



W4-3

健康飲食，
對身體誠實



小兒語古文解釋

The Explanation of Wisdom for Children



無可奈何，須得安己。
怨嘆躁急，又增一病。



當我們遇到困難，傾盡全力仍無解決時，應相信命運自有安排，避免勉強前行，以免自己因此生病。

When we face difficulties and have tried our best but still can't find a solution, we should trust that fate has a plan. It's important not to push ourselves too hard, so we don't get sick.

參考財團法人臺南市至善教育基金會網站於出版品介紹與解釋



閱讀前，聊一聊



Before Reading

1.

你平常吃哪些點心呢？

What snacks do you usually eat?



吃點心前和吃點心後，我們要注意什麼？

What should we remember before and after eating snacks?

吃點心前，要記得.....

Before eating snacks, remember to...

吃完點心後，要記得.....

After eating snacks, remember to...



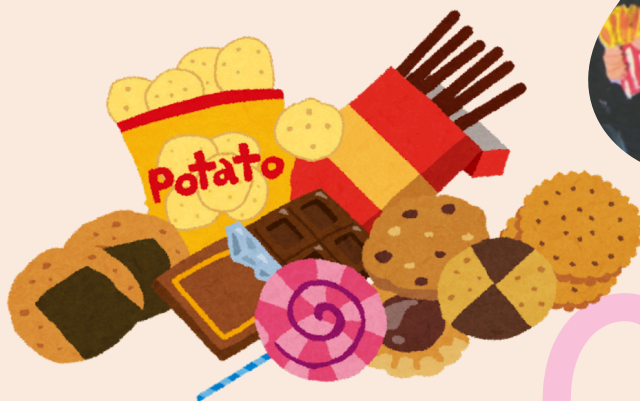
2.

說一說，阿弟怎麼了？

猜猜看，他拿的是什麼東西？

What happened to A-Di?

Can you guess what he's holding?



閱讀中，聊一聊

During Reading

3.

P.12-13

如果吃太多點心，會對身體造成什麼影響？

What may happen to your body if you eat too many snacks?

如果吃太多炸的、油膩的點心，會對身體造成什麼影響？

Why is it bad for our body to eat too many oily or fried snacks?

食物消化排一排：你知道食物吃進身體後，會經過哪些地方？(嘴巴、食道、胃、小腸、大腸)

Do you know the path food takes after it is eaten? (mouth, esophagus, stomach, small intestine, large intestine)

P.18-23

為什麼阿弟的器官不工作了？

說一說它們不開心的理由。

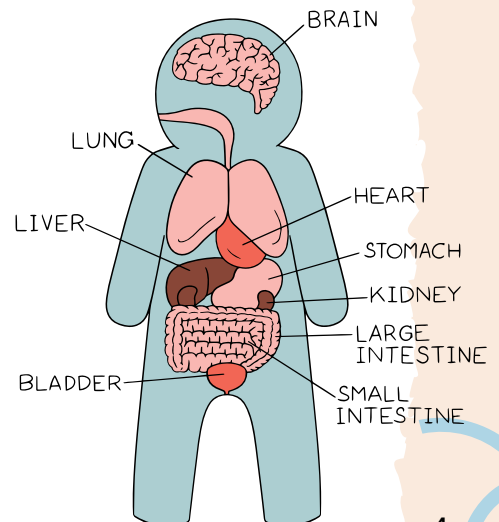
Why did A-Di's organs stop working?

Why were the organs unhappy?

P.26-29

怎樣做能幫助阿弟恢復健康？

How can we help A-Di recover his health?



閱讀後，聊一聊

After Reading

4.

P.28-29

怎樣吃，才健康？

How can we eat to stay healthy?



除了均衡飲食，我們還可以怎麼做來保持身體健康？

What else can we do besides having a balanced diet to stay healthy?

5.

聽了大腦的建議，器官們決定教阿弟正確的飲食方式。
器官們最後怎麼做了呢？

After listening to the brain's advice, the organs decided to teach A-Di how to eat properly. What did they do in the end?

A. 器官們抱怨，繼續不工作

A. The organs complained and stopped working.

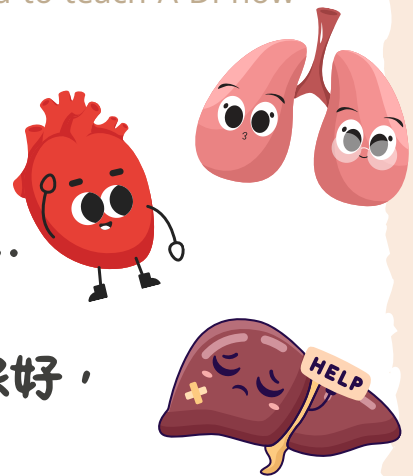
B. 器官們想辦法幫阿弟，他們做了……

B. The organs tried to help A-Di. They did...

想一想，當我們遇到問題時，選擇抱怨好，
還是解決問題好？

當我遇到問題時，我認為(怎麼做)比較好。

Think about it—when we have a problem, is it better to complain or try to solve it?
When I have a problem, I think it's better to (do what?).



6.

午餐畫一畫

Draw Your Lunch!

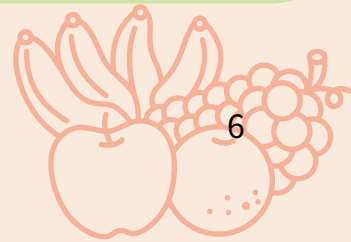


你今天的午餐菜單是什麼呢？是不是蛋、豆、魚、肉、蔬菜都吃到呢？

把你的午餐畫出來，來檢查是不是吃得營養均衡。

What's on your lunch menu today? Do you eat eggs, beans, fish, meat, and vegetables?

Draw a picture of your lunch and see if it is nutritionally balanced.





7.

自製食物桌遊

DIY Food Board Game



你知道吃進去的食物是哪一類嗎？

Do you know what kind of food you eat?

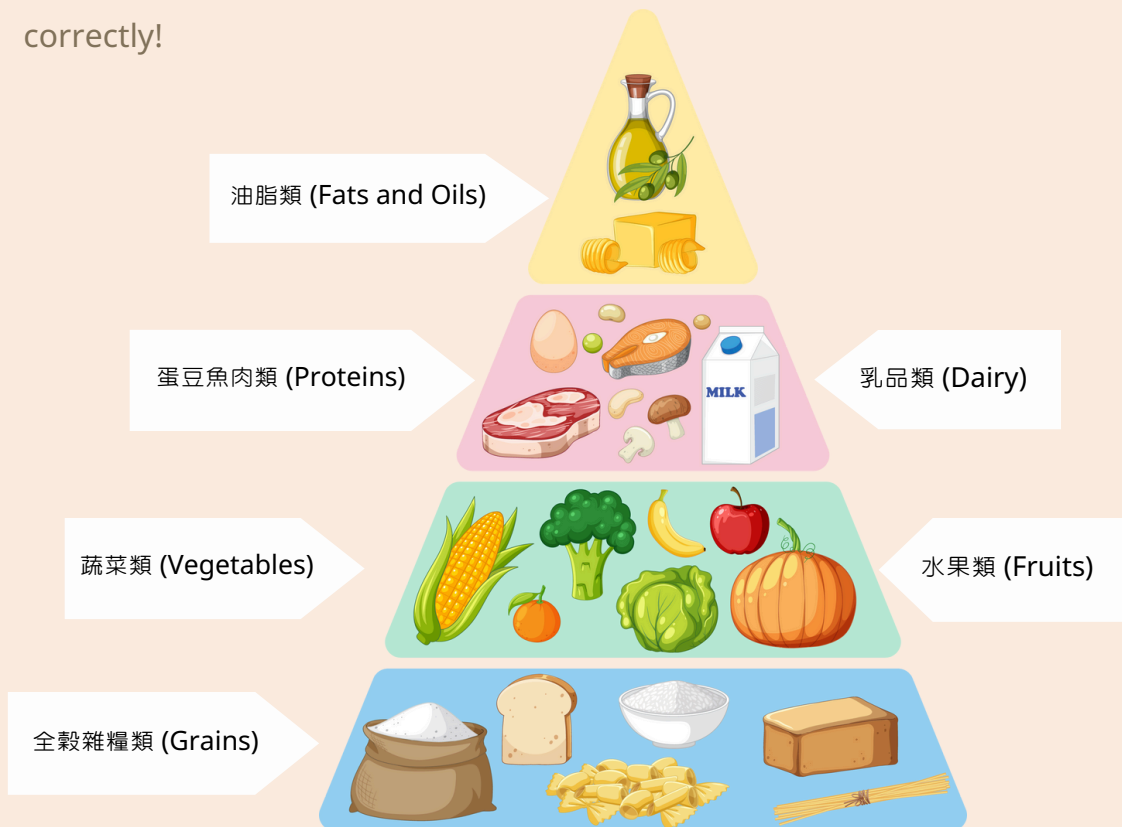
1. 先畫出你的「分類餐盤」。
2. 拿一張紙，再把你所畫的食物剪下。
3. 分類並放到餐盤上。
4. 找你的夥伴比一比，看誰可以快又正確的完成食物分類！

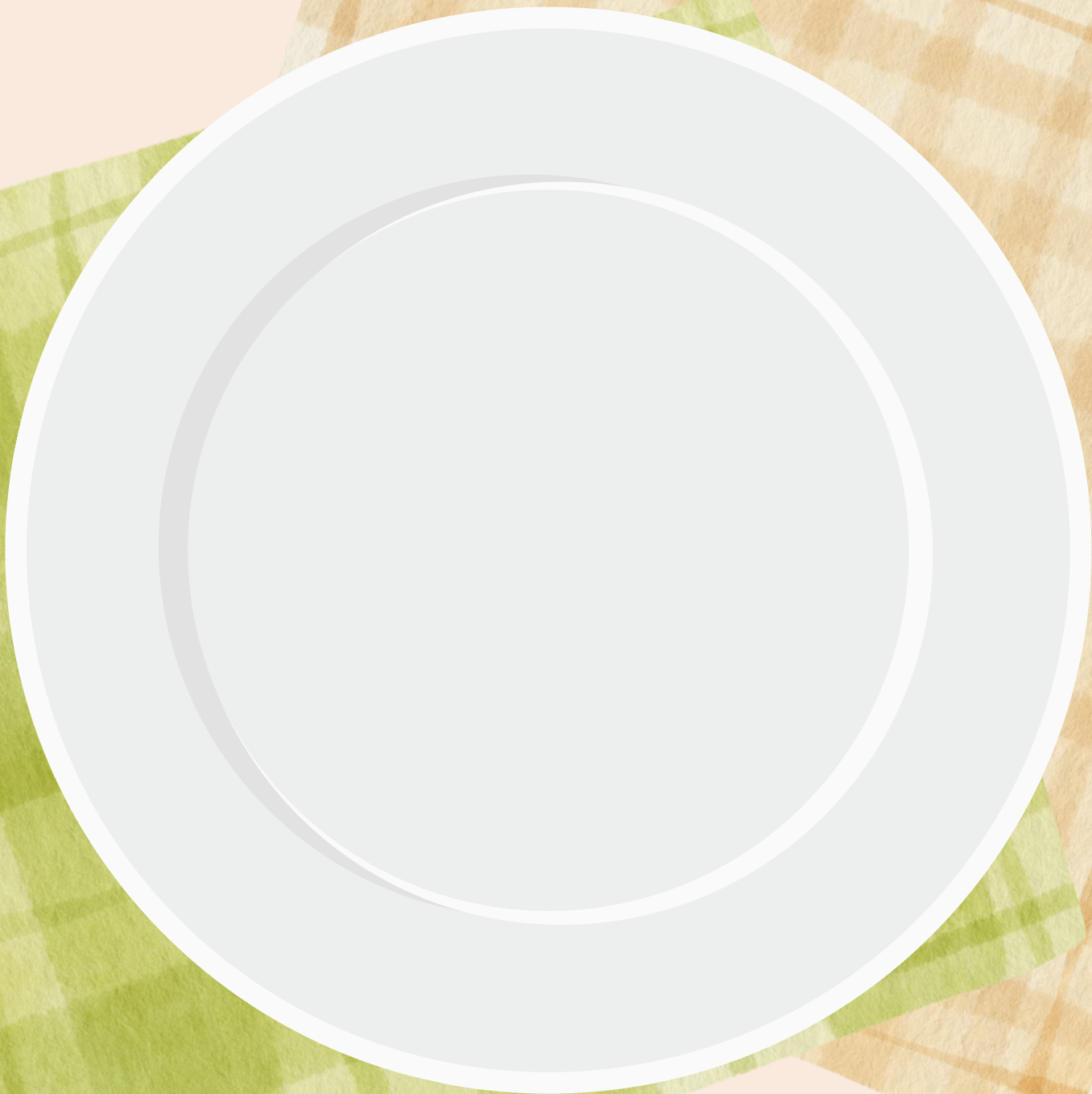
1. First, draw your "category plates."

2. Take a piece of paper, then cut out the food you have drawn.

3. Sort and put on the plate.

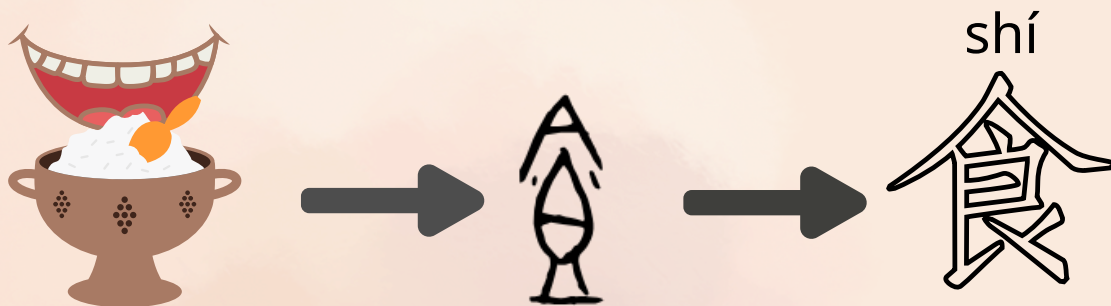
4. Challenge your friends to see who can complete the food classification quickly and correctly!





認識漢字

Learning Chinese Characters is Fun



「食」的上面是「嘴巴」，下面是「食物的器具」，意思是吃東西。

The character "食" has a "mouth" on top and a "food container" at the bottom, meaning to eat.

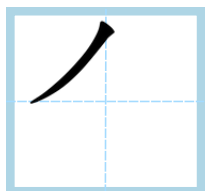
- 例如：食物
- For example: Food

練習

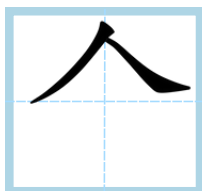
Practice

請小朋友照筆畫練習寫字：

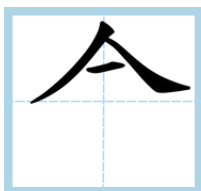
Practice writing this character according to its stroke order.



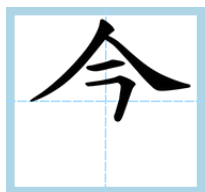
第1畫



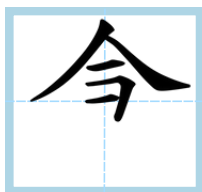
第2畫



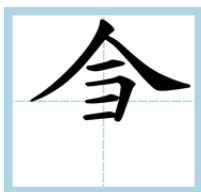
第3畫



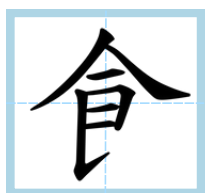
第4畫



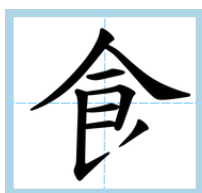
第5畫



第6畫



第7畫



第8畫



第9畫

