋白约 17.5 克，脂肪占总能量的 30%以下，维生素 A420ug，维生素 C49mg，维生素 E3.5mg，钙 560mg，磷 350mg，钾 1050mg，镁 105mg，铁 8.4mg，锌 8.4mg，硒 17.5mg。</p> <p>本周食谱营养分析（平均每日）：能量 1020 千卡，蛋白质 38 克，优质蛋白质功能比大于 50%，脂肪占总能量的 26%，维生素 A87ug，维生素 C67mg，维生素 E1.6mg，钙 392mg，磷 635mg，钾 1419mg，铁 168mg，铁 7.9mg，锌 5mg，硒 27mg。</p> <p>本周食谱营养评价：平均每日能量与 1010 千卡接近，蛋白质达 30 克以上，优质蛋白占总蛋白质的 1/2 以上，脂肪的供能比低于总能量的 30%，维生素 C、维生素 E 等维生素和钙、铁、锌等无机盐的含量达到此阶段儿童的膳食营养摄入量。</p> | | | | | | | | | | |