

2024-2025 年度 N3 體驗式學習 - 我是小廚師

Experiential Activity - Be a chef

活動對象 Target: N3 幼兒 children

活動目標 Objectives:

1. 讓幼兒探索不同的食物，知道食物的生熟及特性。
2. 讓幼兒探索植物的天然色素。
3. 讓幼兒認識及製作中國傳統文化-麵粉公仔。

- Allow children to explore different foods and understand their raw and cooked states as well as their characteristics.
- Encourage children to discover the natural pigments in plants.
- Introduce children to Chinese traditional culture by teaching them to create flour figurines.

活動簡介 Brief Introduction:

老師於「食物」單元引伸體驗式學習活動，透過切開不同的真實食物與幼兒觀察和探索食物的外形、結構、氣味、質感等作活動引入。幼兒以不同的活動形式探索食物，以工具探索食物的不同形態(生熟)，並嘗試製作五行果汁及饅頭漢堡。幼兒亦發現部份的蔬果會有有色的汁液，老師與幼兒以藝術活動的方式與幼兒探索當中的天然色素，並與人造色素作比較。幼兒都投入作畫及製作麵粉公仔，過程專注認真。

The teacher incorporated experiential learning activities with the theme "Food". Through cutting open various food, children observed and explored their appearance, structure, scent, and texture, etc. Using various of activities, the children explored food in various states (raw and cooked) with tools.

They also tried making Five-Element Juice and bun hamburgers. Additionally, the children discovered that some fruits and vegetables produce colored juice. The teacher guided them in exploring natural pigments through art activities and comparing them with artificial dyes. The children were fully engaged in painting and creating flour figurines, demonstrating focus and seriousness throughout the process.

