

健康 3 下

Health





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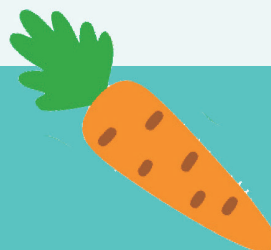
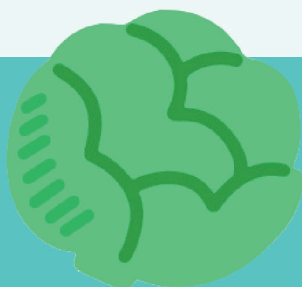
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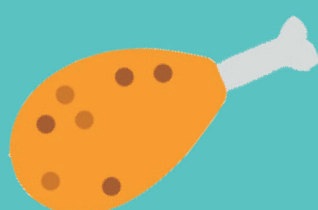
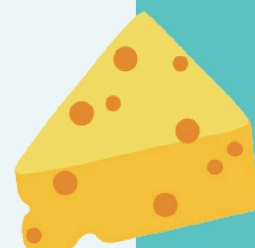


Unit 3 Save The Earth

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Unit 1

Five Senses



I see with my eyes.



I hear with my ears.



I smell with my nose.



I taste with my tongue.

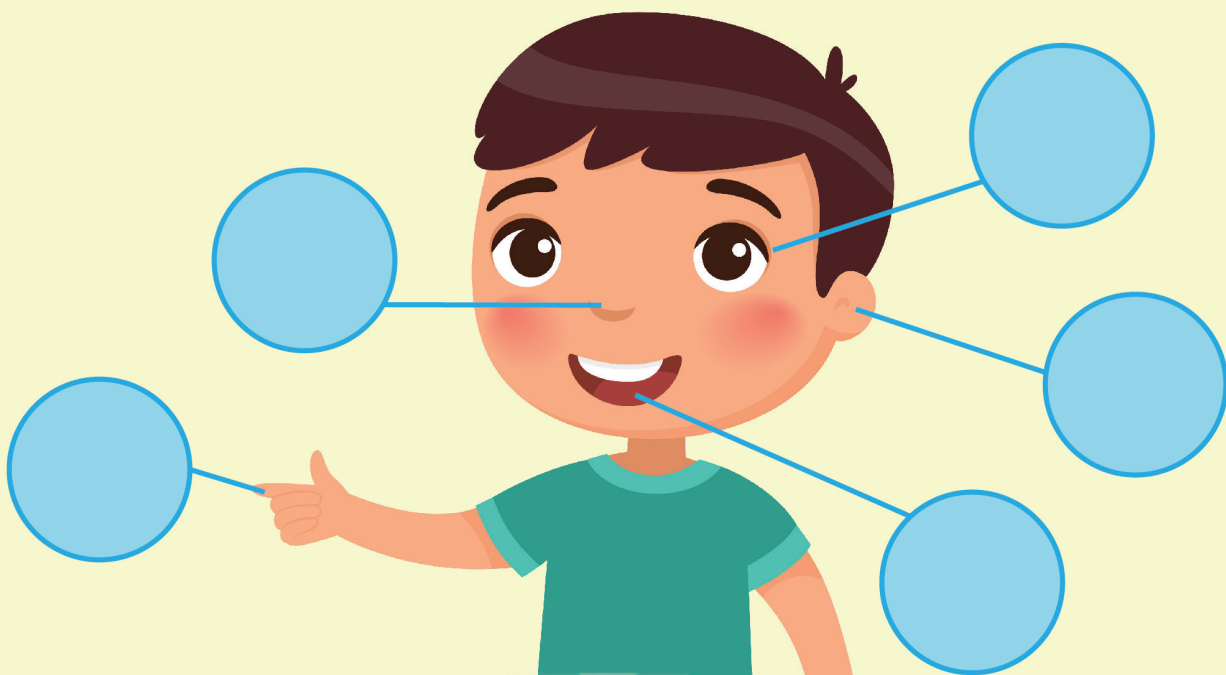


I feel hot and cold with my skin.

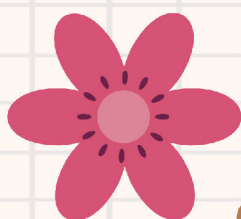
The five senses are
sight, hearing, smell, taste and touch.

Fill & Talk

How do you use your five sense organs?



5 Sense Sorting



I _____ with my _____.

Lesson 1

Care For Eyes

Let's learn about eyes



- eyelash: protect eyes from dust.
- pupil: control the light going through the eye.
- iris: control the size of the pupil.
- eyelid: keep the eye wet.

Read & Match

eyelash

pupil



eyelid

iris

What can the parts do?

Keep the eye wet.

Protect the
eye from dust.

Control the
size of pupil.

Control the light going
through the eye.

Do you know...?

If you are nearsighted, you see things clearly near to you. When the things are far away, they are blurry.



-1.0



-3.5



-5.0



-6.5



-8.5



-10.0

Let's discuss

What if you are farsighted?

Being farsighted and nearsighted, how are they different?

How can we prevent nearsightedness?

How do we keep eyes healthy?



Wear sunglasses.



Eat healthy food.



Look away
from screen.



Go outdoors.

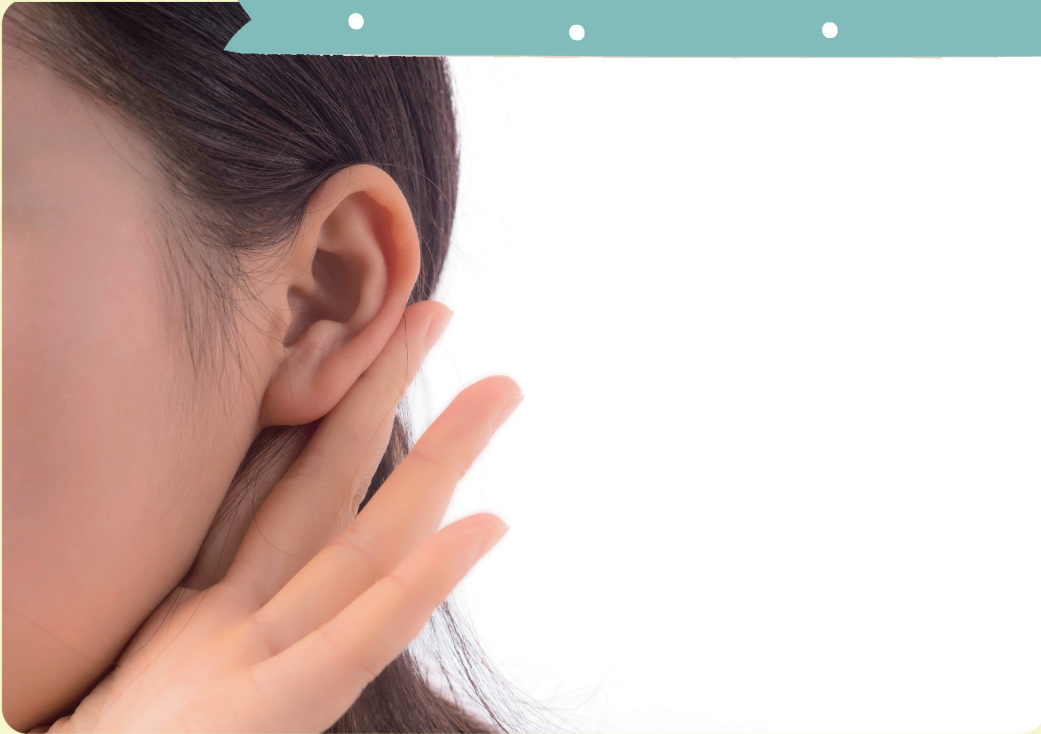
Let's discuss

1. What can you do to keep your eyes healthy after 30 minutes of reading or screen time?
2. Why wearing sunglasses can protect your eyes?

Lesson 2

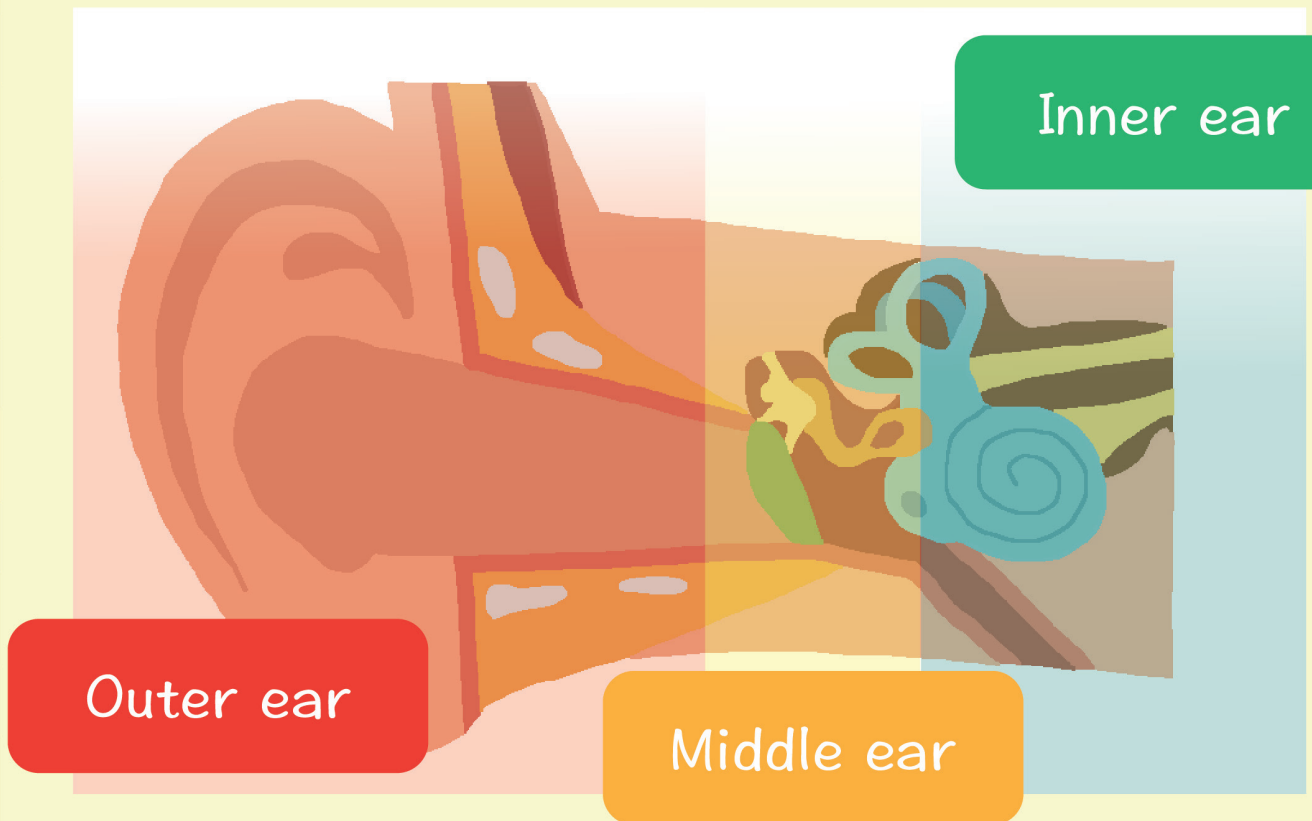
Care For Ears

Let's learn about ears



- Outer ear: collect sounds and direct sounds into the middle ear.
- Middle ear: vibrate to pass sounds.
- Inner ear: turn the sounds into signal; pass the signals to the brain; help to keep our balance.

Read & Match



What can the parts do?

Collect sounds.

Vibrate to
pass sounds.

Turn sounds
into signals.

Help to keep
us balance.

How loud are they?

We use decibels(dB) to tell noise levels.



sirens

110~130dB



fireworks

140~160dB



movie theater

70~100dB



headphones

90~110dB



whispering

30dB



conversation

65~80dB

Sounds above 85 dB are harmful.

Identify the sounds that might be harmful to your hearing.

How do we keep ears healthy?



Wear earplugs.



Turn the volume down.



Keep your ears dry.



Don't use cotton swabs.

Let's discuss

1. Why shouldn't we use cotton swabs?
2. What should you do when your ears are wet?

Lesson 3

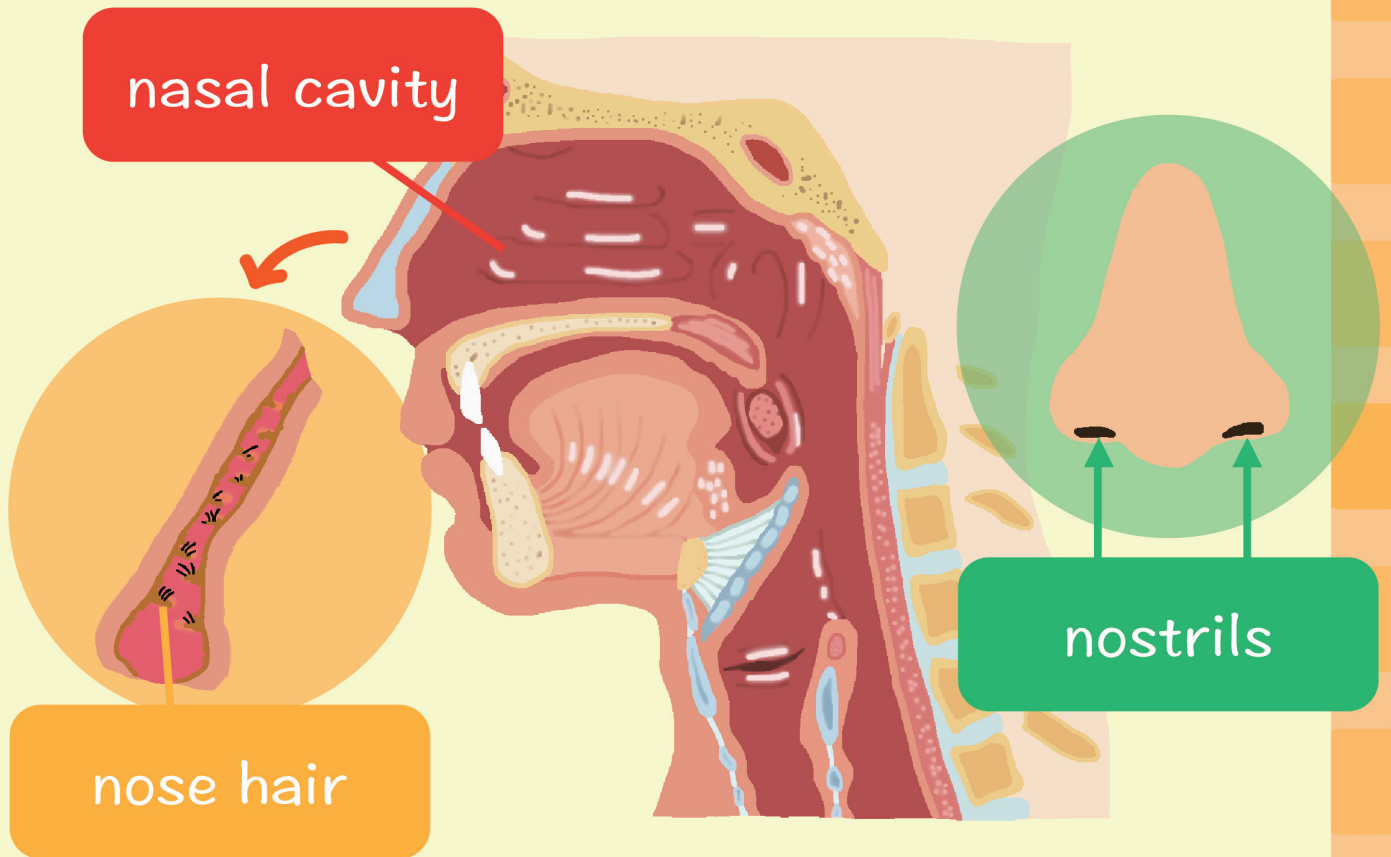
Nose, Mouth and Skin

Let's learn about nose



- nostrils: let air in and out.
- nasal cavity: keep the air wet and warm and collect scents.
- nose hair: filter the air.

Read & Match



What can the parts do?

Keep air
warm & wet.

Let air in & out.

Filter air.

Collect scents.

Let's discuss

1. What can you do when you have boogers?
2. What can you do to get rid of a stuffy nose?

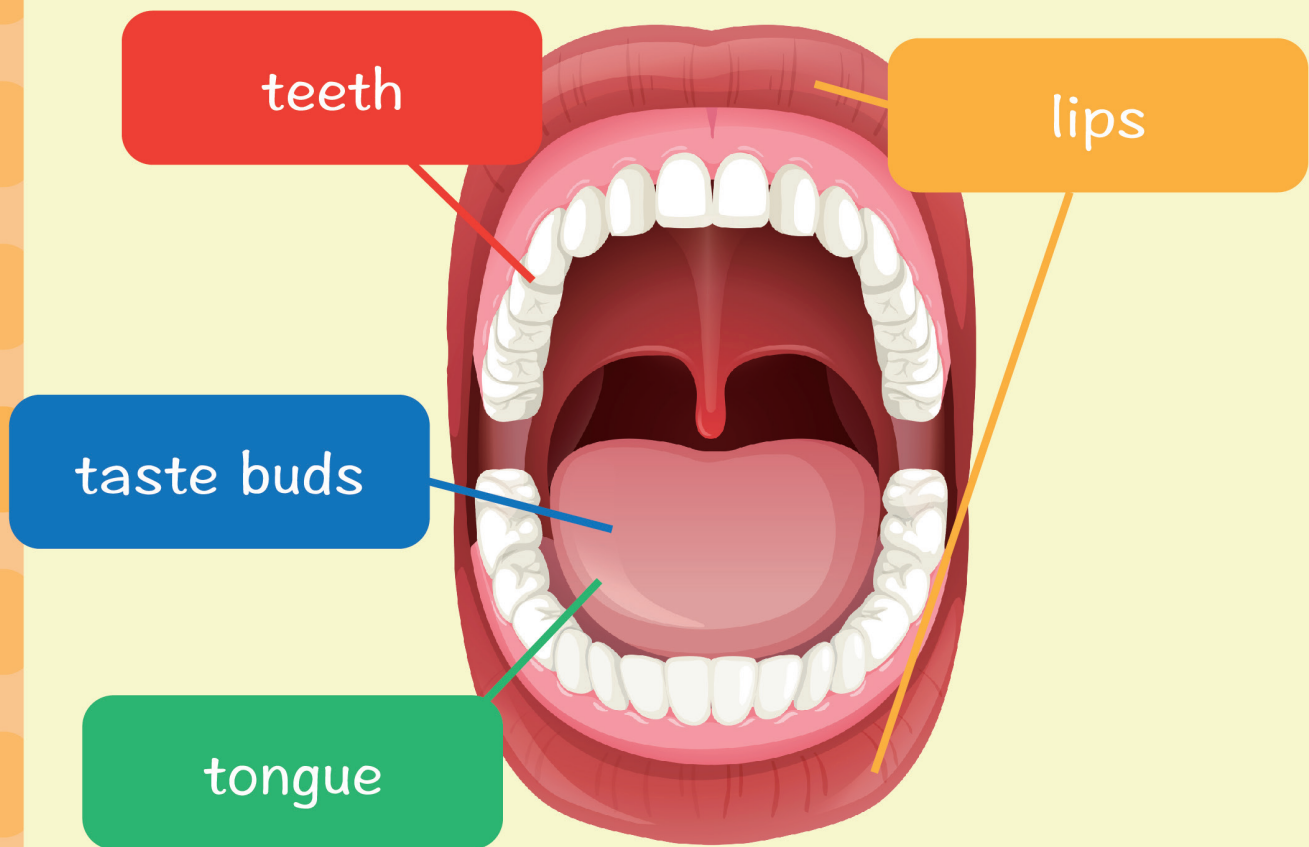
Let's learn about mouth



We use the mouth to eat, sing and speak.

- lips: smile and help you to speak.
- tongue: taste food and help you speak.
- taste buds: taste different foods.
- teeth: help you to break up food and chew food.

Read & Match



What can the parts do?

Chew food.

Taste food.

Break up food.

Smile and help you speak.

Let's discuss

What parts do we need to speak clearly?

Let's learn about skin



What can the skin do? First, the skin can protect our body from sun rays. Next, the skin can keep us warm. Last, the skin can help us feel pain, itchy, hot or cold.

Read & Draw

Keep body
temperature

Help us
feel

Protect the
body

Unit 2

I Can Be Safe!

Lesson 1

Dangers at Home



I like to play tag
with my sister
at home.

I like to

at home.



A. Read and Talk

We can relax, play, and enjoy spending time with family at home. What do you like to do at home? Share with your partners.

B. Spot the Dangers - Living Room

Circle the dangers. Why are they dangerous?
Discuss with your partners.



Solve the Problems:

How can we prevent dangers?

C. Spot the Dangers - Kitchen

Circle the dangers. Why are they dangerous?
Discuss with your partners.



Solve the Problems:

How can we prevent dangers?

Circle the dangers. Why are they dangerous?
Discuss with your partners.

Circle the dangers. Why are they dangerous?
Discuss with your partners.



How can we prevent dangers?

How can we prevent dangers?

Lesson 2

Safety Rules at Home



Yes, I got hurt
when I was running
at home.

I got hurt
when
I _____
at home.

A. Read and Talk

Home is a safe place, but it can be dangerous, too. Have you ever got hurt at home? How did you get hurt? Share with your partners.

B. Look and Discuss

Look at the pictures. Is it safe to do it at home? Mark "O" or "X".



run



read



jump



climb



play ball



watch TV

It's safe / dangerous because

C. Check and Fill in Blanks

Choose a safe way and write down the words.

Situation 1

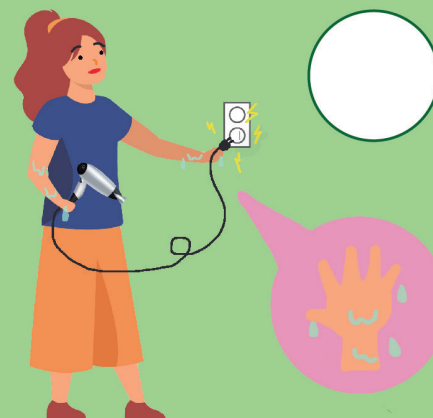
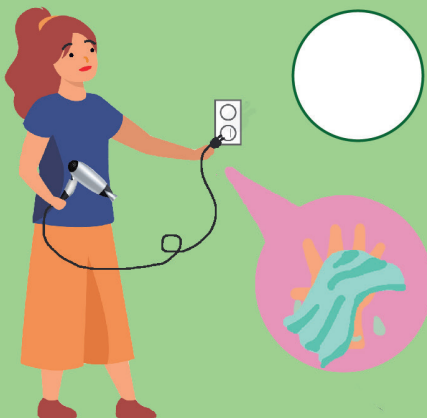
My toy is on the shelf. I want to take it down.



Safety Rule 1: Never _____ on anything without a grown-up's help.

Situation 2

I'm done showering. I want to use the hair dryer.



Safety Rule 2: _____ your hands before using electrical appliances.

Word Bank:
touch / climb / slowly / dry

Situation 3

Mom is cooking. I want to help.



Safety Rule 3: Never _____ anything hot without protection.

Situation 4

I'm so hungry! Let's dig in!



Safety Rule 4: Eat _____ and chew food thoroughly before swallowing.

Lesson 3

First Aids Tips



fall



choke



shock



burn



poison



cut

If I run at home,
I might fall down.



If I _____, I
might _____.



A. Look and Discuss

These are common accidents at home. Why do they happen? Discuss with your partners.

B. Draw and Share

What should we do to prevent accidents?

Draw and share with your class.

If ...



I might ...

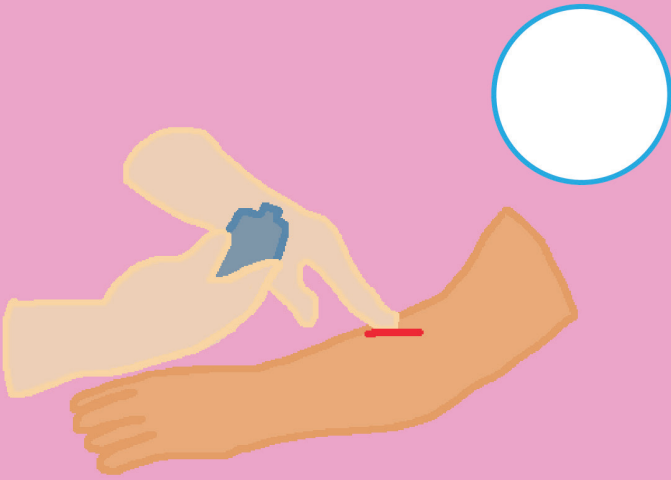


I should ...

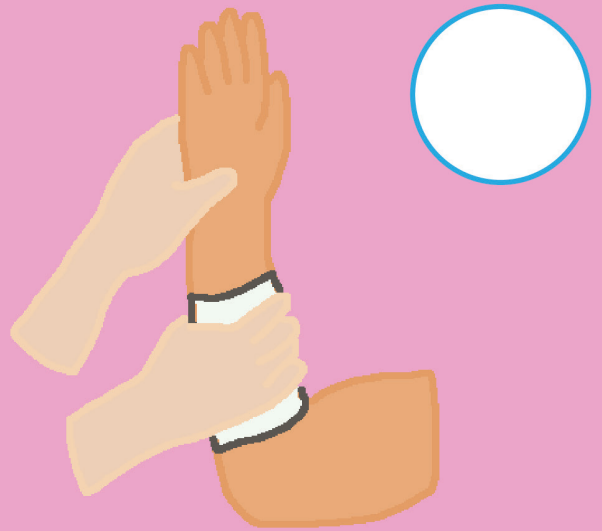


C. Look and Number

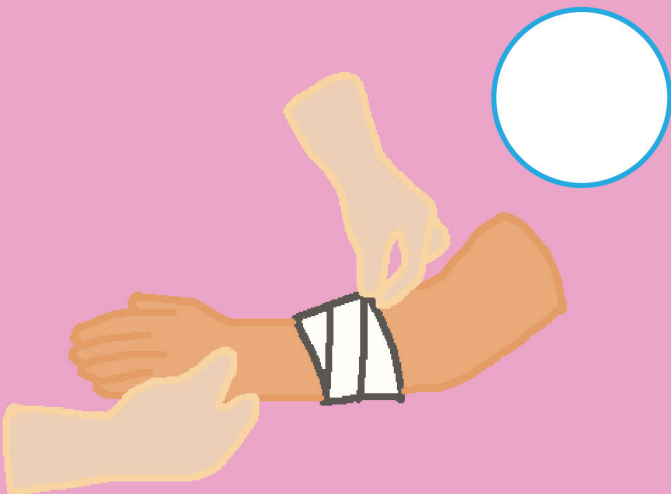
1. How to treat small cuts and scratches.



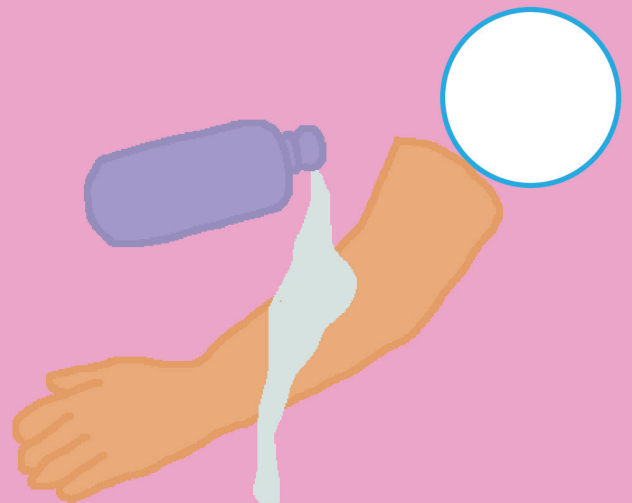
apply medicine



stop the bleeding



cover the wound



clean the wound

Keep a first aid kit at home, so you can treat small injuries.

Remember to keep it in a dry and cool place!

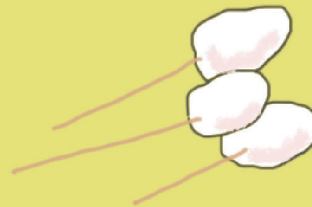


saline

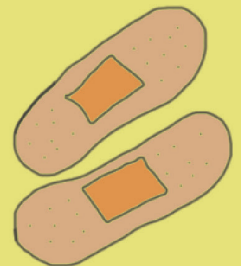


povidon-iodine

優_ス碘_{カヨ}



cotton stick



band-aid



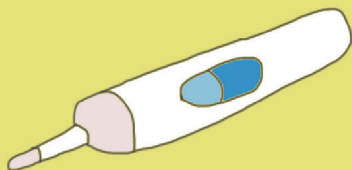
gloves



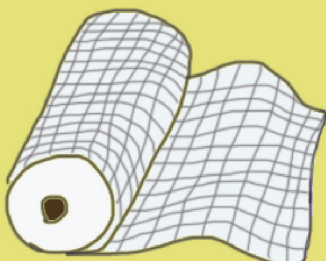
First Aid Kit



gauze



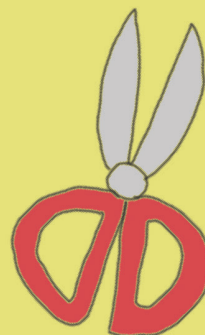
thermometer



bandage



tweezers



scissors

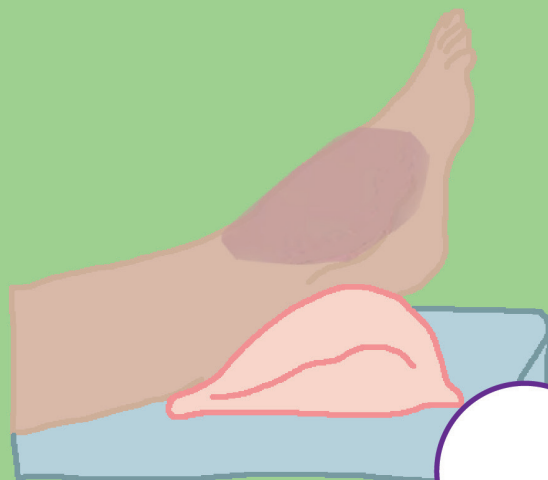


cotton ball

2. How to treat a sprain.



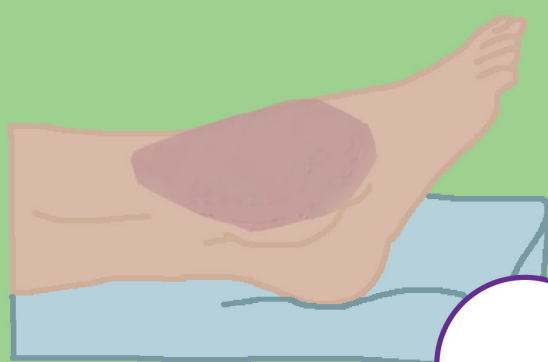
ice



elevate

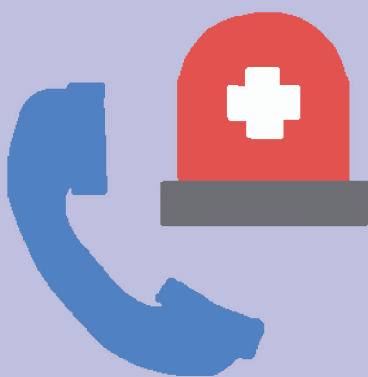


compress



rest

3. What to do when someone is choking.



call 119



squeeze it out



slap it out



cough it out

I can be safe at home!

Read and color the safety stars. How many stars do you get?



I can identify the dangers at home.



I can explain why it is dangerous.



I know how to prevent accidents at home.



I can follow the safety rules at home.



Notes:

Unit 3

Save The Earth

Lesson 1

Now and Then

There were 1656 million people in 1900. By the year of 1950, there were 2516 million. But the world population reached 7800 million in 2020. It's almost 5 times than in 1900! As the world's population booms, will its resources enough for us?

year	in million
1900	1656
1950	2516
1995	5760
2011	6987
2020	7800

Then

The beach was clean.

It was beautiful.

Now

It is dirty.

There is a lot of trash.

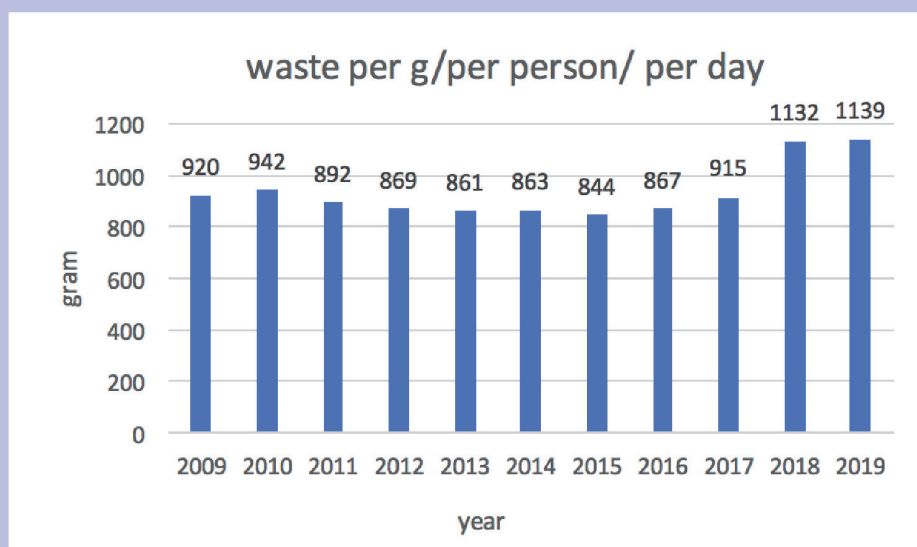
Which picture is Then and which one
is Now? How are they different?
What causes the differences?



How much waste do we produce every day?

Do you know ? Every Taiwanese produces 1139 g per day per person in 2019.

Year	waste per g/per person/ per day
2009	920
2010	942
2011	892
2012	869
2013	861
2014	863
2015	844
2016	867
2017	915
2018	1132
2019	1139



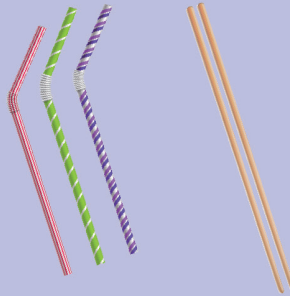
資料來源：中華民國統計資源網

Can you imagine how much is 1139 grams is?

What waste do you produce every day? Circle them.



Dirty paper



Single use
plastics



Styrofoam



plastics, Tetra Pak,
tin and aluminum cans



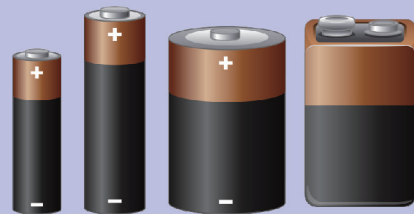
papers



plastic
bags



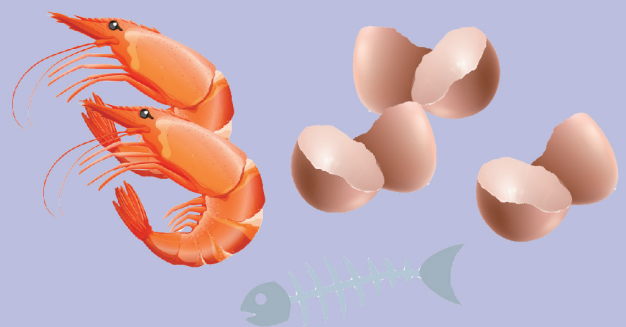
packaging
materials



batteries



composable food waste



non-composable food waste

How will you put them into groups?

Lesson 2

Where does the waste go?

landfill



incineration(burn)



waste

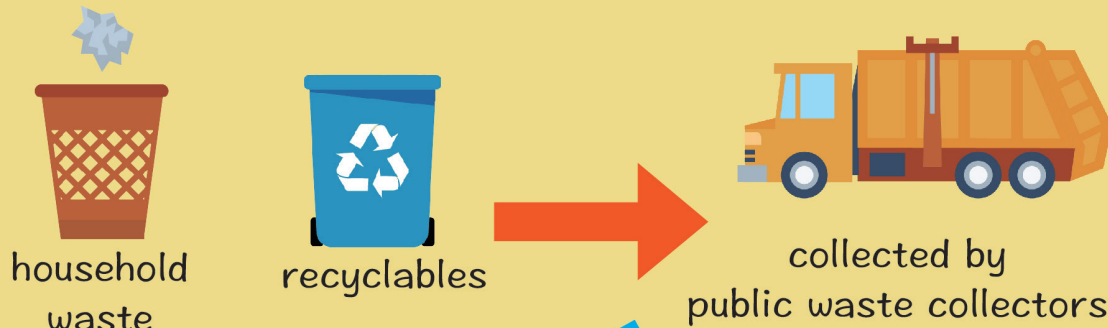


recycle

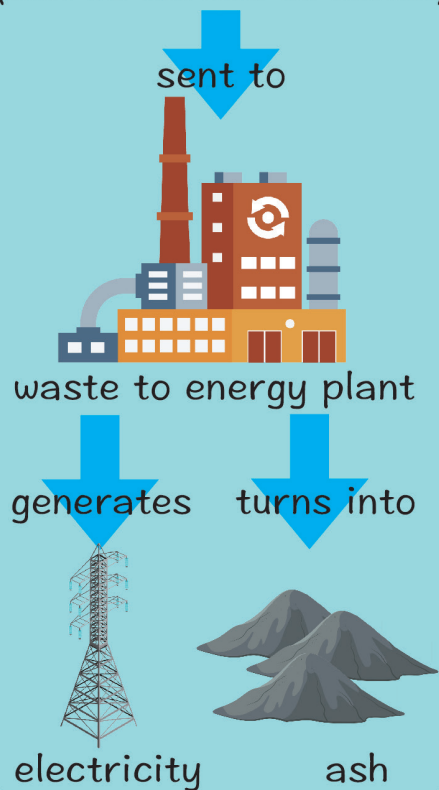


kitchen waste

Where does our waste go?



incinerable waste
(can be burned to ashes)



non-incinerable waste



recyclables
(paper, metal, plastic)



Why do we put waste into different bins?

Improper waste disposal effect

On the environment

dirty environment

air pollution

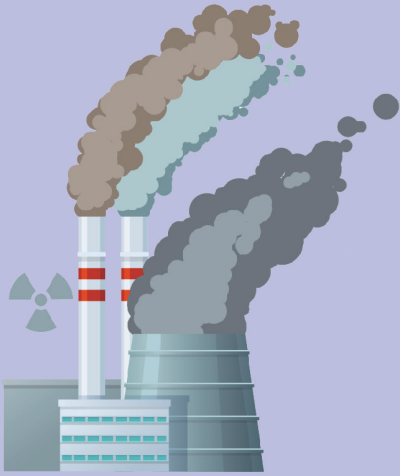


water pollution

soil contamination

Improper waste disposal causes effect on the environment and human health. It may cause dirty environment, air pollution water pollution and soil contaminations.

On human health



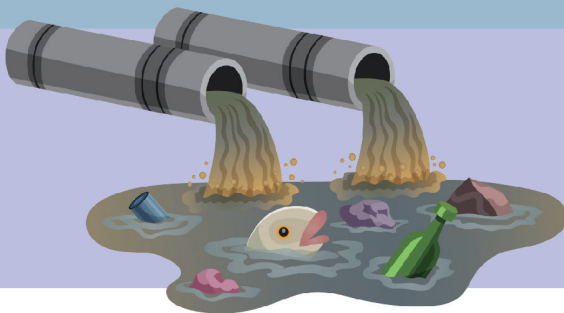
respiratory system
harm



food contamination



infectious diseases



water contamination



Improper waste disposal may cause infectious diseases, water contamination, soil containments, or respiratory system harm.

Lesson 3

I can help

Recycle is important. Do you know how to do recycling? Where should these items go?



It goes to _____ bin.

I can help

Record the waste you produce every day.

Day/Type	plastic	paper	food	other
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Waste free breakfast

How much waste do you produce from
your breakfast?

Date:

Plan a waste free breakfast.

Date:

Do & Talk



Do you know what it is?



What can we do to help?

Let's recycle!

Try to put things in the right bin.

We can make the earth a better place.



Tin
and
Aluminum
Cans

Drink
cartons
and
Lunch
Boxes

Plastic
Bottles

Paper
and
Cardboard

Batteries

Discuss with your classmate.

5 ways You can help the Earth

1

_____.

2

_____.

3

_____.

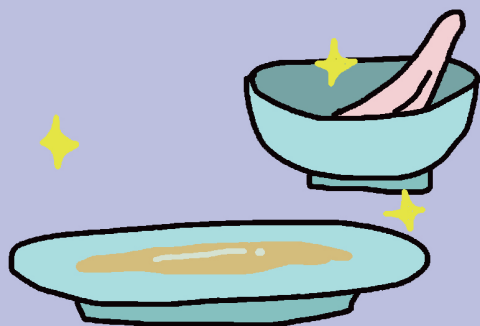
4

_____.

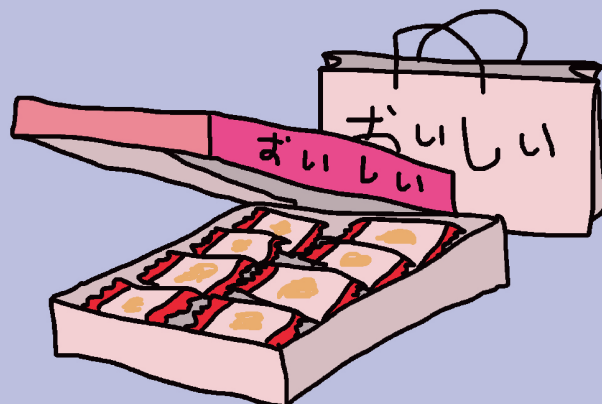
5

_____.

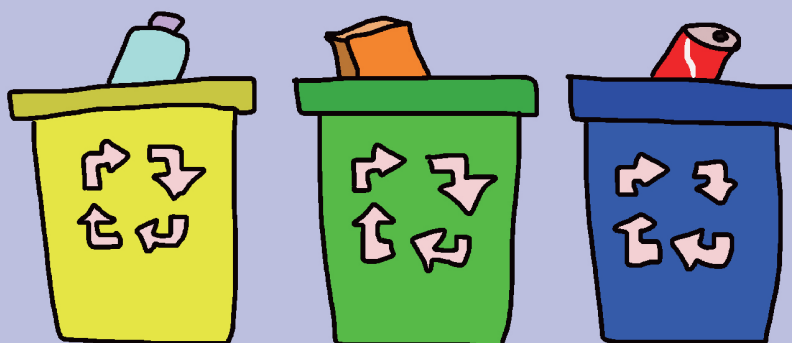
5 ways you can help
to reduce the waste



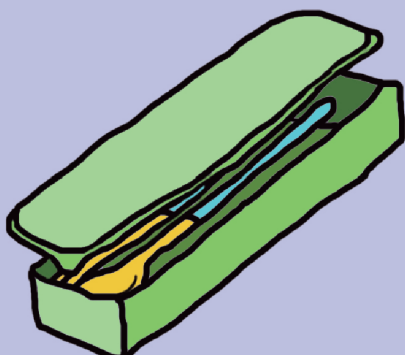
Save leftovers.



Reduce unnecessary
packaging.



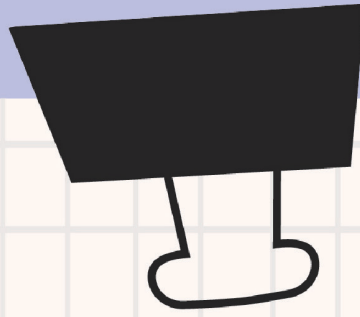
Recycle!



Bring your own
utensils.

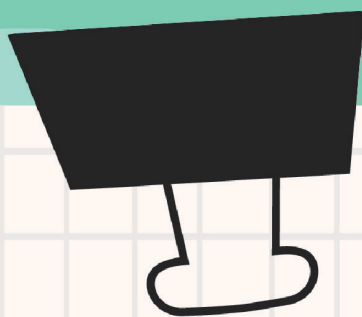


Avoid single use
plastic.



Design a recycling poster

Notes:



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