



Newsletter

2022-2023 家校通讯录

March 24, 2023
2023年3月24日

Notes from the Head of School's Desk 校长寄语

In a week filled with visitors to campus, new enrollments, and student activities, and great teaching and learning, these are my highlights:

本周我们迎来了络绎不绝的校园访客、新生入学和各种学生活动以及精彩教学和学习的一周，主要有：



Hosting Steelcase Furniture leadership from Beijing and Hong Kong. Steelcase is the world leader in educational furniture and has provided our classroom furniture. We are working on some exciting ways to partner in the future.

邀请来自北京和香港的 Steelcase 家具公司领导层。Steelcase 是教育家具领域的全球领导公司，他们为我们的教室提供家具。我们正在探寻一些未来能够令人兴奋的合作方式。

Sharing the MYP Week Without Walls (WWW) plan with parents and students. It will be an exciting learning opportunity for our students.

与家长和学生分享中学的无墙周（WWW）计划。对于我们的学生来说，这将是一个令人兴奋的学习机会。

Listening to the Grade 1 students read their personal narrative writing made me feel proud to see their growth this school year.

听一年级学生们阅读他们的个人叙事写作，让我看到了他们本学年的成长，我为此感到自豪。



Planning our summer camps is moving along quickly. We intend to announce plans for our first ever international summer camp experience before spring break.

我们的夏令营计划进展很快。我们打算在春假前宣布我们有史以来第一次国际夏令营体验的计划。



Our new rounds of ASAs have started. It was fun to see the new ASAs, including fencing. Students are excited about the new classes.

我们新一轮的课外活动已经开始。看到一些新的很有趣的 ASA 课程，其中包括击剑课。学生们对新课程感到十分兴奋。



Update on the PYP Authorization visit PYP 授权访问的更新

Dear Sias IS Families,

各位西亚斯外籍人员子女学校的家长们好

This second semester of the school year is inspiring for us in our journey with the IB PYP programme as we are ready for our authorization to be part of an IB World School. Sias IS has been an IB PYP candidate school since March 14th, 2022.

本学年的第二学期是一场鼓舞人心的旅行，我们学校已经准备提交认证，成为世界国际文凭学校。

As a candidate school, we have agreed to begin to follow the standards and philosophies of the IB programme under the guidance of an IB consultant, Ms. Janet, who supports us along the way. Being a candidate school gives us the time to implement the programme's different elements and requirements. On the other hand, IB World Schools have gone through a process called "authorization," where the IB organization has determined that the school is indeed meeting specific criteria and requirements set forth by the IB.

2022 年 3 月 14 日起，西亚斯外籍人员子女学校便成为了国际文凭小学项目候选学校作为候选学校，我们要在 IB 顾问 Janet 女士一路的支持带领下，遵守 IB 项目的标准和思想体系作为候选学校，我们有充足的实践来实行 IB 项目中的不同元素和要求。

Most schools spend two to three years as candidate schools before becoming authorized as IB World Schools. Sias IS is fully ready within one year, as determined by the consultant. This is an excellent achievement by our school staff committed to serving the Sias IS community.

所有的世界国际文凭学校都需要经过认证这个过程，在这个过程中，IB 组织将会审核并确认候选学校已经满足了所有的标准和要求。大部分学校在被认证为国际文凭学校前都需要有 2-3 年的候选学校期。经 IB 顾问确认西亚斯外籍人员子女学校作为候选学校已经满一年。这项了不起的成绩离不开我们学校全体员工对学校做出的奉献。

We have scheduled the IB visit for the end of April 2023, where a team of two or three people from the IB organization will determine if we have met the requirements of the IB programme. We aim to say we're an IB World School before the 2022-2023 school year ends!

2023 年 4 月，我们将迎来 IB 官方访问，届时国际文凭组织会派出 2-3 名顾问来审核确认学校是否符合 IB 项目的要求。我们的目标是在 2022-2023 学年结束前成为国际文凭学校！

Theme of the Month: Caring

本月主题：关爱

Caring for someone else is an act of showing kindness and care for others. Compassion entails sharing the other's feelings in order to gain an understanding and compassion for how they feel.

关心他人是一种对他人表示善意和关心的行为。同情需要分享他人的感受，以获得对他们感受的理解和同情。



Activities for parents

家长小游戏

Please use the QR code to view 17 activities for children to practice compassion and kindness:

请使用二维码查看 17 项儿童慈悲行善活动：



Upcoming Events

活动预告

Time 时间	Content 内容	Venue 地点
March 28th from 3:15-4:15 3月28日 3:15-4:15	Parent Session for KG Parents: KG to G1 Transition KG 家长家长会 :KG 到 G1 过渡	Lecture Hall 报告厅
March 28th from 3:15-4:15 3月28日 3:15-4:15	Parent Session for PreK3 & PreK4 Parents: What is Play-Based Learning? PreK3 和 PreK4 家长会议：什么是“游戏化学习”？	EY MPR 多功能教室
March 30st from 3:15-4:15 3月30日 3:15-4:15	Parents Session for MYP: Inquiry Based in MYP MYP 家长会议：研究性学习	Lecture Hall 报告厅
March 31st 3月31日	Invention Convention Grades 4 & 5 发明大会 四年级—五年级	Lecture Hall 报告厅
A session for PYP parents will be scheduled after Spring Break. 为 PYP 家长安排的会议将在春假后举行		
April 1-9 4月1日—9日	No School. Spring Break 春假	

Student Learning for the Week

本周教学



KG B

LIVING THINGS

生物



For our current unit of inquiry, our focus is on living things. Students of KG learned about the different kinds of living things and what makes them unique. Students visited the plant market and the aquarium to inquire about living things and their environments and spoke with a pet owner about how they care for living things.

对于我们目前的探究单元，我们的重点是生物。KG 的学生了解了不同种类的生物，以及它们的独特之处。学生们参观了植物市场和水族馆，询问生物及其环境，并与一位宠物主人交谈他们是如何照顾生物的。





Each class received a pet and plants to care for to help strengthen their sense of responsibility. Also, all students from KG worked together to create their nature corner display, showing various topics of our unit. These activities were all connected to the learner profile attribute of caring, which highlights kindness to everyone and everything on this planet.

每个班级都收到了宠物和植物来照顾，以帮助加强他们的责任感。同时，KG 的同学们一起创作了他们的自然角展示，展示了我们单元的各种主题。这些活动都与学习者的关怀属性有关，它强调了对这个星球上的每个人和每件事的善良。



G1

Gallery Walk 书籍走廊

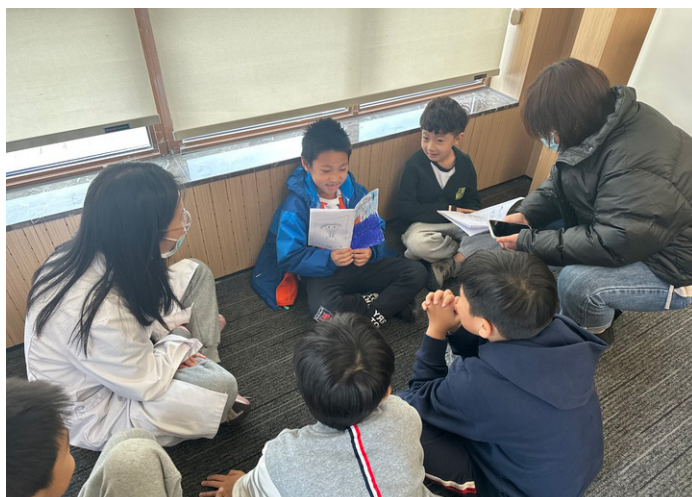
This week, our wonderful first graders had their first-ever Gallery Walk where they presented their very own narrative stories to their parents, as well as their classmates' parents.

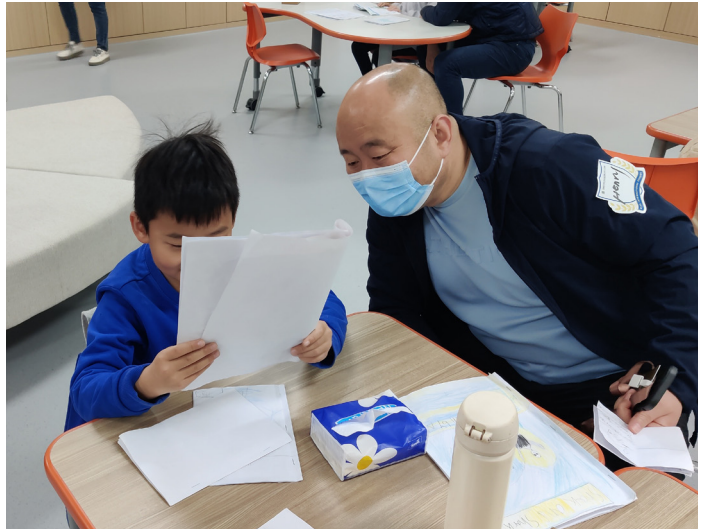
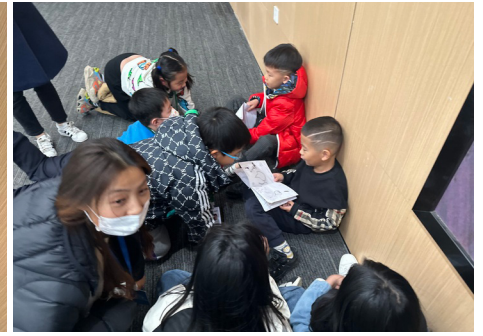
本周，我们出色的一年级学生进行了有史以来的第一次书籍走廊，他们在那里向父母以及同学的父母展示了自己的故事。



For our last unit of inquiry, “How the World Works: Light and Sound”, students extended their learning on writing narratives by learning about how writers use onomatopoeias to create a literary sound effect, and found ways to add them into their own narratives. With guidance, students created imaginary and/or personal stories with clear beginnings, detailed series of events, as well as satisfactory endings. Finally, students practiced reading their stories aloud in a clear, confident, and professional manner before presenting their stories to their peers in the school, and finally their parents.

在我们的最后一个探究单元“世界如何运作：光与声”中，学生们通过学习作家如何使用拟声词来创造文学音效来扩展他们对写作叙事的学习，并找到将它们添加到自己的叙事中的方法。在指导下，学生们创造了具有清晰开头、详细事件系列以及圆满结局的虚构和 / 或个人故事。最后，学生们练习以清晰、自信和专业的方大声朗读他们的故事，然后再将他们的故事展示给学校的同龄人，最后展示给他们的父母。





The Gallery Walk was a wonderful way for our young first graders to showcase their growth and creations to their families, develop presentation skills and build confidence in themselves and their learning.

Gallery Walk 是我们年轻的一年级学生向家人展示他们的成长和创作、培养演讲技巧并建立对自己和学习的信心的绝妙方式。

It was a proud moment for them all! Fantastic work, first graders!

这对他们所有人来说都是一个值得骄傲的时刻！出色的工作，一年级学生！



MYP

SERVICE LEARNING IN MYP

MYP中的服务学习

This year, MYP students have been involved in 2 separate projects
今年，MYP 学生参与了两个单独的项目

- Helping students at Sias IS
帮助西亚斯外籍学校的学生
- Reduce, Reuse and Recycle
减少、重复使用和回收

Helping students at Sias IS 帮助西亚斯外籍学校的学生

During online class, most of our MYP students showed their qualities as principled and caring learners by spending time to have a video conference call with students in lower grades. The purpose of the call was to help students during a difficult social period while also collecting data for a survey.

在网课期间，我们的大多数 MYP 学生花时间与低年级学生进行视频电话会议，展示了他们作为有原则和有爱心的学习者的素质。这个电话的目的是在困难的社交时期帮助学生，同时也为调查收集数据。

Survey results suggested that SiasS IS students really wanted to come back to school!

调查结果表明，西亚斯外籍学校的学生真的很想回到学校！

During this term, students are working as academic mentors in Grades 2 to 5. During our Service time sessions on Friday afternoon.

在这个学期里，学生们在周五下午的服务时间会议期间在 2 至 5 年级担任学术导师。





Reduce, Reuse and Recycle 减少、重复使用和回收

In an effort to decrease waste, students are making efforts to increase awareness. These have manifested in the following activities.

为了减少浪费，学生们正在努力提高认识。这些表现在以下活动中。

- Games that show students how to reuse objects or how to sort waste for recycling
向学生展示如何重复使用物品或如何分类回收的游戏
- Making paper from recycled paper
用再生纸造纸
- Decorating artwork made from reused objects
由重复使用的物品制成的装饰艺术品
- A movie to raise awareness on this issue
一部提高人们对这一问题认识的电影

The games and artwork were done during the recent concert rehearsals. Students in Grades 2 and 5 will be given opportunities to make paper as part of their academic mentor program. The movie will hopefully be completed by the end of the month.

游戏和艺术作品是在最近的音乐会排练中完成的。作为学术导师计划的一部分，2 年级和 5 年级的学生将有机会发表论文。这部电影有望在月底前完成。

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Help from the community 来自社区的帮助

Students expressed interest in helping animals but are not sure how to start this. Perhaps there is somebody in our school community that can. Please contact Mr. Phillip on Ding talk.

学生们表示有兴趣帮助动物，但不确定如何开始。也许我们学校社区中有人可以帮助学生完成这项活动。请在钉钉联系菲利普先生。

College & Career 大学和职业 Connections 连接

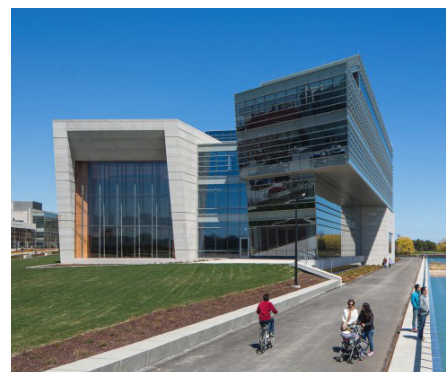
Helping Sias Students & Families Find Their Future.
帮助西亚斯外籍学校的学生和家庭找到他们的未来。



A Spotlight on Northwestern University 聚焦西北大学

The university highlighted this week is Northwestern University. The university recently announced that it sending out acceptance letters to new students on March 23rd and 24th. March is the month that many American Universities send out most of their acceptance letters. With only a 7-9 % Acceptance rate Northwestern University is a well-known and respected private American university. Located in Chicago, Illinois, it is one of the top universities in the USA. Known for its top-ranked communications department, Northwestern excels in journalism, film, marketing, and writing. They also rank highly in many other areas.

本周重点推荐西北大学，该大学刚刚宣布已于 3 月 23 日至 24 日发出录取通知书。三月是美国众多大学发出录取通知书最多的月份。西北大学的录取率仅为 7-9%，是一所举世闻名且令人敬仰的美国私立大学。它位于伊利诺伊州芝加哥市，是美国顶尖大学之一，拥有全美顶尖的传播系，在新闻、电影、市场营销和写作等专业在全球大学中脱颖而出。除此之外，他们在许多其他领域也名列前茅。





In 2012 a branch campus was established in Doha, Qatar, to serve as the communications department within Hammad Bin Khalifa University. The main campus in Chicago, has over 4,000 international students and 1500 Chinese students. With such a large population of international students, it is considered a welcoming and supportive medium-sized university for Chinese students wanting to study in the USA.

西北大学被卡塔尔选定为通信类最顶尖的大学，并于 2012 年在卡塔尔多哈设立分校。西北大学拥有 21,000 名学生，其中 4,000 多名国际学生中的 1500 名来自中国，是一所令莘莘学子向往且能为其提供优质国际大学教育的中型大学。

Grade Levels(s)	Subject Area	Program Type	Seasons
<input type="checkbox"/> Age 3	<input type="checkbox"/> Arts & Humanities	<input type="radio"/> All	<input type="radio"/> All
<input type="checkbox"/> 1	<input type="checkbox"/> English & Language Arts	<input type="radio"/> Hybrid (Online & In-Person)	<input type="radio"/> Fall
<input type="checkbox"/> 2	<input type="checkbox"/> Leadership & Service	<input type="radio"/> In-Person	<input type="radio"/> Winter
<input checked="" type="checkbox"/> 4	<input type="checkbox"/> Mathematics	<input checked="" type="radio"/> Online	<input type="radio"/> Spring
<input type="checkbox"/> 7	<input type="checkbox"/> Science		<input checked="" type="radio"/> Summer
<input type="checkbox"/> 8	<input type="checkbox"/> Technology & Engineering		
<input type="checkbox"/> 9			
<input type="checkbox"/> 10			
<input type="checkbox"/> 11			
<input type="checkbox"/> 12			

Northwestern University offers year around, summer online and in-person courses for students of all ages. You can explore their offerings at the link below.

西北大学为所有年龄段的学生提供全年、夏季在线和面授课程。您可以点击下面的链接中浏览他们的课程。

[*Northwestern Programs for Grades k-12*](#)

Menus 菜单

2023.03.27 - 03.31 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	Fried shredded eggplant with tomato Sauteed cabbage with vinegar sauce Boiled egg Multi-layer steamed bread Sweet potato and glutinous rice porridge	Eggplant 10 Tomato 20 Soybean oil 2 Chinese cabbage 30 Peanut Oil 3 Eggs 50 Flour 50 Sweet potatoes 10 Rice 15	Scrambled eggs with vegetables American bacon Pan-fried asparagus with rosemary Whole wheat toast Milk oatmeal	Dried corn kernels 3 Carrot 5 Bell pepper 3 Dehydrated onion 5 White Mushroom 8 Asparagus 20 Rosemary 1 Bacon 10 Butter 3 Wheat 25 Egg 5 Milk 100 Oatmeal 20	Stir-fried shredded radish Stir-fried bean tendon with cabbage Boiled egg Small steamed buns with pumpkin filling Red dates and yam porridge	White radish 60 Soybean oil 5 Shredded tofu 20 Cabbage 70 Corn Oil 4 Eggs 50 Flour 30 Bean paste 5 Pumpkin 8 Rice 15 Yam 5 Date 5	Taiwan sausages Butter vegetables Sun omelettes Raisin bread Sweet potato Milk Sago Sauce	Lettuce 10 White Mushroom 10 Pork 30 Beef (halal) Bell pepper 5 Broccoli 40 Butter 5 Raisin 5 Bread 40 Sweet potatoes 20 Cassava 10 Whole milk powder 20 Eggs 30 Soybean oil 2	Stir-fried mushrooms Garlic crowdnaisy chrysanthemum Boiled egg Steamed beef roll Soybean milk	Pleurotus eryngii 60 Mores 10 Coprinus comatus 10 Peanut Oil 5 Bell pepper 20 Artemisia 40 Soybean oil 3 Eggs 50 Flour 40 Beef 10 Soybeans 15 Peanut kernel 2
Snack	American Sweet Orange Banana	American Sweet Orange 75 Banana 75	Kiwi Blueberry	Kiwi 75 Blueberry 75	Pear Hami melon	Pear 75 Hami melon 75	Pineapple Apple	Pineapple 75 Apple 75	Citrus Strawberry	Citrus 75 Strawberry 75
Lunch	Potato 20 Tomato 40 Brisket 30 Canola Oil 3 Carrot 10 Cucumber 10 Yellow cauliflower 10 Dried fungus 10 Pork 10 Beef (Halal) Egg 5 Crucian carp tofu soup	Yellow cauliflower 10 Dried fungus 10 Pork 10 Beef (Halal) Egg 5 Soybean oil 5 Lettuce 40 Rice 70 Tofu 20 Chives 3 Coriander 3 Crucian carp 20	Rosemary pan-fried cherry tomatoes Fried fish French spiral pasta Borscht	Small tomatoes 40 Olive oil 2 Potato 25 Basil 5 Dragon Fish 15 Soybean oil 4 Macaroni 25 Bell pepper 10 Beef 20 Red Wine 2 Tomato 10 Onion 5	Roasted duck chunks in sauce Yu-Shiang shredded pork Fried chinese cauliflower Tai Chi rice Corn soup	Bell pepper 15 Onion 15 Dried mushrooms 5 Duck 30 Carrot 10 Garlic 20 Dried fungus 5 Pork loin 20 Beef (halal) 5 Soybean oil 3 Cauliflower 30 Pork 15 Olive oil 3 Black rice 20 Rice 40 Yellow corn grits 10 Eggs 10	Popcorn chicken Mix vegetable salad Cheese beef pizza parmentier soup	Chicken 20 Soybean oil 2 Hollandaise 5 Cucumber 5 Cherry Tomatoes 5 Asparagus 5 Lettuce 20 Flour 75 Bell pepper 15 Tomato 20 Dehydrated onion 15 Bovine upper brain 30 Cheese 10 Potato 20	Braised pork Stir-fried chicken tenders with celery Fried tofu with vegetables Red bean rice Luffa soup	Potato 20 Carrot 10 Pork 40 Sunflower Oil 4 Celery stalk 30 Chicken 15 Soybean oil 2 Tofu 25 Cabbage 60 Peanut Oil 5 Rice 60 Azuki beans 5 Looafah 10 Eggs 10 Sesame oil 2
Snack	Mix nuts Milk	Walnut 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Mango egg tarts yoghurt	Flour 15 Mango 10 Eggs 10 Yogurt 200	Corn Milk	Fresh corn 40 Milk 200	Brownies Yoghurt	Egg 5 Wheat 20 Cocoa powder 2 Milk 10 Yogurt 200	Steamed sweet potatoes Milk	Sweet potato 25 Milk 200

Remarks: 1.Slas 15 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. Due to market supply problems, some dishes may be changed, based on the actual situation.

4. 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 6.4 mg, phosphorus 350 mg, selenium 17.5 mg.

5. 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.

6. 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.

2023.03.27 - 03.31 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	番茄炒茄丝 醋溜白菜 水煮蛋 千层饼 红薯糯米粥	茄子 10 番茄 20 土豆 2 大白菜 30 花生油 3 鸡蛋羹 50 小麦粉 50 红薯 10 大米 15	时蔬炒蛋 美式培根 迷迭香煎芦笋 全麦吐司 牛奶燕麦粥	黄干玉米粒 3 胡萝卜 5 彩椒 3 脱水洋葱 5 白蘑菇 8 迷迭香 1 芦笋 20 培根 10 黄油 3 小麦 25 鸡蛋 5 牛奶 100 燕麦片 20	清炒萝卜丝 小白菜炒豆腐 水煮蛋 南瓜夹心小馒头 红枣山药大米粥	白萝卜 60 豆腐 5 豆腐丝 20 小白菜 70 玉米油 4 鸡蛋羹 50 小麦粉 30 豆沙 5 南瓜 8 糯米 15 山药 5 枣 5	台湾香肠 黄油时蔬 太阳煎蛋 提子小面包 蜜薯牛奶西米露	生菜 10 白蘑菇 10 猪肉 30 牛肉 (回) 5 彩椒 5 西兰花 40 黄油 5 葡萄干 5 面包 40 红薯 20 木薯 10 全脂牛奶粉 20 鸡蛋羹 30 土豆 2	杏鲍菇 60 羊肚菌 10 鸡腿菇 10 花生油 5 彩椒 20 茼蒿 40 鸡蛋羹 3 鸡蛋羹 50 小麦粉 40 牛肉 10 黄豆 15 花生仁 2		
加餐	美国大甜橙 香蕉	美国大甜橙 75 香蕉 75	奇异果 蓝莓	奇异果 75 蓝莓 75	香梨 哈密瓜	香梨 75 哈密瓜 75	菠萝 苹果	菠萝 75 苹果 75	枇杷柑 草莓	枇杷柑 75 草莓 75	
午餐	土豆焖牛腩 滑炒木须肉片 蒜香生菜 米饭 鲫鱼豆腐汤	土豆 20 番茄 40 牛腩 30 菜籽油 3 胡萝卜 10 黄瓜 10 黄花菜 10 干木耳 10 猪肉 10 牛肉(回) 5 鸡蛋羹 5 土豆 5 生菜 40 大米 70 大豆 20 细香葱 3 香菜 3 鲫鱼 20	迷迭香煎樱桃香 茄 面拖黄鱼 法式红酒烹螺旋面 罗宋汤	小西红柿 40 橄榄油 2 土豆 25 罗勒 5 龙利鱼 15 豆腐 4 通心面 25 彩椒 10 牛肉 20 红葡萄酒 2 番茄 10 洋葱 5	酱烧鸭块 鱼香肉丝 干锅米饭 太极米饭 凤凰玉米羹	彩椒 15 洋葱 15 小葱 5 干香菇 5 鸭 30 胡萝卜 10 蒜末 5 干木耳 5 猪里脊 20 牛肉 (回) 5 土豆 3 白芸菜 30 猪肉 15 猪肉 3 嫩豌豆 3 黑米 20 糯米 40 黄玉米粒 10 鸡蛋羹 10	香酥鸡米花 混合蔬菜沙拉 芝士牛肉披萨 土豆浓汤	鸡 20 豆油 2 荷兰豆 5 黄瓜 5 圣女果 5 芹菜 5 生菜 20 小麦粉 75 彩椒 15 番茄 20 脱水洋葱 15 牛上脑 30 奶酪 10 土豆 20	红烧肉 芹香炒鸡柳 小青菜煎豆腐 小白菜 60 花生油 5 芙蓉丝瓜汤	土豆 20 胡萝卜 10 菊花子油 4 芹菜茎 30 鸡 15 豆油 2 豆腐 25 小白菜 60 花生油 5 福来 60 丝瓜 10 鸡蛋羹 10 芝麻油 2	
加餐	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	芒果蛋挞 酸奶	小麦粉 15 芒果 10 鸡蛋羹 10 酸奶 200	嫩玉米 牛奶	鲜玉米 40 牛奶 200	布朗尼蛋糕 酸奶	鸡蛋羹 5 小麦 20 可可粉 2 牛奶 10 酸奶 200	蒸红薯 牛奶	红薯 25 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。3、因市场供应问题，部分菜品可能会有所变动，以实际情况为主。</p> <p>周食谱营养评价标准（每份）：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A420μg，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，优质蛋白占比大于50%，脂肪占总能量的26%，维生素A87μg，维生素C57mg，维生素E16mg，钙392mg，磷635mg，钾1419mg，镁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，蛋白质占30克以上，优质蛋白占蛋白质的1/2以上，脂肪的供能比低于总能量的30%；维生素A、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>											