

健康 3_上

Health 3_上



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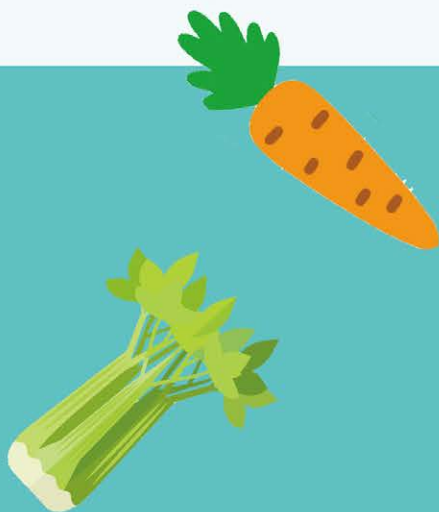
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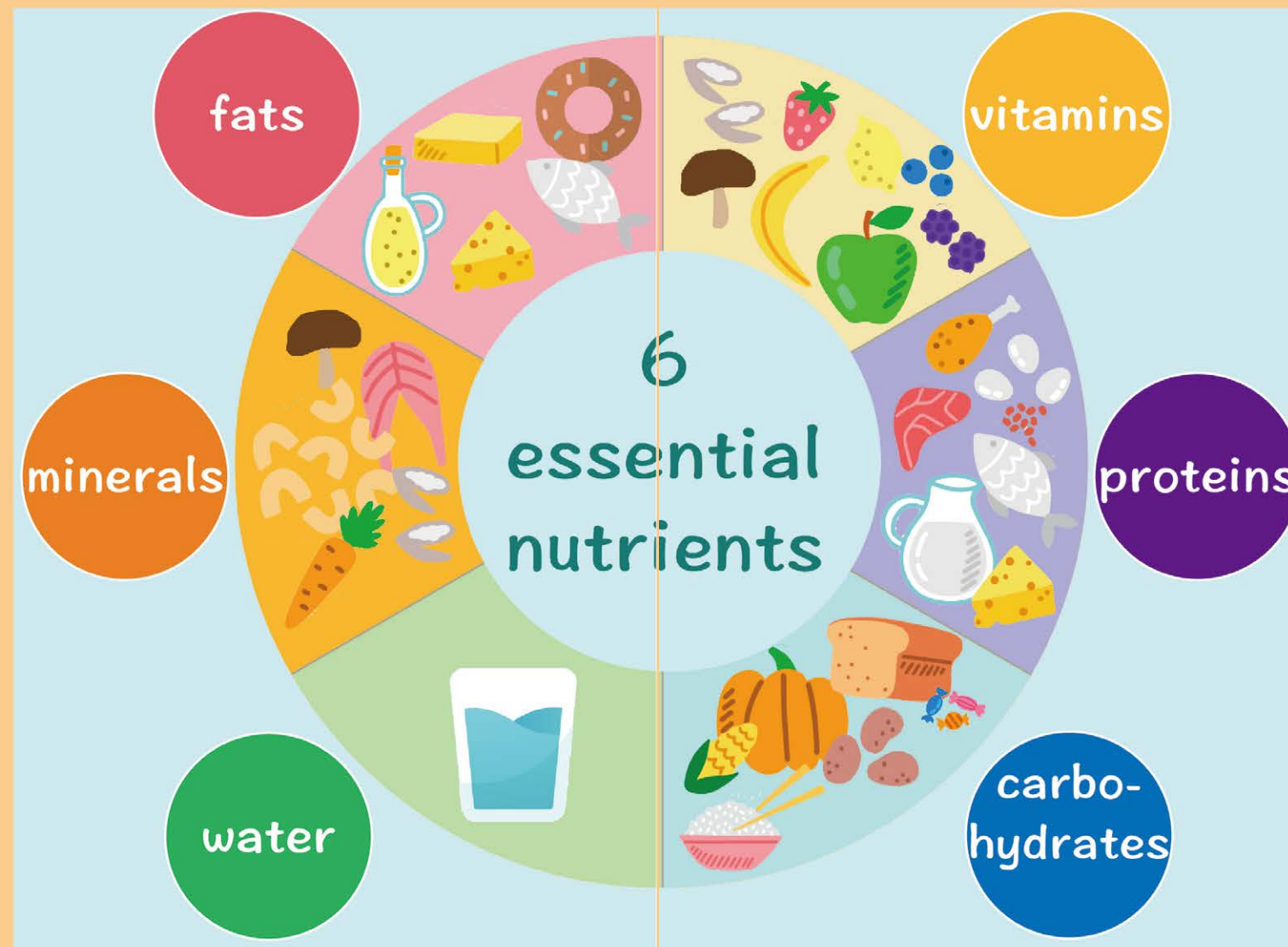
Unit 1

How to Stay Healthy

Lesson 1

Six Nutrients

Your body needs nutrients. The six nutrients are carbohydrates (CHO), fats, proteins, vitamins, minerals, and water. How many kinds do you know?



What nutrients are there?



What can the six nutrients do for your body?



Carbohydrates give you energy.

Proteins help you grow.



Fats keep you warm.

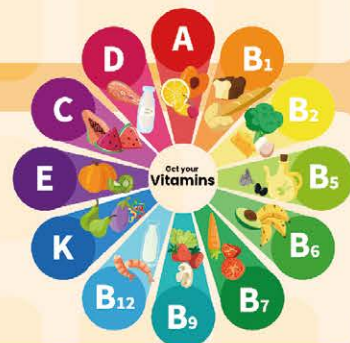


Minerals keep you healthy.



Water helps break down food.

Vitamins help your digestion.



Practice

1. Match the nutrient with its main function.



•

• It helps you grow.



•

• It gives lots of energy.



•

• It helps your digestion.



•

• It keeps you healthy.



•

• It helps break down food.



•

• It keeps you warm.

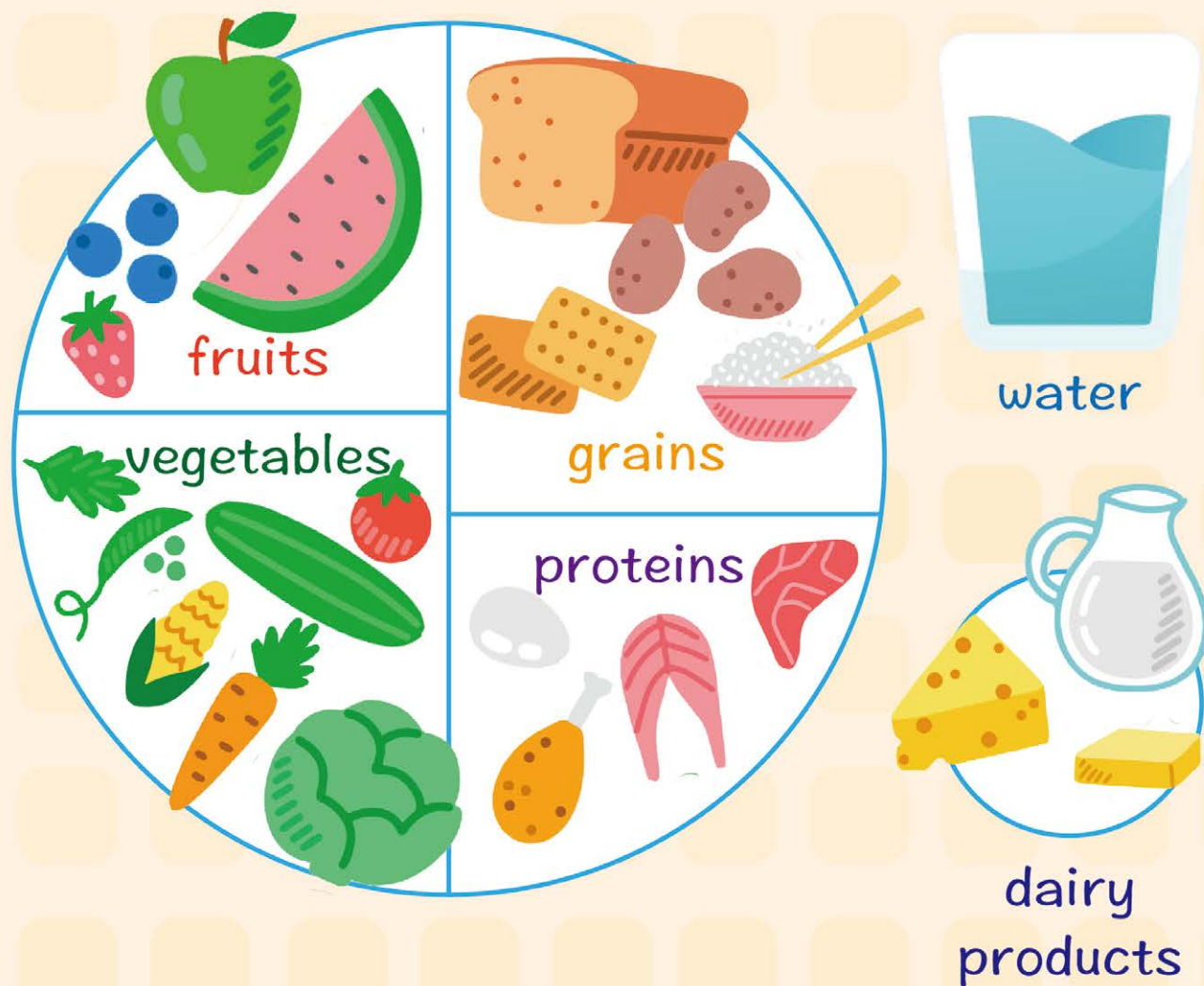
2. Name or draw some foods that help you grow.

3. Name or draw some foods that keep you warm.

Lesson 2

A Balanced Meal

To stay healthy, we need to eat different types of foods in the right amounts.



Do you have balanced meals every day?
Let's take a look at breakfast in different countries.
Are they balanced meals?



Do they all have six nutrients? Which do you like?

Write down or draw your breakfast. Are they balanced meals? Check the food groups and talk to your family.

Date			
Breakfast			
Grains			
Proteins			
Oils and Fats			
Vegetables			
Dairy Products			
Fruits			



Do you have balanced meals every day?
I eat a lot of _____. I can eat more _____.



Make Healthy Choices

These foods are good for your health.



celery



bananas



steamed fish



wholemeal bread



nuts



roast chicken



papaya

These drinks are good for your health.



milk



water



fresh fruit juice

These are not.



French fries



candy



potato chips



fried chicken



doughnuts

These are not.



milk tea



soda



milkshake

營養標示		
每份 435 毫升 本包裝含 1 份		
	每份	每日參考值 百分比
熱量	183 大卡	9%
蛋白質	0 公克	0%
脂肪	0 公克	0%
飽和脂肪	0 公克	0%
反式脂肪	0 公克	0%
碳水化合物	46.1 公克	15%
糖	26 公克	1%

Do you know?

Three teaspoons (12g) of sugar a day is enough for a kid. A can of coke has 39 grams of sugar!

Lesson 3

Make A Healthy Choice

Nutrition facts label is on packaged food in many countries. Read the label to know what nutrients are in the food.

營養標示		
每一份量100公克 本包裝含5份		
	每份	每100公克
熱量	93大卡	93大卡
蛋白質	3.8公克	3.8公克
脂肪	2.2公克	2.2公克
飽和脂肪	1.3公克	1.3公克
反式脂肪	0.0公克	0.0公克
碳水化合物	14.4公克	14.4公克
糖	13.9公克	13.9公克
鈉	29毫克	29毫克



I'll have this one because it has more carbohydrates.

Take a look at the nutrition facts label on different yogurt. Which one is better for you? Why?



營養標示		
每一份量258.5公克 本包裝含2份		
	每份	每100公克
熱量	147大卡	57大卡
蛋白質	8.5公克	3.3公克
脂肪	2.8公克	1.1公克
飽和脂肪	1.8公克	0.7公克
反式脂肪	0公克	0公克
膽固醇(自願標示者)	毫克	毫克
碳水化合物	22.5公克	8.7公克
糖	9公克	3.5公克
膳食纖維(自願標示者)	1公克	0.4公克
鈉	106毫克	41毫克

營養標示		
每一份量300.6公克 本包裝含5份		
	每份	每100公克
熱量	180大卡	59.8大卡
蛋白質	9公克	3公克
脂肪	1.8公克	0.6公克
飽和脂肪	1.2公克	0.4公克
反式脂肪	0公克	0公克
膽固醇(自願標示者)	毫克	毫克
碳水化合物	31.9公克	10.6公克
糖	25.9公克	8.6公克
膳食纖維(自願標示者)	公克	公克
鈉	150毫克	50毫克



I'll have this one because it has less fat.

Milk tea, milk and chocolate milk are all milk products.
Which is healthy? Why?



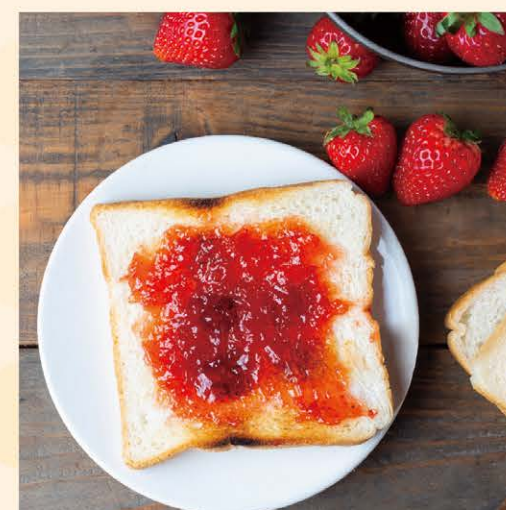
營養標示		
每一份量230毫升 本包裝含1份		
	每份	每100毫升
熱量	150大卡	65.3大卡
蛋白質	7.4公克	3.2公克
脂肪	8.5公克	3.7公克
飽和脂肪	6.0公克	2.6公克
反式脂肪	0公克	0公克
碳水化合物	11.0公克	4.8公克
糖	11.0公克	4.8公克
鈉	97毫克	42毫克
鈣	253毫克	110毫克

營養標示		
每一份量290毫升 本包裝含1份		
	每份	每100毫升
熱量	185.7大卡	65.3大卡
蛋白質	7.3公克	3.2公克
脂肪	4.1公克	3.7公克
飽和脂肪	1.7公克	2.6公克
反式脂肪	0公克	0公克
碳水化合物	29.9公克	4.8公克
糖	27.8公克	4.8公克
鈉	183毫克	42毫克

營養標示		
每一份量400毫升 本包裝含1份		
	每份	每100毫升
熱量	244.4大卡	61.1大卡
蛋白質	8.4公克	2.1公克
脂肪	7.6公克	1.9公克
飽和脂肪	4.8公克	1.2公克
反式脂肪	0公克	0公克
碳水化合物	35.6公克	8.9公克
糖	33.2公克	8.3公克
鈉	144毫克	36毫克
咖啡因含量 35.2mg/100mL		

I'll have milk because it has less sugar.

There are 4 sandwiches, jam sandwich, tuna sandwich, ham sandwich, porkchop sandwich. They all look delicious. Which is healthy? Why?



I'll have a tuna sandwich because it has more protein.

Make Healthy Choices

Which foods are good for our health?
Check the healthy food choices.



☐ lettuce



☐ ice cream



☐ milk



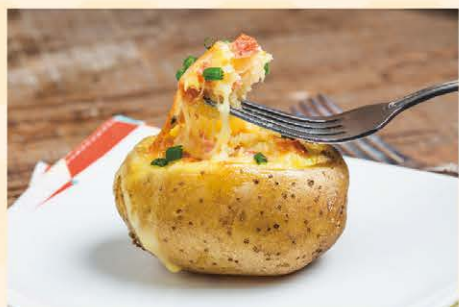
☐ cake



☐ apples



☐ soda



☐ baked potato



☐ French fries



☐ steamed fish

Read and Check

1. I know 6 nutrients.

☐ yes ☐ no

2. I know how nutrients helps me.

☐ yes ☐ no

3. I can give examples for 6 nutrients.

☐ yes ☐ no

4. I can understand of nutrition facts label.

☐ yes ☐ no

5. I can identify healthy choices from different food and drinks.

☐ yes ☐ no



Unit 2 Oral Care

Lesson 1 Caring for Teeth and Gums



Teeth are important for your health.
If you take care of them, they can chew the
right foods to help you grow.

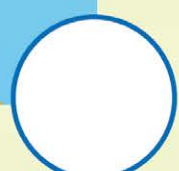
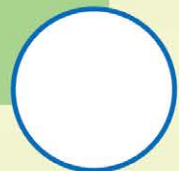
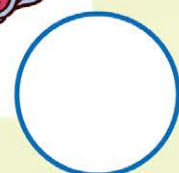
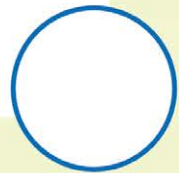
Do you know...?

Taking care of your teeth helps removing
plaque. Plaque sticks to your teeth after you
eat or drink. The bacteria in plaque can
damage your teeth and gums.



Check & Talk

What good habits do you have?



What are some bad habits for your teeth and gums?



brushing too hard



drinking sugary drinks



biting nails



chewing on ice

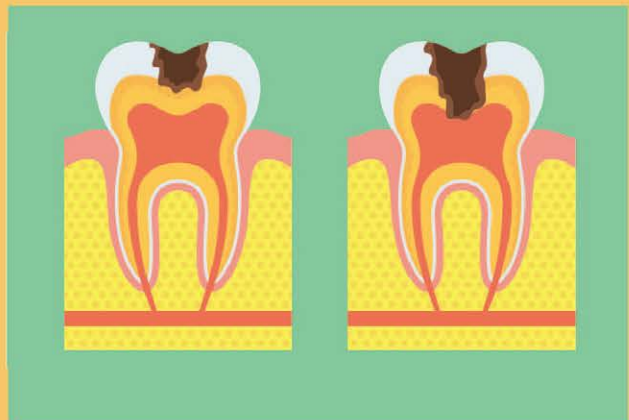
When you don't take care of your teeth,
you will have _____.



a toothache



bleeding gums



a cavity

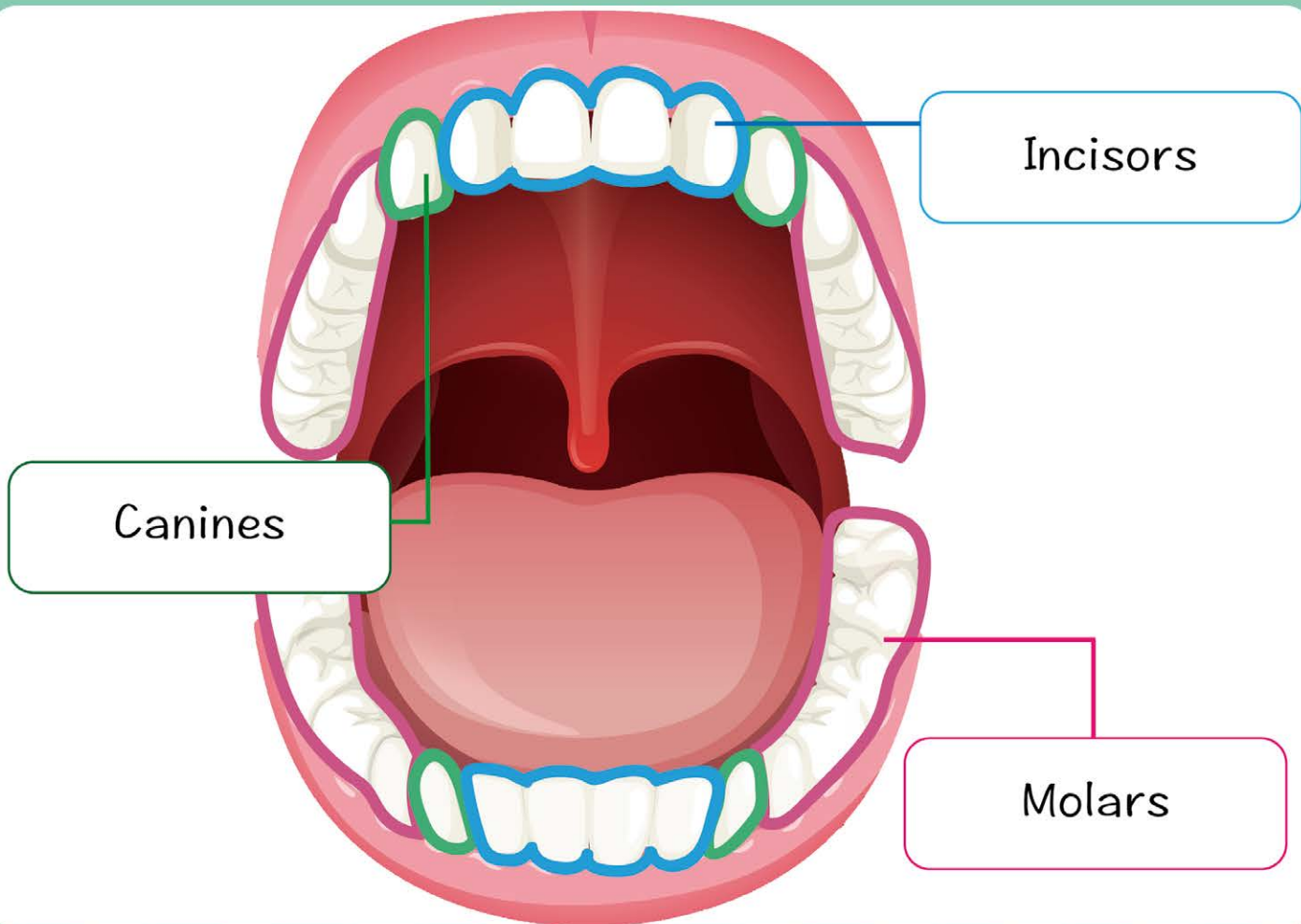


bad breath

Draw & Talk

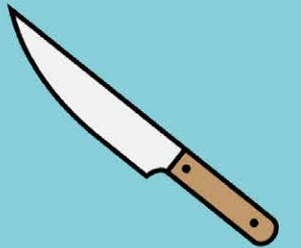
What can you do to take care of your teeth
and gums?

Lesson 2 Types of Teeth

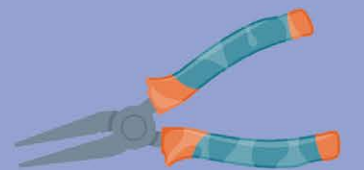


What can different types of teeth do?
How many baby teeth does one have?
How many adult teeth does one have?

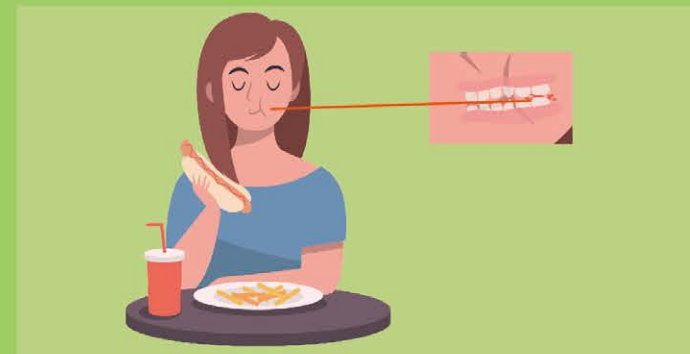
Different types of teeth can do different things.



Incisors can cut food.

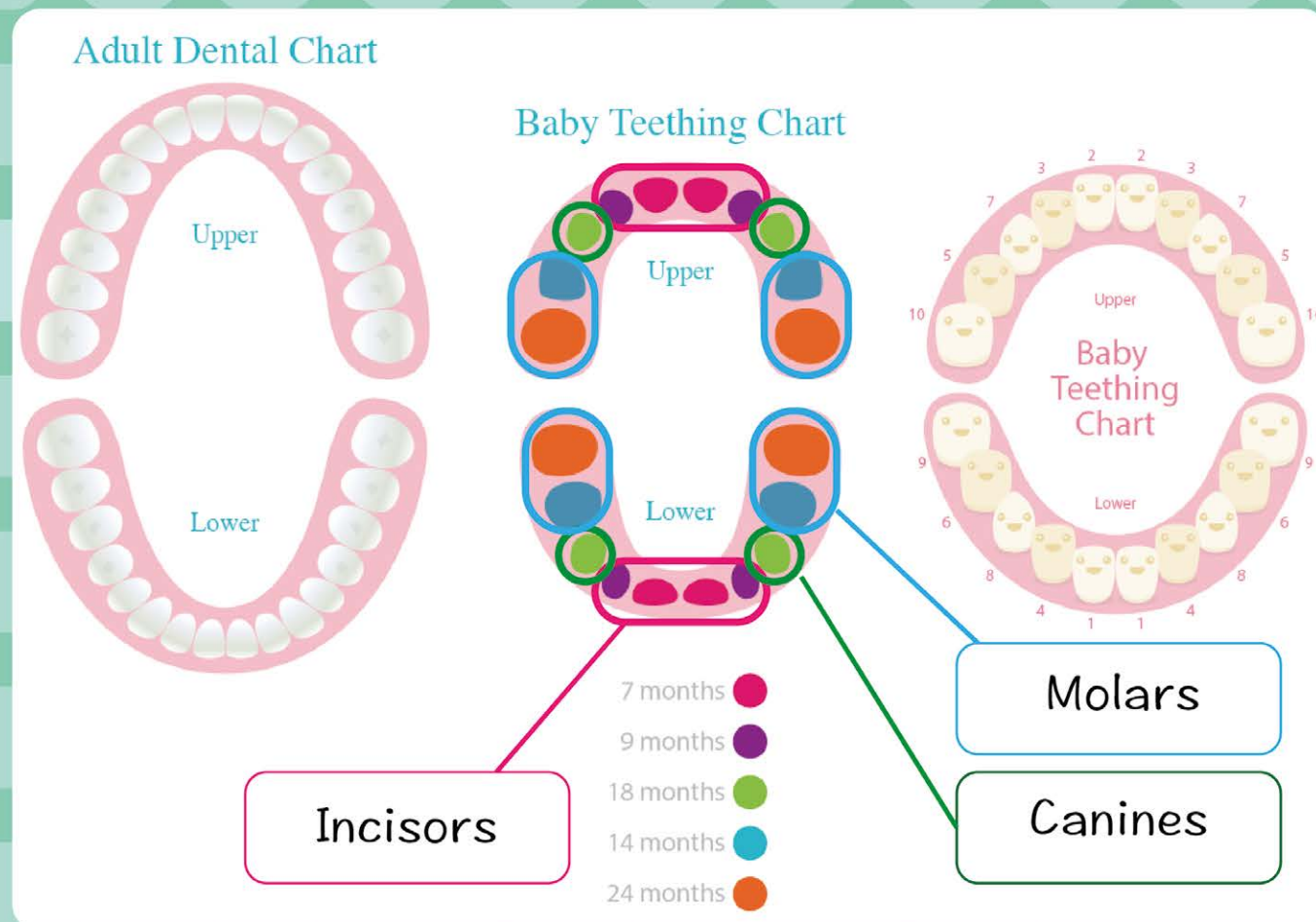


Canines can tear food.



Molars can grind food.

Child Teeth to Adult Teeth.



A child usually has 20 baby teeth. They start to come in at age of 6 months. They start to fall out at age 5 or 6. By age 12, a teenager has 28 adult teeth. 4 wisdom teeth come in later.

Fun Facts - Tooth Fairy

Some kids put the fallen tooth under the pillow. They believe Tooth Fairy will come while they sleep. Tooth Fairy will replace the tooth with a small gift.

What do you do with the fallen tooth?



Draw & Talk

Lesson 3

Tips for Oral Care



How do you take care of your teeth and gums?
Do you know how to floss your teeth?

Tips to take care of teeth and gums.



Rinse your mouth.



Floss.



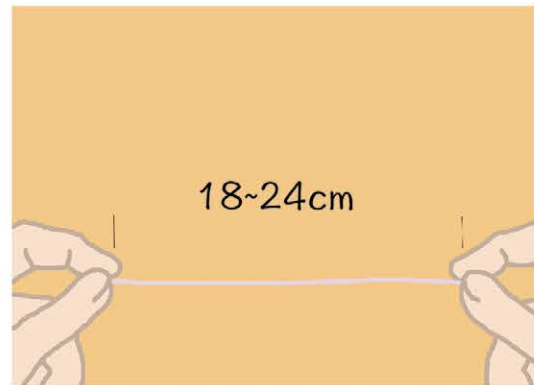
See a dentist.



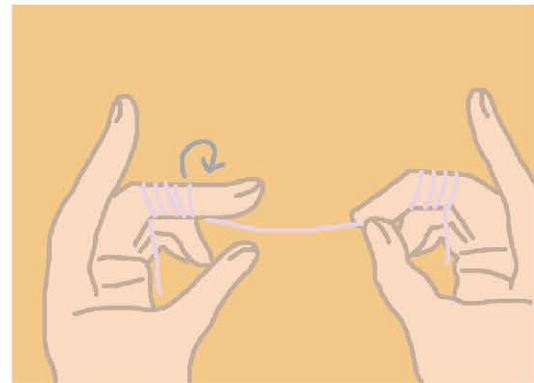
Brush your tongue.

How do you floss your teeth?

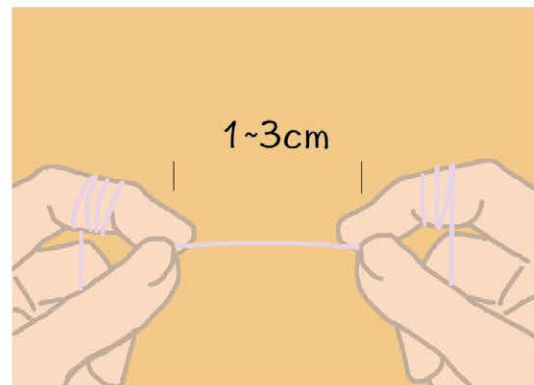
Hold the dental floss.



Start with a long piece of floss.



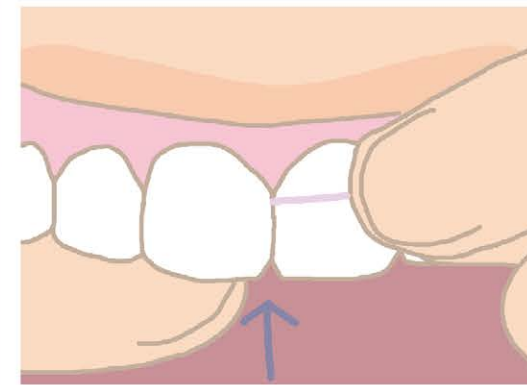
Wrap the floss around middle fingers.



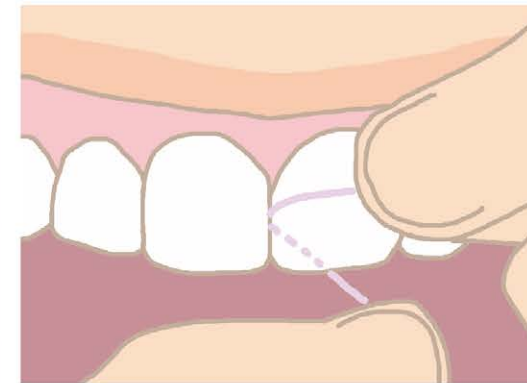
Use your thumbs and forefingers.



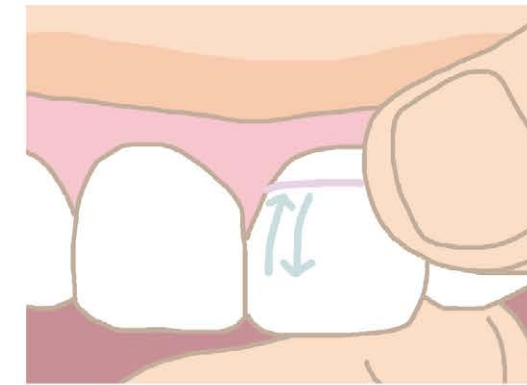
Clean your teeth.



Slide between your teeth.



Curve the floss into a c-shape.



Make 8 to 10 strokes on each side.

Match & Talk

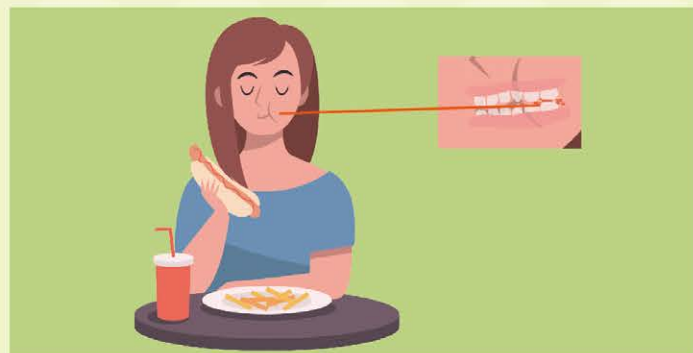
What can different types of teeth do?



● grind food



● cut food



● tear food



Check & Talk

What do you do to take care of your teeth and gums?

☐ I brush my teeth and tongue.

☐ I rinse my mouth.

☐ I see a dentist.

☐ I floss my teeth.

Unit 3

Fire Safety

Lesson 1

Fire Safety Check

Fire is a tool.

We use it to do a lot of things.

Fire is NOT a toy.

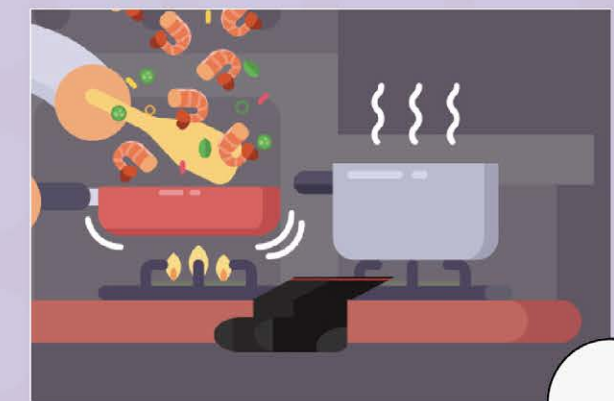
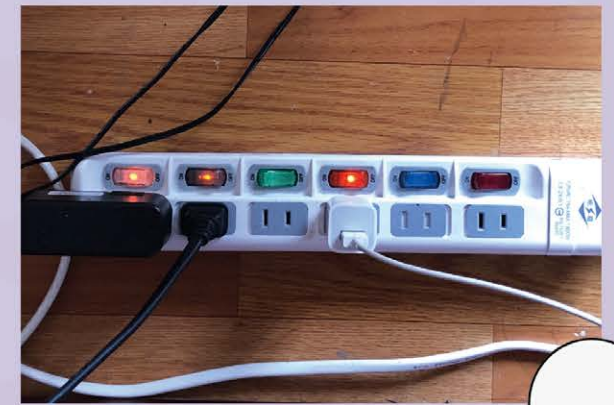
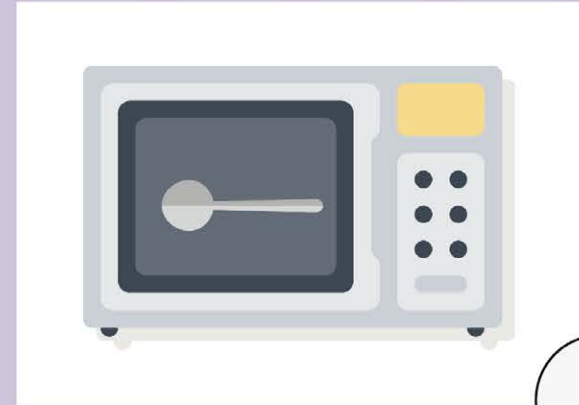
We get hurt if we play with it.



Spot the Danger

Think and Discuss
Why is it dangerous?

Look at the pictures. Is it safe or not safe?
Mark "O" or "X".



Fire Safety Equipment

Where is it at school / home? What is it for?
Discuss with your partners.



smoke detector



fire sprinkler



emergency light



fire extinguisher



hydrant



emergency exit

Fire Safety Check

Is your home safe? Check and color.
green - safe yellow - not sure red - not safe



Smoke detector works.

☐

Fire extinguisher hasn't expired.

☐

Emergency exits keep clear.

☐

All power outlets are not overloaded.

☐

All power cords are not broken.

☐

No items are around the stove.

☐

My Home

If it's yellow or red,
ask a grown-up for help!

Lesson 2

Tips to Survive a Fire

The Dangers of Fire



Fire gets hot!

Fire spreads fast!

Fire is dark!

Fire spreads to other rooms in only 3 minutes.



30 secs

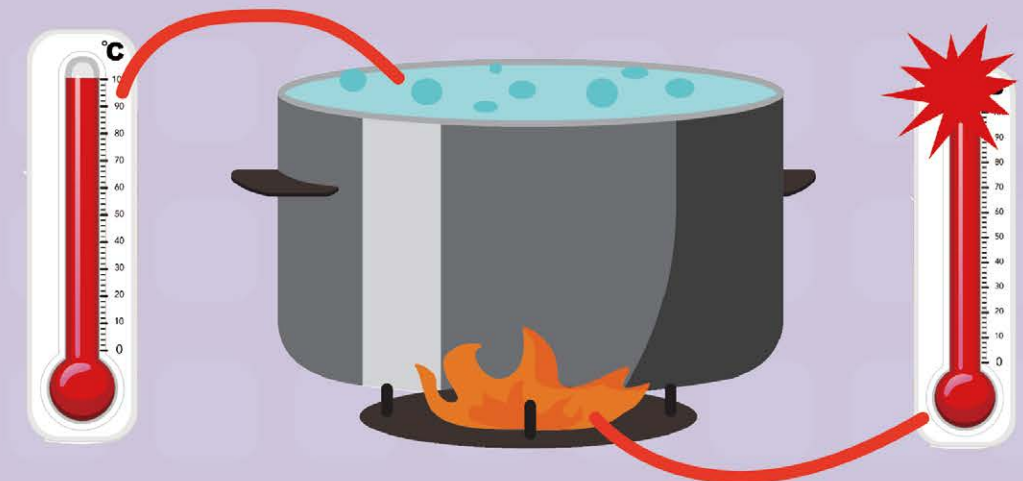


60 secs



3 mins

Orange-yellow fire is about 1100° .



Smoke is dangerous. It goes up and fast.



Survive a Fire

When there is a fire, you have only 3 minutes to escape. Read and choose. Can you survive a fire?

1 You are on 7th floor. There is a fire on 10th floor.



Take the elevator.

A



Go downstairs.

B



Go upstairs.

C

2 Your are in the bedroom. The doorknob is hot.



Open the door and go out.

A



Close the door.

B



Lock the door.

C

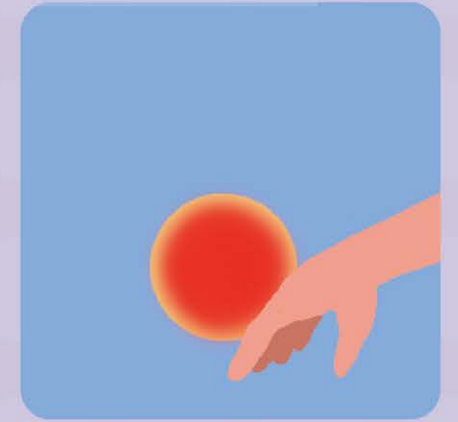
Tips to Survive



Keep calm.



Shout.



Feel the doorknob.



Take the stairs.



Crawl to the exit.



Call 119.

If you can't escape, closing the door might save your life!

Do you know...?

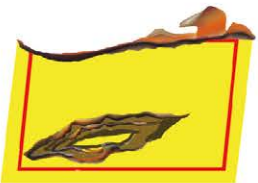
If the pan is on fire, put a lid on it.



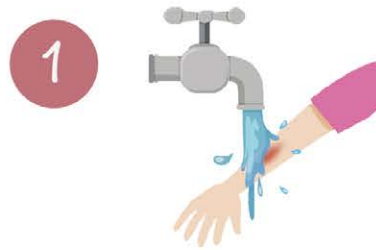
If you are on fire, stop, drop, and roll.



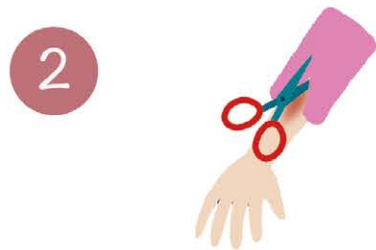
These might cause fire, so make sure they're fully put out.



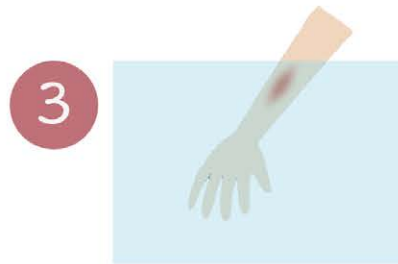
First Aid for Burns



Rinse



Remove



Soak



Cover



Send

Oh no!
It hurts!
What should I do?



Lesson 3

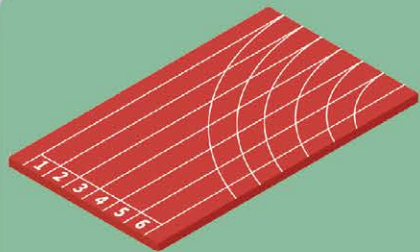
Fire Escape Plan

Fire Drill

Is there a fire drill at your school? Practice with your class!



Go to the nearest exit.



Go to the open space.



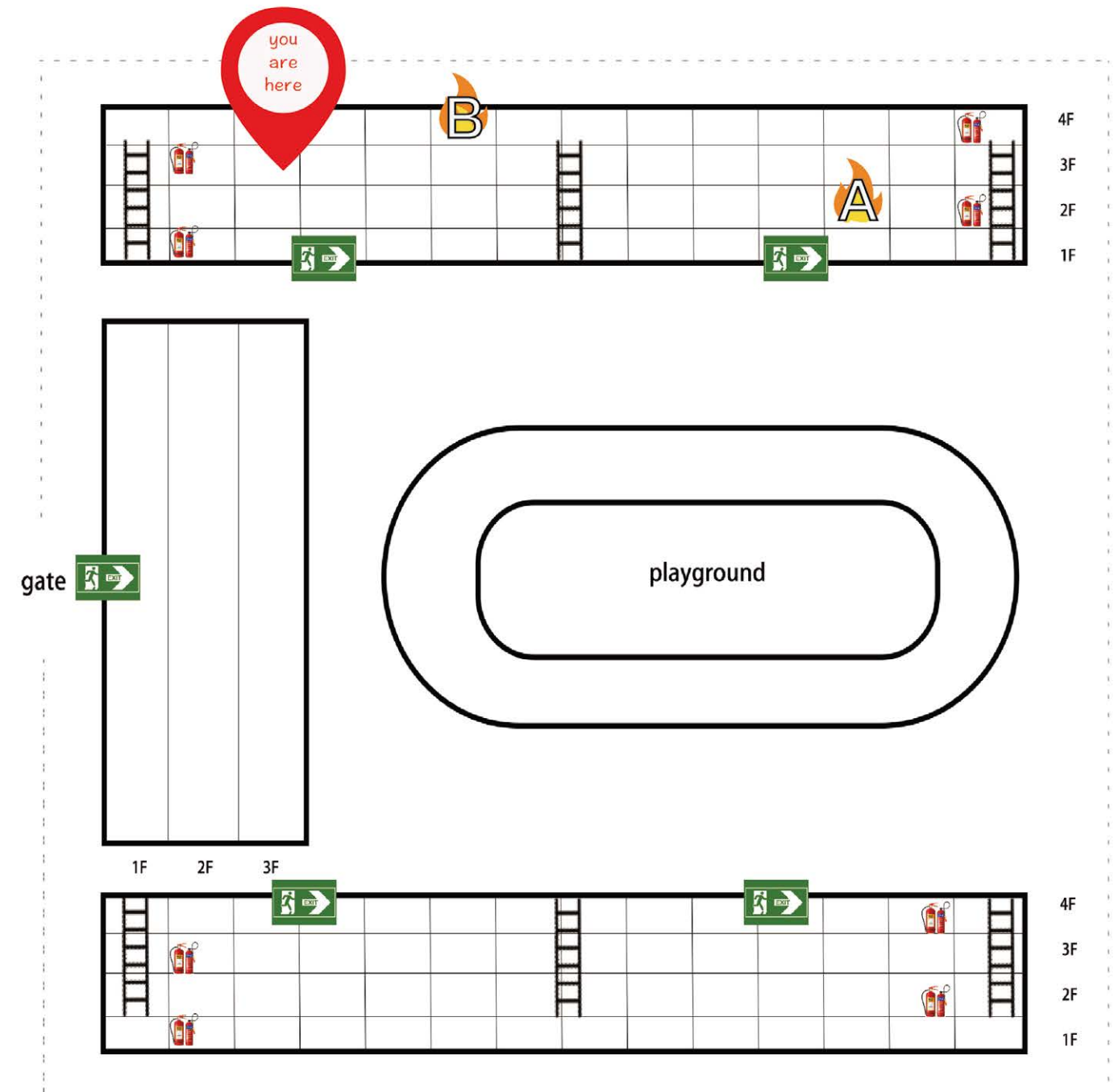
Go to the meet point.

Remember to keep calm,
stay low, and walk fast!

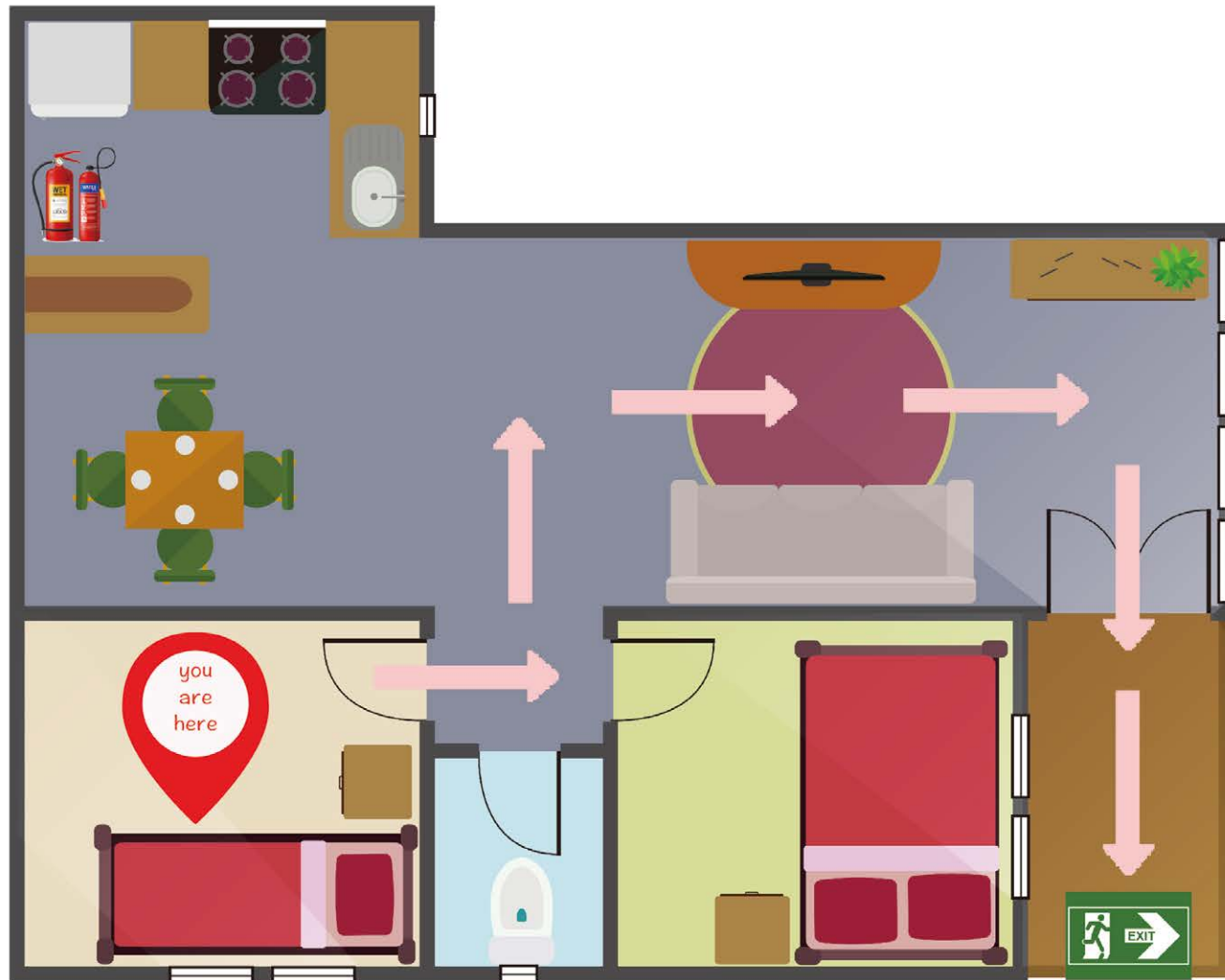


Fire Escape Plan

Make a fire escape plan for Andy's school.
Use two different colors to draw route A and B. And mark a meet point.



Fire Escape Plan



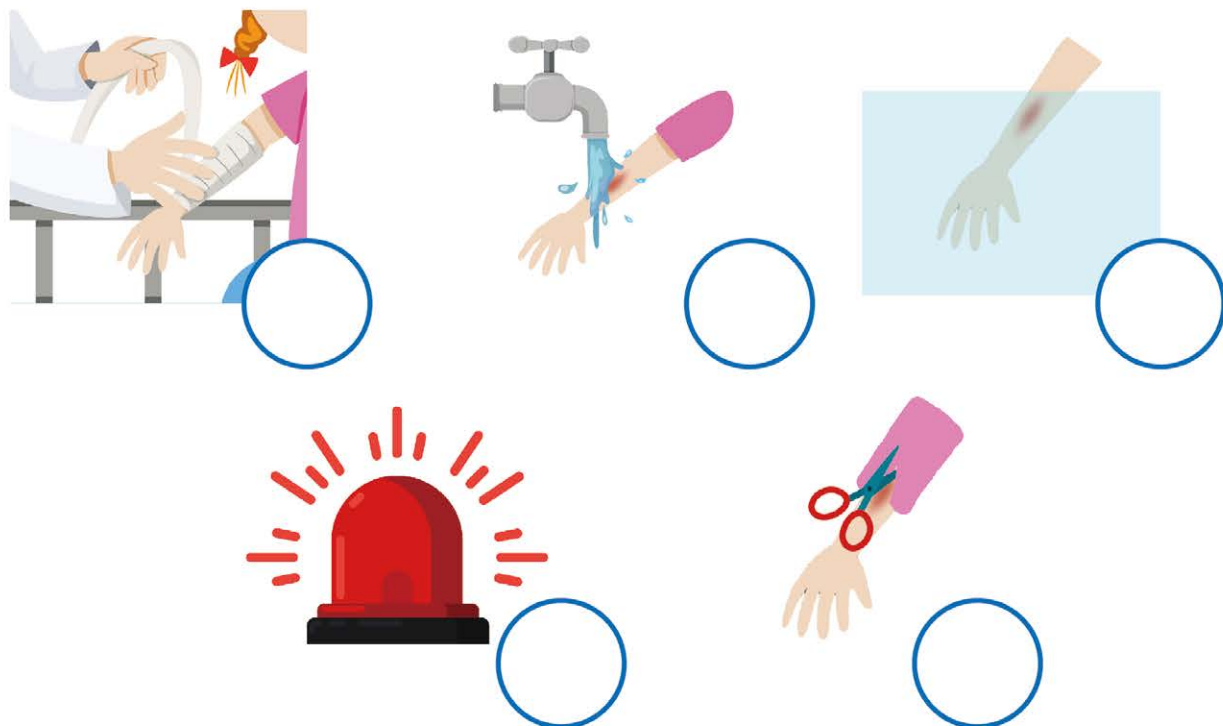
meet here

Where are you going to meet
after escaping?
Talk to your family about the
meet point.

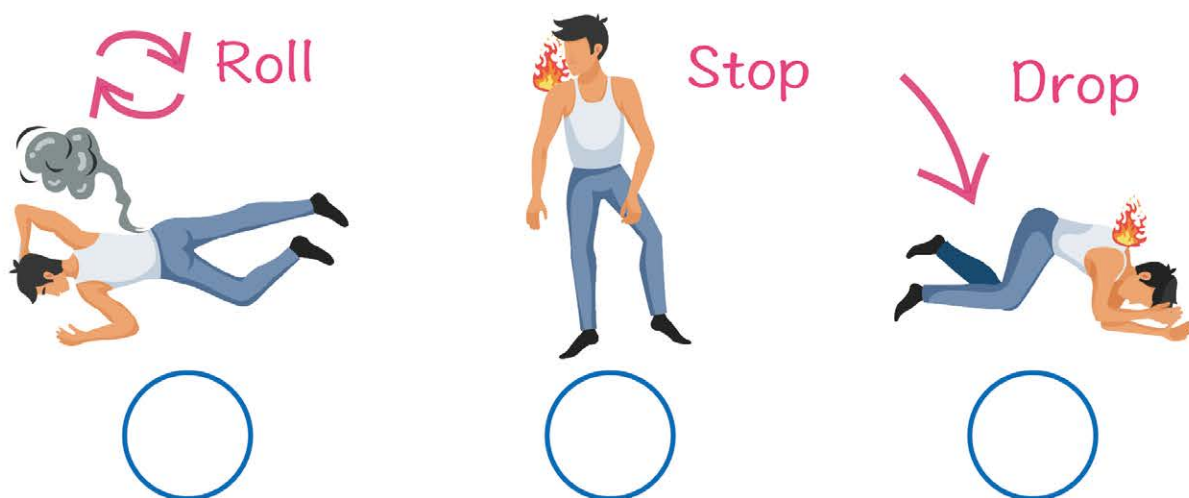
Make a fire escape plan for home. Draw two routes and mark a meet point. Practice with your family.

Look and Number

If you get burned ...



If you are on fire ...



Read and Check

I know fire is dangerous.

☐ Yes ☐ No

I can identify unsafe places.

☐ Yes ☐ No

I know the tips to survive a fire.

☐ Yes ☐ No

I can make a fire escape plan.

☐ Yes ☐ No

I can practice the escape plan with my family.
(at least once a year)

☐ Yes ☐ No

NOTE

NOTE

NOTE

臺北市國民小學雙語教材 健康 第五冊三年級上學期

發行人：臺北市政府教育局曾燦金局長
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主編
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美編設計
點點實業有限公司
萬兆豐股份有線公司

出版日期：中華民國 109 年 6 月初版

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HEALTH EDUCATION

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First published in June, 2020.

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