**小学生饮食知识**

一、[小学生饮食](http://www.so.com/s?q=%E5%B0%8F%E5%AD%A6%E7%94%9F%E9%A5%AE%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)十二条[原则](http://www.so.com/s?q=%E5%8E%9F%E5%88%99&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)  
1、注意营养平衡。在[日常饮食](http://www.so.com/s?q=%E6%97%A5%E5%B8%B8%E9%A5%AE%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)中要吃各种粮食、水果、[蔬菜](http://www.so.com/s?q=%E8%94%AC%E8%8F%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[鱼肉](http://www.so.com/s?q=%E9%B1%BC%E8%82%89&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、蛋、奶等，不要偏食。  
2、多吃[豆制品](http://www.so.com/s?q=%E8%B1%86%E5%88%B6%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。[豆类](http://www.so.com/s?q=%E8%B1%86%E7%B1%BB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)含有丰富的[优质蛋白质](http://www.so.com/s?q=%E4%BC%98%E8%B4%A8%E8%9B%8B%E7%99%BD%E8%B4%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，[营养价值](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E4%BB%B7%E5%80%BC&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)很高，既便宜，又容易消化。  
3、讲究食品加工方法。[加工食品](http://www.so.com/s?q=%E5%8A%A0%E5%B7%A5%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)时掌握好[火候](http://www.so.com/s?q=%E7%81%AB%E5%80%99&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和方法，尽量减少[维生素](http://www.so.com/s?q=%E7%BB%B4%E7%94%9F%E7%B4%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的损失。  
4、变换[食品](http://www.so.com/s?q=%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)花色品种，增加孩子[食欲](http://www.so.com/s?q=%E9%A3%9F%E6%AC%B2&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。  
5、愉快进食。进餐时做到思想集中，精神愉快，愉快进食可以提高食物的消化率。  
6、细嚼慢咽。吃饭时不要太快，尤其是[年龄](http://www.so.com/s?q=%E5%B9%B4%E9%BE%84&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)小的孩子，更应该把食物嚼得细些，因为多嚼有益于提高食物的消化率和保护[肠胃](http://www.so.com/s?q=%E8%82%A0%E8%83%83&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。  
7、不过量饮食。吃得过多会[伤胃](http://www.so.com/s?q=%E4%BC%A4%E8%83%83&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，同时降低了消化率。  
8、不乱吃加药食品，如[强化食品](http://www.so.com/s?q=%E5%BC%BA%E5%8C%96%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[保健食品](http://www.so.com/s?q=%E4%BF%9D%E5%81%A5%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)等加药食品要认真考虑是否真的需要。否则等于无病吃药，对身体不仅无益而且有害。  
9、不吃[补品](http://www.so.com/s?q=%E8%A1%A5%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。传统的补品虽然对[老人](http://www.so.com/s?q=%E8%80%81%E4%BA%BA&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和[体虚](http://www.so.com/s?q=%E4%BD%93%E8%99%9A&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)者有益，但对学生却利少弊多，以不吃为好。  
10、少吃糖。因为每天的[饭菜](http://www.so.com/s?q=%E9%A5%AD%E8%8F%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)中有大量的[碳水化合物](http://www.so.com/s?q=%E7%A2%B3%E6%B0%B4%E5%8C%96%E5%90%88%E7%89%A9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)可转化为糖，因此对孩子[零食](http://www.so.com/s?q=%E9%9B%B6%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)中的[汽水](http://www.so.com/s?q=%E6%B1%BD%E6%B0%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、巧克力、[甜点心](http://www.so.com/s?q=%E7%94%9C%E7%82%B9%E5%BF%83&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、奶糖等应加以适量控制，不可过多。  
11、[早餐](http://www.so.com/s?q=%E6%97%A9%E9%A4%90&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)要吃好。因为早餐所吸取的营养应占全天吸取营养的30%左右。这样才能保证[身体健康](http://www.so.com/s?q=%E8%BA%AB%E4%BD%93%E5%81%A5%E5%BA%B7&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和消化需求，因此，早餐应有足够的营养，可在蛋、奶、肉松、咸蛋、[芝麻酱](http://www.so.com/s?q=%E8%8A%9D%E9%BA%BB%E9%85%B1&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[蜂蜜](http://www.so.com/s?q=%E8%9C%82%E8%9C%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)之类的营养价值较高的食物中作些选择。  
12、定时定量。这样可使大脑皮层里的食物中枢形成功力定型，使消化吸收系统成为有[规律](http://www.so.com/s?q=%E8%A7%84%E5%BE%8B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的活动，促进消化[吸收率](http://www.so.com/s?q=%E5%90%B8%E6%94%B6%E7%8E%87&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的提高。  
二、选购食品时应注意的事宜  
1.不买露天销售的食品。  
 因为各类食品的[成分](http://www.so.com/s?q=%E6%88%90%E5%88%86&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)都很复杂，经过日晒、光化、发热分解，会引起内部变化而变质。如:有包装的[糕点](http://www.so.com/s?q=%E7%B3%95%E7%82%B9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，经日晒[水分](http://www.so.com/s?q=%E6%B0%B4%E5%88%86&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)蒸发不出来，容易发生霉变；含油食品经日晒会发生“酸败”；酒和[饮料](http://www.so.com/s?q=%E9%A5%AE%E6%96%99&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)经日晒，会发生脱色、沉淀，出现絮状物；[啤酒](http://www.so.com/s?q=%E5%95%A4%E9%85%92&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、汽酒经日晒会发酵[产气](http://www.so.com/s?q=%E4%BA%A7%E6%B0%94&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，引起变质或爆炸；[奶粉](http://www.so.com/s?q=%E5%A5%B6%E7%B2%89&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)会潮解结块；罐头会胖听；糖果会发烊；茶叶会干枯；有的还会使[细菌](http://www.so.com/s?q=%E7%BB%86%E8%8F%8C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)大量繁殖而发生食物中毒。特别是[儿童](http://www.so.com/s?q=%E5%84%BF%E7%AB%A5&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)[小食品](http://www.so.com/s?q=%E5%B0%8F%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)更容易发生变质。总之，露天销售的食品在[保质期](http://www.so.com/s?q=%E4%BF%9D%E8%B4%A8%E6%9C%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)内也可能发生变质。  
2.不买包装标识内容不全的食品。  
 国家《食品卫生法》明确规定:“食品包装上应清楚地印上品名、厂名、厂址、生产日期(批号或代号)、规格、[配方](http://www.so.com/s?q=%E9%85%8D%E6%96%B9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或主要成分、保质期、食用方法或使用方法等内容。”标识内容不全、不清楚者，[质量](http://www.so.com/s?q=%E8%B4%A8%E9%87%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)无保障、检验合格出厂的定型包装食品，一般不会出现以上情况，因此发现这类食品不宜购买。  
3.不买感官[性状](http://www.so.com/s?q=%E6%80%A7%E7%8A%B6&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)异常的食品。  
 感官性状异常是指变味、变色、沉淀、混浊、杂质、絮状物、发霉、[生虫](http://www.so.com/s?q=%E7%94%9F%E8%99%AB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、结块、异物、酸败、发粘、腐败变质等现象。无论哪种食品，都有各自应有[的色](http://www.so.com/s?q=%E7%9A%84%E8%89%B2&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、香、味、型，感观不合格的产品都是变质的表现。  
4.不买伪劣假冒、掺杂使假的食品。  
 伪劣假冒、掺杂使假的食品是指一些不法分于为谋取暴利对食品采取掺兑、替代、抽取、粉饰、混充、假冒等手段，使食品质量降低，有的甚至带毒，严重危害消费者的健康。  
5.经营条件差的食品不能买。  
 指[无证](http://www.so.com/s?q=%E6%97%A0%E8%AF%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或露天经营而无防蝇防尘设施、无食品专用器具等摊点，其食品极易受到污染，直接影响消费者健康和合法权益，大家应高度警惕，一经发现，可就近到卫生监督机构举报。  
6.不买过期食品。  
 各类新鲜食品，它的色、香、味等感官性状都很好，其保质期都是在科学的试验基础上制定出来的，具有一定的科学依据和安全食用期范围。一旦过期，其感官性状就会发生变化，失去原有的[风味](http://www.so.com/s?q=%E9%A3%8E%E5%91%B3&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和滋味，有的甚至会变质。因此，购买食品时，一定要注意标签上的生产日期和保质期。  
三、[儿童食品](http://www.so.com/s?q=%E5%84%BF%E7%AB%A5%E9%A3%9F%E5%93%81&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)袋中纸制玩具和卡片有菌有毒  
1.硬[纸玩具](http://www.so.com/s?q=%E7%BA%B8%E7%8E%A9%E5%85%B7&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及卡片会有大量细菌  
 用废旧[回收纸](http://www.so.com/s?q=%E5%9B%9E%E6%94%B6%E7%BA%B8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及下脚料等廉价材料生产的厚纸及版纸，只要作简单的[细菌总数](http://www.so.com/s?q=%E7%BB%86%E8%8F%8C%E6%80%BB%E6%95%B0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及大肠菌群检验便一目了然。某大城市食品包装纸的抽查结果，每平方厘米纸的细菌数可达几千个以上，26.7%有大肠杆菌。这标志这种纸有粪便或[肠道](http://www.so.com/s?q=%E8%82%A0%E9%81%93&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)病细菌污染；而儿童食品在加入纸制玩具及其卡片又会第二次细菌污染。试想孩子买回儿童食品，[在街上](http://www.so.com/s?q=%E5%9C%A8%E8%A1%97%E4%B8%8A&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)打开食品包装袋，肯定先[找玩具](http://www.so.com/s?q=%E6%89%BE%E7%8E%A9%E5%85%B7&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及其卡片，玩够后又不洗手就拿小食品吃，再经第三次污染，那么孩子吃的小食品会含有多少细菌?难怪中小学生[寄生虫](http://www.so.com/s?q=%E5%AF%84%E7%94%9F%E8%99%AB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)尤其[蛔虫症](http://www.so.com/s?q=%E8%9B%94%E8%99%AB%E7%97%87&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和[蛲虫](http://www.so.com/s?q=%E8%9B%B2%E8%99%AB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)症的[发病率](http://www.so.com/s?q=%E5%8F%91%E7%97%85%E7%8E%87&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)居高不下，[肝炎](http://www.so.com/s?q=%E8%82%9D%E7%82%8E&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和[胃肠道疾病](http://www.so.com/s?q=%E8%83%83%E8%82%A0%E9%81%93%E7%96%BE%E7%97%85&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的发病率也在增高，谁敢说这与他们[玩玩具](http://www.so.com/s?q=%E7%8E%A9%E7%8E%A9%E5%85%B7&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及其卡片无关?  
2.硬纸玩具及卡片含有大量化学[毒物](http://www.so.com/s?q=%E6%AF%92%E7%89%A9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)  
 回收报纸及废纸都含有大量的金属毒物铅和砷等，玩具类及玩具卡上的彩色油墨中其主要毒性也是有毒金属，且在食品袋中接触食品污染更重。儿童体内铅的危害主要来自食物及[食品包装材料](http://www.so.com/s?q=%E9%A3%9F%E5%93%81%E5%8C%85%E8%A3%85%E6%9D%90%E6%96%99&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，进入体内的铅约5-10%被吸收。回收报纸及废纸都含有大量的金属毒物铅和砷等，玩具类及玩具卡上的彩色油墨中其主要毒性也是有毒金属，且在食品袋中接触食品污染更重。儿童体内铅的危害主要来自食物及食品包装材料，进入体内的铅约5-10%被吸收。  
四、[瓜果](http://www.so.com/s?q=%E7%93%9C%E6%9E%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、蔬菜清洗消毒后才能[生食](http://www.so.com/s?q=%E7%94%9F%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)  
 瓜果、蔬菜含多种营养成分，有的可以生食。生食瓜果、蔬菜可以减少在熟制过程中热对其[营养素](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E7%B4%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的破坏，尤其是维生素等怕热[营养物质](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E7%89%A9%E8%B4%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的损失，并保持了果蔬的原色原味，增加了食欲。但瓜果、蔬菜由于在种植、生长过程中浇水、施肥，以及采集、搬运、存放、[销售过程](http://www.so.com/s?q=%E9%94%80%E5%94%AE%E8%BF%87%E7%A8%8B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)中，多次与[外环境](http://www.so.com/s?q=%E5%A4%96%E7%8E%AF%E5%A2%83&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)接触，其表面不可避免地会被各种细菌、病毒、寄生虫卵等污染，也可能附着有农药等有毒[化学物质](http://www.so.com/s?q=%E5%8C%96%E5%AD%A6%E7%89%A9%E8%B4%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。如果只用自来水洗一下，是不能有效去除上述[有毒有害物质](http://www.so.com/s?q=%E6%9C%89%E6%AF%92%E6%9C%89%E5%AE%B3%E7%89%A9%E8%B4%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的，可能对人体健康构成威胁。因此，生吃瓜果、蔬菜前，必须对果蔬进行彻底的清洗、消毒，去除农药、[微生物](http://www.so.com/s?q=%E5%BE%AE%E7%94%9F%E7%89%A9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)及寄生虫卵等有毒有害物质，以保证食用的卫生安全。  
 瓜果、蔬菜清洗主要采用符合[卫生标准](http://www.so.com/s?q=%E5%8D%AB%E7%94%9F%E6%A0%87%E5%87%86&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的自来水清洗的方法，经过反复用清水冲洗至感官上清洁为止；消毒则多采用食品用[消毒液](http://www.so.com/s?q=%E6%B6%88%E6%AF%92%E6%B6%B2&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)浸泡，消毒后用流动清水把消毒液冲净。浸泡时应注意消毒液[浓度](http://www.so.com/s?q=%E6%B5%93%E5%BA%A6&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和浸泡时间，浓度不宜过高，并非浓度越高越好，按消毒液使用说明上规定的浓度和浸泡时间使用即可保证消毒效果。  
五、学生要重视早餐  
 学生由于[课业负担](http://www.so.com/s?q=%E8%AF%BE%E4%B8%9A%E8%B4%9F%E6%8B%85&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)很重，晚上写作业到很晚，早晨上学很早，因此有些学生来不及[吃早餐](http://www.so.com/s?q=%E5%90%83%E6%97%A9%E9%A4%90&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，而有些学生由于早晨时间紧张，没有[胃口](http://www.so.com/s?q=%E8%83%83%E5%8F%A3&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，吃的量很少。  
 俗话说一天之计在于晨，学生的重要[课程](http://www.so.com/s?q=%E8%AF%BE%E7%A8%8B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)都安排在[上午](http://www.so.com/s?q=%E4%B8%8A%E5%8D%88&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，早餐就成为上午学习的[能量](http://www.so.com/s?q=%E8%83%BD%E9%87%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)保证。头天[晚餐](http://www.so.com/s?q=%E6%99%9A%E9%A4%90&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)到第二天清晨，已经过去7-8小时，头天晚餐的食物早已从胃中排空，[小肠](http://www.so.com/s?q=%E5%B0%8F%E8%82%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)已将其消化吸收，[血糖](http://www.so.com/s?q=%E8%A1%80%E7%B3%96&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)也降到了低水平，这时血糖水平已不能为上午紧张的学习提供充足的热能，也不能保证大脑对糖的需求。人会出现精神不振、全身无力，从而使学习效率低、思维迟钝、[记忆力](http://www.so.com/s?q=%E8%AE%B0%E5%BF%86%E5%8A%9B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)下降。有人觉得已习惯不吃[早饭](http://www.so.com/s?q=%E6%97%A9%E9%A5%AD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，并未影响学习效率，这是一种假象，原因在[肝脏](http://www.so.com/s?q=%E8%82%9D%E8%84%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，不吃早饭，没有[热量](http://www.so.com/s?q=%E7%83%AD%E9%87%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和糖的补充，为保证一定浓度的血糖，就要动用肝脏储备的[糖原](http://www.so.com/s?q=%E7%B3%96%E5%8E%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，肝脏内的糖原分解成[葡萄糖](http://www.so.com/s?q=%E8%91%A1%E8%90%84%E7%B3%96&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，将其释放进入[血液](http://www.so.com/s?q=%E8%A1%80%E6%B6%B2&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。肝脏储备的糖原，在完全禁食的情况下，仅够身体使用3天，由于肝脏损失了储存的糖，[脂肪](http://www.so.com/s?q=%E8%84%82%E8%82%AA&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)乘虚而入，肝内就发生了脂肪的沉积，久之[脂肪肝](http://www.so.com/s?q=%E8%84%82%E8%82%AA%E8%82%9D&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)就发生了。肝脏由于丢失了糖，也就失去了糖对肝脏功能的保护作用，很容易被细菌、病毒[感染](http://www.so.com/s?q=%E6%84%9F%E6%9F%93&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。所以肝脏在[营养不良](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E4%B8%8D%E8%89%AF&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的状态下，[肝功能](http://www.so.com/s?q=%E8%82%9D%E5%8A%9F%E8%83%BD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)也是极易被损伤。  
 因此说早餐很重要。中国人[主食](http://www.so.com/s?q=%E4%B8%BB%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的主要成分是[淀粉](http://www.so.com/s?q=%E6%B7%80%E7%B2%89&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，它的特点是吸收快，在体内代谢也快，可以很快升高血糖，在体内分解利用也快。单纯吃主食，人可以很快感觉[饥饿](http://www.so.com/s?q=%E9%A5%A5%E9%A5%BF&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。上午10点左右会出现上课注意力不集中，疲劳无力，甚至会饥肠辘辘。所以，早晨除主食外，还应该吃些[牛奶](http://www.so.com/s?q=%E7%89%9B%E5%A5%B6&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[鸡蛋](http://www.so.com/s?q=%E9%B8%A1%E8%9B%8B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[香肠](http://www.so.com/s?q=%E9%A6%99%E8%82%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或豆制品等，还要吃适量蔬菜，这些食品不仅供应了6种营养素，并且在胃内[存留时间](http://www.so.com/s?q=%E5%AD%98%E7%95%99%E6%97%B6%E9%97%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)长，消化慢，可以连续不断维持血糖水平。因此说早餐很重要。  
 为了使早晨胃口好，达到较好的效果，要做到晚上按时睡觉，早晨按时起床，头天晚餐要吃的清淡，不要过饱。应该在睡前3-4小时用餐，不能少于3小时，睡前不可吃[甜食](http://www.so.com/s?q=%E7%94%9C%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和油[煎炸](http://www.so.com/s?q=%E7%85%8E%E7%82%B8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)食品，起床后立即饮用一杯[温开水](http://www.so.com/s?q=%E6%B8%A9%E5%BC%80%E6%B0%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或温热淡[茶水](http://www.so.com/s?q=%E8%8C%B6%E6%B0%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或稍有[咸味](http://www.so.com/s?q=%E5%92%B8%E5%91%B3&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的温热[盐水](http://www.so.com/s?q=%E7%9B%90%E6%B0%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，做适当活动。比如[在阳台上](http://www.so.com/s?q=%E5%9C%A8%E9%98%B3%E5%8F%B0%E4%B8%8A&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或院外做深度腹式呼吸20次，或[做早操](http://www.so.com/s?q=%E5%81%9A%E6%97%A9%E6%93%8D&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，或慢跑；早晨要吃质量好的食品，要干稀搭配，配少量[咸菜](http://www.so.com/s?q=%E5%92%B8%E8%8F%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、[泡菜](http://www.so.com/s?q=%E6%B3%A1%E8%8F%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，泡菜有助于刺激[唾液腺](http://www.so.com/s?q=%E5%94%BE%E6%B6%B2%E8%85%BA&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的分泌，可增加食欲。  
六、[小学生](http://www.so.com/s?q=%E5%B0%8F%E5%AD%A6%E7%94%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)肥胖原因及[预防措施](http://www.so.com/s?q=%E9%A2%84%E9%98%B2%E6%8E%AA%E6%96%BD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)  
 儿童少年时期发生的肥胖绝大多数属于单纯性肥胖，其发生原因既有[环境因素](http://www.so.com/s?q=%E7%8E%AF%E5%A2%83%E5%9B%A0%E7%B4%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)又有遗传因素。  
环境因素:[营养过剩](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E8%BF%87%E5%89%A9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)是儿童[青少年](http://www.so.com/s?q=%E9%9D%92%E5%B0%91%E5%B9%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)肥胖的最重要原因，吃进去的食物过多，以致使多余的热量转变成脂肪，在体内蓄积，同时，又缺乏足够运动，那么，缺乏运动也是造成儿童少年肥胖的最重要因素。[饮食习惯](http://www.so.com/s?q=%E9%A5%AE%E9%A3%9F%E4%B9%A0%E6%83%AF&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)与肥胖密切相关，有人研究，大量吃甜食、动物性脂肪和[油腻食物](http://www.so.com/s?q=%E6%B2%B9%E8%85%BB%E9%A3%9F%E7%89%A9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的人容易发生肥胖。主食吃得过多，吃饭速度过快也是造成肥胖的原因。  
 医学家认为，肥胖与遗传因素有关，主要原因是父母子女同在[一个家庭](http://www.so.com/s?q=%E4%B8%80%E4%B8%AA%E5%AE%B6%E5%BA%AD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，他们的[饮食方式](http://www.so.com/s?q=%E9%A5%AE%E9%A3%9F%E6%96%B9%E5%BC%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和活动方式相同，而且父母不正确的饮食习惯可以影响后代，那么从小继承下来的饮食[嗜好](http://www.so.com/s?q=%E5%97%9C%E5%A5%BD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)还很难纠正，如从小爱吃油腻食物的人，往往到了青少年时期还不会改变。  
**肥胖的预防措施:**1、认识肥胖对[机体](http://www.so.com/s?q=%E6%9C%BA%E4%BD%93&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)的危害，肥胖产生原因及防治方法，提高预防肥胖的知识和能力。  
2、培养良好的饮食习惯。进食量适中，不过饱，为了增加[饱腹](http://www.so.com/s?q=%E9%A5%B1%E8%85%B9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)感，餐前可先[吃水果](http://www.so.com/s?q=%E5%90%83%E6%B0%B4%E6%9E%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)和[汤类](http://www.so.com/s?q=%E6%B1%A4%E7%B1%BB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。少[吃糖果](http://www.so.com/s?q=%E5%90%83%E7%B3%96%E6%9E%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、点心等甜食，少吃油腻食物，吃饭要细嚼慢咽，防止狼吞虎咽，两餐间的零食可以以水果和玉米花一类的小食品来代替糖果糕点。  
3、积极参加[体育活动](http://www.so.com/s?q=%E4%BD%93%E8%82%B2%E6%B4%BB%E5%8A%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，合理安排作息制度，[睡眠时间](http://www.so.com/s?q=%E7%9D%A1%E7%9C%A0%E6%97%B6%E9%97%B4&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)不要过多，[饭后](http://www.so.com/s?q=%E9%A5%AD%E5%90%8E&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)不要马上看书或[看电视](http://www.so.com/s?q=%E7%9C%8B%E7%94%B5%E8%A7%86&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，[晚饭](http://www.so.com/s?q=%E6%99%9A%E9%A5%AD&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)与上床睡觉之间最好有3小时的间隔。  
4、如果已发胖，千万不要强行采取[饥饿疗法](http://www.so.com/s?q=%E9%A5%A5%E9%A5%BF%E7%96%97%E6%B3%95&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或减肥药物来降低[体重](http://www.so.com/s?q=%E4%BD%93%E9%87%8D&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，这样会影响[青春期](http://www.so.com/s?q=%E9%9D%92%E6%98%A5%E6%9C%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)正常发育甚至发生[青春期厌食症](http://www.so.com/s?q=%E9%9D%92%E6%98%A5%E6%9C%9F%E5%8E%8C%E9%A3%9F%E7%97%87&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，应该及时进行饮食成分的调整，如减少主食，限制吃[肥肉](http://www.so.com/s?q=%E8%82%A5%E8%82%89&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、奶油、精制糕点、糖果；多吃含[纤维素](http://www.so.com/s?q=%E7%BA%A4%E7%BB%B4%E7%B4%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)多的食物，如新鲜蔬菜和水果；[瘦肉](http://www.so.com/s?q=%E7%98%A6%E8%82%89&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)、鸡蛋、黄豆。  
5、加强[体育锻炼](http://www.so.com/s?q=%E4%BD%93%E8%82%B2%E9%94%BB%E7%82%BC&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，增加热量消耗，如做减肥体操、游泳、跑步等各种活动。应有一定的[运动量](http://www.so.com/s?q=%E8%BF%90%E5%8A%A8%E9%87%8F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，并坚持锻炼，持之以恒，这样既可增强体质，提高身体[抵抗力](http://www.so.com/s?q=%E6%8A%B5%E6%8A%97%E5%8A%9B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，又可起到减轻体重的作用。  
6、合理营养、平衡[膳食](http://www.so.com/s?q=%E8%86%B3%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，在中小学有计划、有步骤地普及学生[营养午餐](http://www.so.com/s?q=%E8%90%A5%E5%85%BB%E5%8D%88%E9%A4%90&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)。  
七、预防食物中毒  
 食物中毒是指通过摄食而进入人体的病原体使人体患[感染性](http://www.so.com/s?q=%E6%84%9F%E6%9F%93%E6%80%A7&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)或中毒性疾病，也称为[食源性疾病](http://www.so.com/s?q=%E9%A3%9F%E6%BA%90%E6%80%A7%E7%96%BE%E7%97%85&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，按中国传统说法“病从口入”――凡因饮食而引起的疾病均应归属食源性疾病的范围。  
 食物中毒分为微生物性食物中毒、化学性食物中毒和有毒、有害物导致食物中毒。微生物性食物中毒最常见，它是指细菌污染水或食物后，随水或食物进入人体而导致人体感染或中毒性疾病。作为小学生预防食物中毒，应当做到以下[几点](http://www.so.com/s?q=%E5%87%A0%E7%82%B9&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank):  
1、把住食品采购关，即在购买食品时必须到取得卫生合格证的单位购买合格的食品。注意食品销售单位是否取得了卫生合格证，销售场所、包装容器是否干净卫生，销售人员是否穿戴整洁的工作服，是否取得了健康证。烹调加工所用[原料](http://www.so.com/s?q=%E5%8E%9F%E6%96%99&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)是否新鲜。   
2、[热菜](http://www.so.com/s?q=%E7%83%AD%E8%8F%9C&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)贮存温度应保持在60℃以上，保温温度低于这个温度则可能加速细菌的生长繁殖，增加食品的危险性。  
3、剩余饭菜是常见的中毒原因之一。剩余饭菜，应妥善保存放入[熟食](http://www.so.com/s?q=%E7%86%9F%E9%A3%9F&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)专用冰箱保存。次日食用前必须彻底加热。  
八、发生食物中毒的症状和处理方法  
 一般食物中毒都会有[胃肠道](http://www.so.com/s?q=%E8%83%83%E8%82%A0%E9%81%93&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)反应，首先要采取的自救办法就是催吐。食物中毒一般的症状是[消化道](http://www.so.com/s?q=%E6%B6%88%E5%8C%96%E9%81%93&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)出现明显不适，毒物刺激胃肠道后会引起呕吐、恶心、[腹痛](http://www.so.com/s?q=%E8%85%B9%E7%97%9B&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)，所以一旦发现有上述症状，又怀疑跟所进食的食物有关时，首先要在第一时间进行催吐，用手指抠喉咙的办法可以快速催吐，将大量的[有毒物质](http://www.so.com/s?q=%E6%9C%89%E6%AF%92%E7%89%A9%E8%B4%A8&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)排出体外，避免[毒素](http://www.so.com/s?q=%E6%AF%92%E7%B4%A0&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)被身体吸收。紧接着可大量喝水，促进体内排泄。当然，在自救的[同时](http://www.so.com/s?q=%E5%90%8C%E6%97%B6&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)应尽快送往医院，医院会采取催吐、洗胃、灌肠等办法进行抢救，同时会针对毒物的[种类](http://www.so.com/s?q=%E7%A7%8D%E7%B1%BB&ie=utf-8&src=internal_wenda_recommend_textn" \t "_blank)使用解毒药。