



英語用字集錦 各領域教學



各領域教學 英語用字集錦

此本英語用字集錦為彙整本計畫各試辦學校教案之資料，內容僅供參考，使用上仍須依據各領域課程內容與教學的適用性做調整。
如有疑問或發現錯誤，請寄信至 chinfen2018@gmail.com，謝謝您的協助。

健康教育

健康教育 英語用字

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一年級

單字

| | | | |
|-------------|-----|------------------|--------|
| air | 空氣 | Listen up | 注意聽 |
| arm | 臂 | loud | 大聲 |
| back | 背部 | mask | 面具 |
| banana | 香蕉 | meat | 肉 |
| beans | 豆子 | milk | 牛奶 |
| body | 身體 | mosquito | 蚊子 |
| bottom | 底部 | mouth | 嘴巴 |
| broccoli | 青花菜 | neck | 頸部 |
| calm | 冷靜 | nose | 鼻子 |
| cherish | 珍惜 | nose | 鼻子 |
| chest | 胸部 | nosebleed | 鼻血 |
| clean | 清潔 | nuts | 堅果 |
| climb | 爬 | Pay attention. | 請注意 |
| cola | 可樂 | pizza | 比薩 |
| cold | 冷 | play | 玩 |
| cough | 咳嗽 | pop corns | 爆米花 |
| cross | 交叉 | Raise your hand. | 舉手 |
| draw | 畫 | red | 紅 |
| dry | 乾燥 | rinse | 沖洗 |
| ears | 耳朵 | rub | 擦 |
| ears | 耳朵 | run | 跑 |
| elbows | 肘部 | Run away | 跑走 |
| exercise | 運動日 | runny nose | 流鼻涕 |
| eyes | 眼睛 | sad | 傷心 |
| eyes | 眼睛 | safe | 安全 |
| Eyes on me! | 看我 | scared | 害怕 |
| fats | 脂肪 | shoulders | 肩膀 |
| feet | 腳 | sing | 唱 |
| fever | 發熱 | skin | 皮膚 |
| fingers | 手指 | sneeze | 噴嚏 |
| flu | 流感 | soap | 肥皂 |
| fruits | 水果 | sore throat | 咽喉痛 |
| grains | 穀物 | sound | 聲音 |
| green | 綠 | stomach (tummy) | 胃 (肚子) |
| hands | 手 | stomachache | 腹痛 |

| | | | |
|-------------------|-------|-------------|------|
| happy | 快樂 | stop | 停 |
| hat | 帽子 | stranger | 陌生人 |
| head | 頭 | stuffy nose | 鼻塞 |
| headache | 頭痛 | sunscreen | 防曬霜 |
| hot | 熱 | teeth | 牙齒 |
| hurt | 傷害 | tired | 累 |
| icy | 冰冷的 | tissue | 衛生紙 |
| insect bites | 蟲咬 | toes | 腳趾 |
| itchy | 發癢 | toes | 腳趾 |
| juice | 果汁 | tooth | 牙齒 |
| junk food | 垃圾食品 | towel | 毛巾 |
| Keep healthy. | 保持健康。 | unsafe | 不安全的 |
| knees | 膝蓋 | vegetables | 蔬菜 |
| leg | 腿 | waist | 腰部 |
| light | 光 | wait | 等待 |
| line up | 排隊 | Walk away | 走開 |
| lip balm | 潤唇膏 | wash | 洗 |
| lips | 嘴唇 | waste | 浪費 |
| Listen carefully! | 專心聽 | water | 水 |

句型

| | |
|---------------------------------|-------------|
| Ask an adult for help. | 向成年人尋求幫助。 |
| Be quiet, please. | 請安靜 |
| Blow on the hot milk/soup. | 吹熱牛奶/湯。 |
| Blow your nose. | 擤鼻涕。 |
| Brush your teeth. | 刷牙。 |
| Cherish food and do not waste. | 珍惜食物，不要浪費。 |
| Cover your ears! | 遮住你的耳朵！ |
| Do you know how to play safely? | 你知道如何安全地玩嗎？ |
| Don't pick your nose/ear! | 不要抓鼻子/耳朵！ |
| Don't rub your eyes! | 不要揉眼睛！ |
| Don't talk while eating. | 吃飯時不要說話。 |
| Eyes to the front. | 眼睛看前面 |
| Get some distance from ... | 與...有一段距離 |
| Go back to your seat. | 回座位 |
| Go outdoors. | 到戶外去。 |
| Go to the doctor. | 去看醫生。 |
| Good job! Terrific! | 做得好 |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Great/Amazing/Excellent/Terrific/Well done/Good job/Awesome/Brilliant/You got it/Fabulous/Fantastic/Bravo/Wonderful/Nice work/Perfect | 太好了 |
| Have some water. | 喝點水 |
| Help me! | 幫助我！ |
| How much water do you drink? | 你喝了多少水？ |
| I am sick. I have a ____. | 我病了。我有____。 |
| I feel tired/hurt/itchy. | 我感到疲倦/受傷/癢。 |
| Is it a good choice? | 這是一個好選擇嗎？ |
| Is it bad for your health/eyes/nose/ears/mouth/skin? | 對你的健康/眼睛/鼻子/耳朵/嘴巴/皮膚有害嗎？ |
| Is it good for your health/eyes/nose/ears/mouth/skin? | 它對你的健康/眼睛/鼻子/耳朵/嘴巴/皮膚有好處嗎？ |
| Is it safe? Yes, it is. No, it isn't | 這安全嗎？是的 / 不是 |
| It hurts. | 這很痛。 |
| It's good/bad for your body. | 對身體好/壞。 |
| It's green light. Let's go! | 綠燈亮了，走吧！ |
| It's itchy/dry. | 這很癢/乾。 |
| It's time for class. | 上課了 |
| It's too hot/cold/icy. | 天氣太熱/冷/冰冷。 |
| Let's give him/her a big hand. | 請給他/她掌聲鼓勵 |
| Let's see the pros and cons. | 讓我們來看看優缺點。 |
| Look far away. | 看遠點。 |
| Louder, please. | 請大聲點 |
| May I go to the restroom? | 我可不可以去洗手間？ |
| Please sing and dance with this song. | 請配合這首歌唱歌跳舞。 |
| Put down your hand. | 把手放下 |
| Put on the lip balm. | 塗上潤唇膏。 |
| Put on the sunscreen. | 戴上防曬霜。 |
| Raise your hand before you speak. | 先舉手再發言 |
| Shout, Run, Tell! | 大叫，跑，說！ |
| Show me your color pens. | 給我看看你的彩色筆。 |
| Show me your hands | 讓我看你的手 |
| Slow down. The light is red. | 停下來，是紅燈 |
| Stay at home. | 待在家裡。 |
| Take a rest. | 休息一下。 |
| Take out your pen. | 拿出你的筆。 |

| | |
|---------------------------------------------------------|------------------|
| Take out your textbook. | 拿出課本 |
| Take some medicine. | 吃點藥。 |
| Wash your hands. | 洗手。 |
| Watch out! It's dangerous! | 小心，很危險！ |
| What do we need to do in order to be healthy? | 為了健康，我們需要做什麼？ |
| What is your decision? | 你的決定是？ |
| What is your favorite drink? | 你最喜歡喝什麼？ |
| What is your favorite playground facility? | 你最喜歡的遊樂設施是什麼？ |
| What rules we must obey when we play in the playground? | 在操場上玩耍時必須遵守哪些規則？ |
| What will you choose? | 你會選擇什麼？ |
| When do you brush your teeth? | 你什麼時候刷牙？ |
| When do you wash your hands? | 你什麼時候洗手？ |
| Where does food come from? | 食物從哪裡來？ |
| Where is the restroom? | 廁所在哪裡？ |
| Would you please share your idea with your classmates? | 你能和同學們分享你的想法嗎？ |
| Wash your hands. | 洗手。 |
| Wear the face mask. | 戴上口罩。 |

二年級

單字

| | | | |
|---------------------------------|----------|------------------------------|---------|
| action | 行動 | oily | 油膩 |
| adulthood | 成年 | outside | 外面 |
| angry | 生氣的 | outside to inside | 外到內 |
| beautiful | 漂亮 | park | 公園 |
| before/during/after exercise | 運動之前/中/後 | play | 玩 |
| best before date | 賞味期限 | pour out | 倒出 |
| brush | 刷 | protect your teeth | 保護你的牙齒 |
| brush your teeth | 刷你的牙齒 | protein | 蛋白質 |
| buy | 買 | put on/take off the shoes | 穿上/拖掉鞋子 |
| check | 檢查 | recycle | 回收 |
| childhood | 童年 | red | 紅色 |
| choose | 選擇 | reduce | 減少 |
| clean | 乾淨 | respect | 尊重 |
| cockroach | 蟑螂 | reuse | 再利用 |
| cool down | 休息冷卻 | right | 右邊 |
| dairy | 奶類 | sad | 難過的 |
| dangerous | 危險 | salty | 鹹 |
| down | 下 | scared | 害怕的 |
| earth | 地球 | season food | 季節食物 |
| eat | 吃 | senior | 年長的 |
| energy saving | 節約能源 | small | 小 |
| excited | 興奮的 | socks | 襪子 |
| expiry date | 有效日期 | soft | 軟 |
| fit | 適合 | speak | 講話 |
| fly | 飛 | stop | 停止 |
| food category | 食物分類 | stretch | 拉筋 |
| food labels | 食品標籤 | sweet | 甜 |
| fruits | 水果 | Take turns. | 輪流 |
| get hurt | 受傷 | talk to family | 和家人談 |
| grains | 穀物 | talk to police | 和警察談 |
| green | 綠色 | talk to teachers | 和老師談 |
| happy | 高興的 | teenager | 青少年 |
| healthy | 健康的 | teeth | 牙齒 |

| | | | |
|-------------------|--------|---------------------|--------|
| healthy food | 健康的食物 | think | 想 |
| help | 幫忙 | thumbs up | 大拇指翹起來 |
| inside | 裡面 | tie/untie shoelaces | 綁/解開鞋帶 |
| kitchen waste | 廚餘 | tooth decay | 蛀牙 |
| left | 左邊 | toothbrush | 牙刷 |
| leftover | 殘羹剩飯 | trust | 信任 |
| local food | 當地食物 | uncomfortable | 不舒服 |
| loose | 鬆 | understand | 了解 |
| love | 愛 | unhealthy | 不健康的 |
| low-carbon diet | 低碳飲食 | unhealthy food | 不健康的食物 |
| mosquito | 蚊子 | up | 上 |
| mouse | 老鼠 | up to down | 由上到下 |
| no branch | 不分岔 | upset | 煩惱 |
| No feeding! | 禁止餵食 | vegetables | 蔬菜 |
| No fire/ garbage! | 禁止火/垃圾 | warm up | 熱身 |
| No touching! | 禁止觸碰 | whole food | 未加工食物 |
| oil and nuts | 油和堅果 | yellow | 黃色 |

句型

| | |
|--------------------------------------------------------|--------------------|
| Do mosquitoes like it? Yes, they like. No, they don't. | 蚊子喜歡嗎?喜歡/不喜歡 |
| Do you _____? | 你_____嗎? |
| Do you have tooth decay? | 你有蛀牙嗎? |
| Do you like it? | 你喜歡這個嗎? |
| Do you like to see doctor? | 你喜歡看醫生嗎? |
| Does it fit? Yes, it does. / No, It doesn't. | 這個適合嗎?是的/不是。 |
| Don't eat too much. | 別吃太多 |
| Drink warm water. | 喝熱水 |
| Give me three points. | 給我三個例子。 |
| How about this one? | 這一個呢? |
| How are you? | 你怎麼樣? |
| How can you make it safe? | 你如何讓他安全 |
| How do you brush your teeth? | 你怎麼刷你的牙齒? |
| How do you cherish your family? I can _____. | 你如何珍惜你的家人?我可以_____ |
| How do you feel? | 你感覺怎麼樣? |
| How many _____ in your family? There are _____. | 你家裡有幾個____?有_____個 |

| | |
|----------------------------------------------------------------|------------------|
| How old is/are _____? He/She is _____ years old. | 他多大?他_____歲 |
| I brush _____(position). | 我刷_____(方位)。 |
| I can _____. | 我可以_____。 |
| I feel _____. | 我感覺_____。 |
| I'm _____. | 我_____。 |
| Is it bad? | 這個不好嗎? |
| Is it good for your feet and shoes? Yes, it is good. | 這個對你的腳和鞋子好嗎? 是 |
| No, it is not good. | 的/不是。 |
| Is it good/ bad/ healthy/ unhealthy? Yes, it is. No, it's not. | 這個好/壞/健康/不健康嗎?是 |
| Is it good? | 的/不是 |
| Is it healthy? | 這個好嗎? |
| Is it safe? Why? | 這個健康嗎? |
| Is it unhealthy? | 這安全嗎?為什麼? |
| It is bad for you. | 這個不健康嗎? |
| It is good for you. | 這個對你是壞的。 |
| It's _____. | 這個對你是好的。 |
| It's bad to the earth. | 這是_____。 |
| It's for _____. | 這個對地球不好。 |
| It's good/bad for earth. | 這個是給_____的。 |
| It's okay/ not okay, because _____. | 這個對地球好/不好 |
| It's safe/ not safe. | 這可以/不可以, 因為_____ |
| It's safe/not safe. Because... | 這很/不安全 |
| Let's clean up the mess. | 這個安全/不安全。因為_____ |
| No, I don't. | 一起清理髒亂! |
| No, it's not. | 不, 我不會。 |
| Now, group 1 find your partners. | 不, 這不是。 |
| Okay, look at this. | 現在第一組的找你的同伴 |
| Please do this with your family. | 好, 看這個。 |
| Should we do that? Yes, we should. No, we shouldn't. | 請和你的家人一起做。 |
| Show me your teeth. | 我們該做這件事嗎?是的/不 |
| So, what should he do? | 讓我看你們的牙齒。 |
| Today, we'll read a story. | 所以他該怎麼做? |
| We should not do it. We should do it. | 我們今天會讀一個故事。 |
| What can you do for them? I can _____ them. | 我們不該做這件事/我們該做 |
| | 這件事 |
| | 你可以為他們做什麼?我可以 |
| | _____ |

| | |
|-----------------------------------------------------------------------|------------------------------|
| What can you do? I can... | 你可以做甚麼？我可以.. |
| What can you prepare for a picnic? I can _____. | 你可以做甚麼準備野餐？我可以_____ |
| What do you see? | 你看到什麼？ |
| What happened? | 發生甚麼事？ |
| What is differences between _____ and _____? Our _____ are different. | _____和_____有什麼不同？我們的_____不一樣 |
| What is it? | 這是什麼？ |
| Where is it? | 這是哪裡？ |
| Why crocodile go to see doctor? | 為甚麼鱷魚要去看醫生？ |
| Why it's not safe? | 為什麼這不安全？ |
| Yes, I do. | 是的，我喜歡。 |
| Yes, it is. | 是的，這個健康。 |
| Yes, it's bad. | 是的，這是不好的。 |
| Yes, it's good. | 是的，這個是好的。 |

三年級

單字

| | | | |
|---------------|------|---------------------|-------|
| a lot of | 很多 | land pollution | 土地污染 |
| accept | 接受 | landform | 地形 |
| activities | 活動 | left | 左 |
| adolescence | 青春期 | leg | 腿 |
| adult | 成人 | less salt | 少鹽 |
| adult | 成人 | less sugar | 少糖 |
| adult pool | 成人池 | life | 生活 |
| age | 年齡 | life buoy | 救生圈 |
| aged | 年老 | life cycle | 生命週期 |
| air pollution | 空氣污染 | life stage | 生命階段 |
| allergy | 過敏 | lifeguard/lifesaver | 救生員 |
| angry | 生氣 | lift | 舉 |
| angry | 憤怒 | light meal | 輕食 |
| apartment | 公寓 | listen to music | 聽音樂 |
| apple | 蘋果 | little | 少 |
| apple cider | 蘋果西打 | live | 生活 |
| arm | 手臂 | map | 地圖 |
| around | 周圍 | mattress | 床墊 |
| autumn/fall | 秋 | meat | 肉 |
| backpack | 後背包 | meat and beans | 魚肉豆蛋類 |
| backpack | 背包 | medicine | 藥 |
| backpack | 後背包 | mental | 心智的 |
| bandage | 繃帶 | metal | 金屬 |
| bathing suit | 泳衣 | milk | 牛奶 |
| be careful | 小心 | milk tea | 奶茶 |
| be helpful | 助人 | mind map | 心智圖 |
| be kind | 善待他人 | miss | 想念 |
| be nice | 對他人好 | more | 更多 |
| be nice | 對人好點 | mother | 母親 |
| be polite | 要有禮貌 | mountain | 山 |
| beach | 海灘 | mouth | 嘴巴 |
| beautiful | 美麗 | movement | 動作 |
| beef | 牛肉 | muscle | 肌肉 |
| bend | 彎屈 | necessary | 必要 |
| beverage | 飲料 | neighborhood | 鄰里 |

| | | | |
|-----------------------|-------|-------------------|---------|
| birth | 出生 | neighbors | 鄰居 |
| black tea | 紅茶 | nervous | 緊張 |
| bone | 股頭 | nice | 不錯 |
| bones | 骨頭 | No diving | 禁止潛水 |
| bored | 無聊 | No food | 沒有食物 |
| bother | 煩 | No littering | 不亂扔垃圾 |
| bowl | 碗 | No peeing in pool | 禁止游泳池小便 |
| brain storming | 腦力激盪 | No pets | 禁止寵物 |
| break | 休息 | No rough play | 禁止玩耍 |
| breakfast | 早餐 | No smoking | 禁止抽煙 |
| brother | 兄弟 | noise pollution | 噪音污染 |
| bruise | 瘀青 | normal saline | 生理食鹽水 |
| bump | 腫 | noses | 鼻子 |
| bumping | 撞到 | notebook | 筆記本 |
| cake | 蛋糕 | nugget | 金塊 |
| calcium | 鈣 | nutrients | 養分 |
| calcium intake | 鈣攝取 | nuts | 堅果 |
| call | 呼叫 | ocean | 海洋 |
| calligraphy | 書法 | ointment | 藥膏 |
| calm | 冷靜 | onion rings | 洋蔥圈 |
| calories | 卡路里 | orchard | 果園 |
| candy | 糖果 | ouch | 痛 |
| cans | 罐頭 | out | 往外 |
| capsule | 膠囊 | outdoor | 戶外 |
| care | 照護 | paddle | 槳 |
| care about them | 關心他們 | paper | 紙 |
| celebrating festivals | 慶祝節日 | paper bowls | 紙碗 |
| cellphone | 手機 | pee | 小便 |
| chat with them | 和他們聊天 | pencil | 鉛筆 |
| chicken | 雞 | pet | 寵物 |
| childhood | 童年 | physical | 身體的 |
| children | 小孩 | pill | 藥丸 |
| chocolate | 巧克力 | pizza | 披薩 |
| choose | 選擇 | plain | 平原 |
| chopsticks | 筷子 | plastic bags | 塑料袋 |
| clean | 清潔 | plate | 盤子 |
| clean up | 清理 | polluted | 污染 |
| cleaning | 打掃 | pork | 豬肉 |

| | | | |
|--------------------|---------|--------------------|------|
| climate | 氣候 | position | 姿勢 |
| clock | 時鐘 | poster | 海報 |
| coke | 可樂 | posture | 姿勢 |
| cold | 冷的 | pray | 禱告 |
| community | 社區 | prevent | 防止 |
| community activity | 社區活動 | prevention | 預防 |
| cookies | 餅乾 | process | 處理 |
| cool | 涼的 | processed food | 加工食品 |
| cool down | 冷卻 | protect | 保護 |
| countries | 國家 | protective gear | 防護用具 |
| crabs | 螃蟹 | protein | 蛋白質 |
| crackers | 餅乾 | pudding | 布丁 |
| culture | 文化 | pushing | 推 |
| cut | 刀傷 | put | 放 |
| dairy | 乳業 | rain | 雨 |
| dance | 舞蹈 | raincoat | 雨衣 |
| dangerous | 危險 | recycle | 回收 |
| date | 日期 | recycled furniture | 再生家具 |
| dead | 死亡 | recycled paper | 再生紙 |
| death | 死亡 | red | 紅 |
| diabetes | 糖尿病 | reduce | 減少 |
| die | 死亡 | refuse | 拒絕 |
| diet | 飲食 | region | 地區 |
| dirty | 髒 | relax | 放鬆 |
| disappearing | 消失了 | repair | 修復 |
| diseases | 疾病 | respect | 尊敬 |
| dish | 菜餚 | reuse | 重複利用 |
| diving | 潛水 | rice | 白飯 |
| doctor | 醫生 | rice fields | 稻田 |
| Don't run | 不要跑 | right | 右 |
| Don't swim alone | 不要一個人游泳 | river | 河 |
| doughnut | 甜甜圈 | river pollution | 河流污染 |
| down | 下 | river tracing | 溯溪 |
| dragon dance | 龍舞 | role play | 角色扮演 |
| drinks | 飲料 | run | 跑 |
| drown | 淹 | sad | 悲傷 |
| drowned | 溺水 | safe | 安全 |
| dry | 乾 | safety rules | 安全守則 |

| | | | |
|--------------------------|-------|--------------|--------|
| earplug | 耳塞 | salad | 沙拉 |
| ears | 耳朵 | sandwiches | 三明治 |
| earthquake | 地震 | scared | 害怕 |
| eat less | 少吃點 | scrape | 擦傷 |
| eat more | 多吃點 | seafood | 海鮮 |
| emotion | 情緒 | seasonal | 季節性的 |
| empathy | 同理心 | see | 看 |
| environmental problem | 環境問題 | share | 分享 |
| eraser | 橡皮擦 | sharing time | 發表分享時間 |
| exercise | 運動 | shoulder | 肩膀 |
| expiration date | 到期日 | shout | 叫 |
| eyes | 眼睛 | shower | 沖澡 |
| fall apart | 分散 | shrimp | 蝦 |
| falling | 跌倒 | shy | 害羞 |
| families | 家庭 | sick | 生病 |
| fast food | 速食 | sickness | 疾病 |
| father | 父親 | sing | 唱 |
| fats | 油脂 | sister | 姊妹 |
| feel better | 感覺好一些 | skeleton | 骨骼 |
| feeling | 感受 | sleep | 睡覺 |
| firefly | 螢火蟲 | smell | 聞 |
| first aid kit | 急救箱 | smelly | 臭 |
| fish | 魚 | smile | 微笑 |
| fishery | 魚塭 | snack | 點心 |
| fit | 合身 | snacks | 零食 |
| flashlight | 手電筒 | snorkel | 呼吸管 |
| floating board | 浮板 | soda | 汽水 |
| flowers | 花卉 | soul | 靈魂 |
| focus on | 專注於 | spaghetti | 意大利面 |
| food | 餐飲 | spoon | 湯匙 |
| for women | 給女人的 | sport | 運動 |
| fork | 叉子 | spring | 春 |
| French fries | 薯條 | stairs | 樓梯 |
| fried chicken | 炸雞 | stick | 棒 |
| fried rice/noodles | 炒飯/麵條 | stiff muscle | 肌肉緊繃 |
| frogs | 青蛙 | stream | 溪 |
| fruits | 水果 | stretch | 伸展 |

| | | | |
|-------------------|----------|------------------|------|
| frustrated | 沮喪的 | stroke | 中風 |
| get hurt | 受傷 | strong | 強壯 |
| glass | 玻璃 | summer | 夏 |
| go camping | 露營 | sun tanning | 日曬 |
| go hiking | 健行 | sunbathing | 日光浴 |
| go swimming | 游泳 | sunscreen | 防曬乳 |
| going biking | 騎自行車 | support | 支撐 |
| grains | 穀物 | surfing | 衝浪 |
| grandma | 祖母 | surprise | 驚訝 |
| grandpa | 祖父 | survive | 生存 |
| greasy food | 油膩食物 | swim cap | 泳帽 |
| green | 綠色 | swim trunks | 泳褲 |
| green mark | 綠色標誌 | swimming | 游泳 |
| green tea | 綠茶 | swimming cap | 泳帽 |
| greenhouse effect | 溫室效應 | swimming goggles | 泳鏡 |
| grow in | 生長於__季節中 | swimming pool | 游泳池 |
| grow up | 長大 | swimming trunks | 泳褲 |
| habits | 習慣 | swimsuit | 泳衣 |
| hair | 頭髮 | table manners | 餐桌禮儀 |
| hairdryer | 吹風機 | take a shower | 淋浴 |
| hamburger | 漢堡 | take care | 照顧 |
| hands | 手 | talent show | 達人秀 |
| happy | 快樂 | tea | 茶 |
| happy | 快樂 | temperate | 溫帶區 |
| harmful | 有害 | the elderly | 長者 |
| hat | 帽子 | the elders | 年長者 |
| head | 頭 | throw | 扔 |
| health card | 健保卡 | Time is up! | 時間到 |
| health center | 健康中心 | toe | 腳趾 |
| healthy | 健康 | towel | 毛巾 |
| healthy diet | 健康的飲食 | traffic light | 紅綠燈 |
| healthy food | 健康食物 | trees | 樹木 |
| heart disease | 心臟病 | tropical | 熱帶區 |
| help | 幫忙 | typhoon | 颱風 |
| helpful | 有幫助的 | unhealthy | 不健康 |
| hidden danger | 隱藏危機 | up | 上 |
| hop | 跳 | vegetable farm | 菜園 |
| hot | 熱 | vegetables | 蔬菜 |

| | | | |
|-----------------|------|-----------------|-------|
| hot dog | 熱狗 | vegetarian | 素食者 |
| house | 屋 | vitamin | 維他命 |
| hug | 擁抱 | Vitamin D | 維他命 D |
| hurt | 受傷 | walk | 步行 |
| ice cream | 冰淇淋 | warm | 溫的 |
| id card | 身分證 | warm up | 暖身 |
| in | 往內 | water | 水 |
| indoor | 室內 | water bottle | 水瓶 |
| injury | 受傷 | water pollution | 水污染 |
| insect bite | 昆蟲咬傷 | water rafting | 泛舟 |
| instant noodles | 泡麵 | water safety | 水的安全 |
| invite | 邀請 | wave | 海浪 |
| iodine | 優碘 | weight loss | 減重 |
| island | 島 | wet | 濕 |
| jacket | 夾克 | whale watching | 賞鯨 |
| joints | 關節 | windy | 多風的 |
| juice | 果汁 | winter | 冬 |
| jump | 跳 | world | 世界 |
| jump rope | 跳繩 | wound | 傷口 |
| kids pool | 兒童池 | write a diary | 寫日記 |
| knife | 刀子 | yell | 喊 |
| lake | 湖 | yellow | 黃色 |

句型

(fruit) and (fruit) grow in (season).

_____ and _____ are (season) vegetables.

Are you healthy? Yes, I am. No, I am not.

Are you ready?

Are you with me?

Be nice to your neighbors and tell them when, where, and what time the community hold.

Be on time for date and focus on practicing.

Be polite to invite your neighbors to join the community activities.

Be polite when you ask someone to pass you things.

Be safe when you go swimming.

Because people pollute the environment.

(水果)和(水果)生長在(季節)

____和____是(季節的)蔬菜

你健康嗎?是的/不

準備好了嗎?

了解嗎?

對鄰居好一點，並告訴他們社區舉行的時間，地點和時間。

準時約會並專注於練習。

有禮貌地邀請你的鄰居參加社區活動。

當你要求別人傳遞東西時要有禮貌。

游泳時要安全。

因為人們污染了環境。

| | |
|--------------------------------------------------------------------|-----------------------|
| Because people throw garbage in the river/dump waste in the river. | 因為人們在河裡扔垃圾/在河裡倒垃圾。 |
| Buy local food/Don't drive a lot/Save energy. | 購買當地食品/不要開很多車/節約能源。 |
| Can you (stand up, walk, run, jump)? | 你能(起立/走動/跑/跳)嗎? |
| Can you? | 你可以嗎? |
| Can you share with the class about your talent show? | 你可以與全班同學分享您的才藝表演嗎? |
| Can you swim? Yes, I can. No, I can't | 你會游泳嗎?我可以。不,我不能 |
| Can you tell me what season it is? | 可以告訴我這是什麼季節嗎 |
| Come out and write it on the board. | 來前面寫在黑板上 |
| Could you explain a little bit more about that? | 你可以解釋多一些嗎? |
| Different countries/families/people/culture eat different food. | 不同的國家/家庭/民族/文化吃不同的食物。 |
| Discuss in groups. | 小組討論。 |
| Do they look alike? | 他們長得像嗎? |
| Do you agree? | 你同意嗎? |
| Do you drink water every day? (Yes/No.) | 你每天喝水嗎? (是/否) |
| Do you get it? | 了解嗎? |
| Do you have any communities around your house? | 你家附近有社區嗎? |
| Do you have any ideas about how to reduce pollution? | 你對減少污染有任何想法嗎? |
| Do you have your breakfast today? Yes, I do. No, I don't. | 你今天有吃早餐嗎?是的/不 |
| Do you know any neighbors around your community? | 你認識社區中的鄰居嗎? |
| Do you like snacks? What kind of snacks do you like? | 你喜歡點心嗎?你喜歡甚麼種類的點心? |
| Do you like your mother and father? | 你喜歡你的父親和母親嗎? |
| Do you live in a house or apartment? | 你住在房屋或公寓中嗎? |
| Do you live with your grandpa / grandma? | 你和你的祖父/祖母住嗎? |
| Do you need help? I need... | 你需要幫忙嗎?我需要_____ |
| Do you remember what we learned last period? | 還記得我們上一堂課學了些什麼嗎? |
| Does your Mom or Dad cook a lot at home? | 你的爸爸媽媽常在家做飯嗎? |
| Don't be too loud during the meal. | 吃飯時不要太大聲。 |

| | |
|--------------------------------------------------|-------------------|
| Don't bother people if it's not necessary. | 如果沒有必要，不要打擾別人。 |
| Don't forget to say "thank you" to the cook. | 別忘了對廚師說“謝謝”。 |
| Don't talk when your mouth is full. | 滿嘴時不要說話。 |
| Enjoy your day with your friends. | 和朋友一起度過快樂的一天。 |
| from one island to another island | 從一個到另一個島嶼 |
| Good job! Excellent! Awesome! | 稱讚(太厲害了!) |
| Grow more trees/Don't burn things. | 種植更多樹木/不要燃燒東西。 |
| Have you ever tried any fast food? | 你吃過速食嗎? |
| Healthy eating prevents diseases. | 健康飲食可以預防疾病。 |
| Help to clean the table. | 幫助清潔桌子。 |
| How can you protect the earth? I can | 您如何保護地球? 我可以減少/ |
| reduce/reuse/recycle _____. | 重複使用/回收_____。 |
| How can you tell? | 你怎麼知道的? |
| How do you feel when your family die? I | 當你的家人去世時你有甚麼感 |
| feel _____ | 覺? _____ |
| How do you feel? I feel (happy, unhappy). | 你覺得怎樣?我覺得(開心、不 |
| How do you often do with your grandpa/grandma? | 你經常和爺爺奶奶在一起嗎? |
| I often _____ | 我經常_____ |
| How often do you eat snacks? (once a week, twice | 你多久吃一次零食? (每週 |
| a week, three times a week, every day) | 一次, 每週兩次, 每天三次, |
| How tall are you? | 每天一次) |
| How to take medicine? | 你多高? |
| How to warm up for swimming? | 如何吃藥? |
| I am good at... | 如何熱身游泳? |
| I can... | 我很擅長_____ |
| I see (a picture, letters, badge...) | 我可以... |
| I see a / an / some (snack, ice cream, soda, | 我看到(一張相片,信,徽章...) |
| chocolate, pizza, cake, apple, milk). | 我看見(點心,冰淇淋,汽水,巧克 |
| I see _____. | 力,披薩,蛋糕,蘋果,牛奶...) |
| I think I will like it. | 我看到_____。 |
| I think it's ... | 我想我會喜歡 |
| I think... | 我想_____ |
| I want _____ for my breakfast. | 我覺得..... |
| I want _____. | 我早餐要吃_____。 |
| I was (4) years old. I was (eating a cake...). | 我想要_____。 |
| | 我那時(4)歲, 我在(吃蛋糕) |

| | |
|-----------------------------------------------------------------|-----------------------------------------|
| I'm afraid it's time to finish now. | 時間到該完成囉 |
| If your friends were late for practicing, what is your feeling? | 如果你的朋友練習遲到了，您的感覺如何？ |
| Is it healthy? Yes, _____ No, _____ | 這個健康嗎?是的/不 _____是健康還是不健康?是 _____。 |
| Is the _____ healthy or unhealthy? It's _____. | _____。 |
| It is a school/community activity. | 這是學校/社區活動。 |
| It is spring/summer/autumn/winter. | 這是春/夏/秋/冬 |
| It's ___ light food. (red yellow green) | 這是___顏色指標的食物。 |
| It's a good/bad habit. | 這是個好/壞習慣 |
| It's healthy/unhealthy. | 健康/不健康。 |
| It's not safe. | 這是不安全的。 |
| It's red / yellow / green. | 這是紅/黃/綠。 |
| It's safe. | 這是安全的。 |
| It's your turn. | 換你了 |
| Let me explain what I want you to do next. | 讓我解釋你接下來要怎麼做 |
| Let's check the answers. | 我們來對答案 |
| Look at the picture, how does he/she feel? | 看這個照片，他/她感覺如何？ |
| Make sure lifebuoys around the swimming pool. | 確保游泳池周圍有救生圈。 |
| Make sure you see lifeguards around. | 確保你周圍有救生員。 |
| Now. Let's watch the clip of the movie "Inside out." | 現在，我們一起看一段腦筋急轉彎的片段。 |
| Obey the rules. | 遵守規則。 |
| One more time, please. | 請再一次 |
| Open your books at page _____. | 打開課本第_____頁 |
| Pay attention, everybody. | 大家注意 |
| People threw garbage in the river/dumped waste in the river. | 人們向河里扔垃圾/向河裡倒垃圾。 |
| Please be quiet! | 請安靜! |
| Please discuss in your group. | 請在你的組中討論。 |
| Please show us your pictures. | 請給我看你們的照片。 |
| Please tell me how do the people in the video feel. | 請告訴我影片中的人的感覺。 |
| Read the signs before you swim. | 游泳前請閱讀指示牌。 |
| Red/Yellow/ Green light food is bad/good (for health). | 紅/黃/綠燈的食物(對健康)不好/好。 |
| Reuse/recycle it. | 重新利用/回收它。 |
| See a doctor. | 看醫生 |
| Sit quietly until the bell goes. | 安靜做好直到鐘響 |

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| Stretching and warming up before swimming. | 游泳前要伸展並熱身。確保伸展或預熱 15 分鐘。 |
| Make sure stretch up or warm up for 15 minutes. | |
| Take medicine. | 吃藥 |
| Talk in the group | 小組討論 |
| Talk to your partners | 和夥伴討論 |
| talk with friends | 與朋友說話 |
| The ____ bone is connected to the ____ bone. | ____骨頭連接在____骨上 |
| The air is warm/hot/cool/cold. | 空氣是溫/熱/涼/冷的 |
| The amount of food you eat depends on whether you exercise a lot, whether you are in puberty, or whether you have diabetes or high blood pressure. | 你所吃的食物量取決於你是否進行大量運動，是否處於青春 期或患有糖尿病或高血壓。 |
| Their ____ look alike. | 他們的____看起來一樣。 |
| There are ____ stages in our life. | 我們的生命有____個階段。 |
| There are still two minutes to go. | 還有兩分鐘 |
| This song is for my (mother, father, grandma, grandpa), because... | 這首歌獻給我的(母親,父親,祖 母,祖父)，因為... |
| Try it. You can make it. | 試試看。你可以做到。 |
| Wait for everyone before you eat | 等大家吃飯 |
| We can ... | 我們可以... |
| We have an extra five minutes. | 還有五分鐘 |
| We have ____ for our breakfast. | 我們有____當早餐 |
| We should not pollute the environment. | 我們不應該污染環境。 |
| We think_____. | 我們想 |
| We'll do the rest of this chapter next time. | 我們下次再進行這個章節 |
| We'll finish this exercise next lesson. | 下節課再完成習題 |
| We'll have to stop here | 我們先停在這裡 |
| What can I do? | 我可以做甚麼？ |
| What can we do for them? | 我們能為他們做甚麼？ |
| What can we do to make more fresh air on Earth? | 我們如何做才能使地球上的新 鮮空氣更多？ |
| What can you do? I can_____. | 你可以做甚麼?我可以____ |
| What can you see? | 你看到什麼？ |
| What color does it belong to? It belongs to _____. | 這個屬於哪個顏色?這屬於 _____ |
| What color is it? | 這是甚麼顏色？ |
| What do you do after the meal? | 飯後你做什麼？ |
| What do you do before a meal? | 飯前做什麼？ |
| What do you do during the meal? | 吃飯時你做什麼？ |

| | |
|----------------------------------------------------------------------|-------------------------|
| What do you eat for breakfast? | 你早餐吃甚麼？ |
| What do you like to eat? I like to eat _____. | 你喜歡吃什麼？我喜歡吃_____。 |
| What do you mean? | 你的意思是？ |
| What do you need when you go swimming? I need _____. | 游泳時你需要什麼？我需要_____。 |
| What do you need? | 你需要什麼？ |
| What do you see? | 你看到甚麼？ |
| What do you think? | 你覺得呢？ |
| What fruit and vegetable grow in spring/summer/autumn/winter? | 甚麼水果和蔬菜生長在春/夏/秋/冬 |
| What happened? | 發生了什麼？ |
| What is a healthy diet? | 什麼是健康飲食？ |
| What is health? | 健康是甚麼？ |
| What is the best food? It's _____. | 什麼是最好的食物？是_____。 |
| What is the greenhouse effect? | 溫室效應是什麼？ |
| What is this process food made from? | 這個加工食品是在哪裡製造的？ |
| What kind of strategies do you use? We use..... | 你會用甚麼策略？我們用_____ |
| What kinds of activities do you know? | 你知道哪些活動？ |
| What kinds of beverages do you drink? I drink _____. | 你喝哪種飲料？我喝_____。 |
| What kinds of food do you usually eat at home? I usually eat _____. | 你通常在家吃哪種食物？我通常吃_____。 |
| What kinds of pollution do you know? I know _____. | 你知道哪種污染？我知道_____。 |
| What kinds of snacks do you eat? I eat _____. | 你吃什麼零食？我吃_____。 |
| What kinds of talent shows did you do? | 你做了什麼樣的才藝表演？ |
| What should we do to reduce CO2? | 我們應該怎樣減少二氧化碳？ |
| What should we do? | 我們應該做什麼？ |
| What should you do when you see someone drowning but you can't swim? | 看到有人淹水不會游泳時該怎麼辦？ |
| What was the _____ like? | _____是怎樣的？ |
| What's your favorite sports? | 你最喜歡的運動是甚麼？ |
| Where do you and your family eat? We eat at the _____. | 你和你的家人在哪裡吃飯？我們在_____吃飯。 |

Where do you go?
Which one do you want to try?
Which one is your top 1? My top 1 is _____.
Which question are you on?
Who hasn't answered yet?
Who is he/ she in the picture?
Whose turn is it to read?
Why are the fireflies disappearing?
Why are the rivers polluted?
Why did the river become dirty and smelly?
Would you give us an example?
Would you pronounce the word " _____ " ?
Yes, this is my (mother, father, brother, sister,
grandma, grandpa...).

你去哪裡?
你想要嘗試哪個
你的冠軍是哪個?我的冠軍是

你在指哪一題
誰還沒回答過
在圖片中的他/她是誰?
換誰讀了
螢火蟲為什麼消失了?
為什麼河流被污染了?
為什麼河變髒又臭?
可以舉例嗎?
_____怎麼讀?
是的,這是我的(母親,父親,兄
弟,姊妹,祖母,祖父)

四年級

單字

| | | | |
|---------------|------|--------------------------------------------|-------|
| a fever | 發燒 | landslide | 土石流 |
| a headache | 頭痛 | leave | 離開 |
| a pair of | 一對 | less fat | 少油 |
| a stomachache | 肚子痛 | less salt | 少鹽 |
| acceptance | 接受 | less sugar | 少糖 |
| accident | 意外 | library | 圖書館 |
| add | 加 | license | 執照 |
| adult | 成人 | lipid | 脂類 |
| advertising | 廣告 | listen | 聽 |
| AIDS | 愛滋病 | listening | 傾聽 |
| air | 空氣 | local food | 本地食物 |
| air pollution | 空氣汙染 | long-sightedness | 遠視 |
| allergy | 過敏 | lung | 肺 |
| almonds | 杏仁 | lung cancer | 肺癌 |
| an earache | 耳朵痛 | man-made | 人造 |
| anger | 憤怒 | meal | 餐 |
| anymore | 不再 | meat | 肉 |
| artist | 藝術家 | medicine | 藥物 |
| ask | 問 | medicine bag | 藥袋 |
| ask for help | 尋求協助 | member | 成員 |
| attitude | 態度 | mental abuse | 精神虐待 |
| baby | 寶寶 | merit | 長處，優點 |
| baby/infant | 嬰兒期 | methods of cooking | 烹飪方法 |
| baby's teeth | 乳齒 | milk | 牛奶 |
| bad | 壞 | milk teeth (primary/temporary teeth) | 乳齒 |
| bad habit | 壞習慣 | minerals | 礦物質 |
| badminton | 羽毛球 | molar | 臼齒 |
| balanced diet | 均衡飲食 | molar teeth | 臼齒 |
| banana | 香蕉 | molars | 磨牙 |
| bananas | 香蕉 | money | 錢 |
| baseball | 棒球 | more handsome | 更帥 |
| basketball | 籃球 | morning | 早上 |
| battery | 電池 | mother | 母親 |

| | | | |
|-------------------|-------|---------------------------|----------|
| BBQ | 烤肉 | mouth | 嘴巴 |
| Be quiet! | 請安靜 | mouthwash | 漱口水 |
| beans | 豆子 | muscle | 肌肉 |
| beat | 擊敗 | muscle ache | 肌肉痠痛 |
| bedroom | 臥室 | myths | 神話 |
| beverage | 飲料 | National Health Insurance | 全民健保 |
| bike | 自行車 | near-sighted | 近視 |
| bird flu | 禽流感 | need | 需求 |
| bitter | 苦 | needles | 針頭 |
| bleach | 漂白水 | negative | 負面 |
| bleeding | 流血的 | neglect | 忽略 |
| bleeding gums | 牙齦出血 | NHI card | 健保卡 |
| BOB | 緊急救難包 | nicotine | 尼古丁 |
| body | 身體 | night | 晚上 |
| body abuse | 身體虐待 | no drug | 禁止毒品 |
| bone | 骨頭 | no pushing | 不要推 |
| bowls | 碗 | no running | 不要跑 |
| boy | 男孩 | no smoking | 禁止抽煙 |
| bread | 麵包 | no talking | 不要說話 |
| breakfast | 早餐 | noise pollution | 噪音污染 |
| breakfast cereals | 早餐麥片 | noodle | 麵 |
| breath | 呼吸 | nose | 鼻子 |
| bring | 帶來 | nothing | 微不足道的人或事 |
| broccoli | 花椰菜 | now | 現在 |
| brother | 哥哥/弟弟 | nurse | 護士 |
| brown rice | 糙米 | nutrients | 營養素 |
| bruise | 挫傷 | nutrition | 營養 |
| brush | 刷 | nutrition facts | 營養標示 |
| brush teeth | 刷牙 | oatmeal | 麥片 |
| bug-out bag | 緊急避難包 | occupations | 職業 |
| burn | 燒傷 | off | 關/脫 |
| bus | 公車 | oil | 油 |
| butter | 奶油 | old | 老 |
| call | 打電話 | older | 更老 |
| cancer | 癌症 | olive oil | 橄欖油 |
| candy | 糖果 | on fire | 著火 |
| canines/cuspids | 犬齒 | open the door | 開門 |

| | | | |
|------------------|-------------------|--------------------------------------|------|
| cap | 帽子 | open the window | 開窗 |
| capsule | 膠囊 | opinion | 意見 |
| car | 汽車 | overweight | 過重 |
| carbohydrates | 碳水化合物 | package | 包 |
| cashews | 腰果 | pain | 痛 |
| catch | 抓住 | painful | 痛苦 |
| cavities | 蛀牙 | painter | 畫家 |
| cell phone | 手機 | pants | 褲子 |
| cereal | 穀類 | park | 公園 |
| checkup | 檢查 | paste | 軟膏 |
| cheese | 起司 | permanent teeth (secondary teeth) | 恆牙 |
| chestnuts | 栗子 | pharmacy | 藥店 |
| chew | 嚼 | physical abuse | 身體虐待 |
| child | 兒童期 | pilot | 飛行員 |
| children | 孩子 | pink | 粉 |
| chocolate | 巧克力 | plant | 工廠 |
| clinic | 診所 | play games | 玩遊戲 |
| clothes | 衣服 | police officer | 警官 |
| cloudy | 多雲的 | policeman | 警察 |
| cold | 冷/感冒 | pollution | 污染 |
| commodity facts | 食品標示 | portion | 一部分 |
| community | 社區 | positive | 積極 |
| company | 公司 | potassium | 鉀 |
| conflict | 衝突 | powder | 粉末 |
| contact | 接觸 | practice | 練習 |
| convenient store | 便利店 | prescription | 處方 |
| cookies | 餅乾 | president | 總統 |
| cough | 咳嗽 | prevent | 防止 |
| counseling room | 輔導室 | prevention | 預防方法 |
| countries | 國家 | product | 產品 |
| cover | 蓋 | protein | 蛋白質 |
| COVID-19 | 2019 新型冠狀病毒 肺炎 | puberty | 青春期 |
| crackers | 餅乾 | pulse | 脈搏 |
| cream | 奶油 | qualified | 合格 |
| crooked teeth | 牙齒歪 | rainy | 多雨的 |
| culture | 文化 | rash | 皮疹 |

| | | | |
|----------------------|----------|------------------------|-------|
| dad | 爸爸 | reason | 理由 |
| dairies | 奶類 | relatives | 親氣 |
| dairy | 乳製品 | release | 釋放 |
| date of expiry | 到期日期 | respect | 尊重 |
| date of production | 生產日期 | respond | 回應 |
| db (deci-Bell) | 分貝 (分貝鐘) | response | 反應 |
| deficiency | 不足 | rinse | 沖 |
| dengue fever | 登革熱 | risen | 上升 |
| dental | 牙科的 | role play | 角色扮演 |
| dental floss | 牙線 | rub | 搓 |
| dental plaque | 牙菌斑 | runny nose | 流鼻水 |
| dental treatment | 牙科治療 | sad | 難過的 |
| dentist | 牙醫 | safe | 安全 |
| diagnosis | 診斷 | salt | 鹽 |
| diarrhea | 腹瀉 | school | 學校 |
| differences | 差異 | scooter | 摩托車 |
| different appearance | 不同的外觀 | second-hand smoking | 二手煙 |
| different colors | 不同的顏色 | seek for help | 尋求協助 |
| digest | 消化 | send | 送 |
| dip | 泡 | sex | 性別 |
| disaster supplies | 災難物資 | sexual abuse | 性虐待 |
| diseases | 疾病 | shame | 羞辱 |
| dizzy | 頭暈 | share | 分享 |
| do exercise | 運動 | shelter | 庇護 |
| do housework | 做家事 | shopping mall | 購物中心 |
| doctor | 醫生 | short | 短 |
| domestic | 家庭的 | shortcoming | 缺點 |
| domestic violence | 家庭暴力 | shortness of breath | 呼吸急促 |
| Don't give up! | 別放棄 | short-sightedness | 近視 |
| door | 門 | sick | 生病 |
| drinks | 飲料 | singer | 歌手 |
| drop | 趴下 | sister | 姊姊/妹妹 |
| droplet | 飛沫 | skin | 皮膚 |
| drug store | 藥店 | skin aging | 肌膚老化 |
| dry cough | 乾咳 | sleep | 睡覺 |
| dust | 灰塵 | smart consumer | 聰明消費者 |
| ear plugs | 耳塞 | smoke | 抽菸 |

| | | | |
|--------------------------|--------|---------------------------------------|-----------------|
| earache | 耳痛 | sneeze | 打噴嚏 |
| ears | 耳朵 | snowy | 下雪的 |
| earthquake | 地震 | soccer | 足球 |
| eat different food | 吃不同的食物 | soda | 蘇打 |
| eat healthy food | 吃健康食物 | something | 具有某種特點的人 或事物 |
| eggs | 蛋 | sore throat | 喉嚨痛 |
| energy | 能量 | span | 廣度 |
| enjoy sunlight | 享受陽光 | spirit abuse | 精神虐待 |
| environment | 環境 | sprain | 扭傷 |
| exaggerate | 誇大 | stay | 留著 |
| exercise | 運動 | stay at home | 待在家裡 |
| experience | 經驗 | stay calm | 保持冷靜 |
| extinguisher | 滅火器 | stayed up | 熬夜 |
| eye chart | 視力表 | stereotype | 刻板印象 |
| eye doctor | 眼科醫生 | stomachache | 肚子痛 |
| eye exam | 視力檢查 | stop | 停 |
| eyes | 眼睛 | strength | 力量/實力 |
| eyesight | 視力 | strong | 強大 |
| fall down | 摔倒 | stronger | 更強 |
| family | 家庭 | stylist | 造型師 |
| Family Emergency Card | 家庭緊急卡 | sugar | 糖 |
| Family Emergency Plan | 家庭緊急計劃 | sunflower oil | 葵花籽油 |
| family member | 家庭成員 | supermarket | 超級市場 |
| far-sighted | 遠視 | sweets and sugary snacks | 含糖零食 |
| fast food | 速食 | swim | 游泳 |
| fat | 胖 | swimming | 游泳 |
| father | 父親 | swollen | 腫 |
| fats | 脂肪 | symptoms | 症狀 |
| fatter | 較胖 | syndrome | 綜合症 |
| fear | 害怕 | tablets | 平板電腦 |
| feel the pulse | 感覺到脈搏 | Taiwan | 台灣 |
| fetus | 胎兒 | take a temperature | 量體溫 |
| fever | 發燒 | TCM (Traditional Chinese Medicine) | 中醫 |

| | | | |
|-------------------|-------|------------------|---------------|
| fire extinguisher | 滅火器 | tea | 茶 |
| first aid kit | 急救箱 | teacher | 老師 |
| fish | 魚 | tear | 撕開(v.)/眼淚(n.) |
| Five Grains | 五穀根莖類 | teenager | 青少年 |
| flashlight | 手電筒 | teeth | 牙齒 |
| flood | 洪水 | thin | 瘦 |
| flooding | 洪水 | thinner | 較瘦 |
| floody | 氾濫的 | third smoking | 三手菸 |
| floss | 牙線 | throw up | 嘔吐 |
| floss the teeth | 用牙線剔牙 | thunder | 雷 |
| flu | 流感 | tissue | 面紙 |
| food | 食物 | toddler | 幼兒期 |
| food label | 食品標章 | tooth | 齒 |
| foreign cuisine | 外國佳餚 | tooth loss | 牙齒脫落 |
| fresh air | 新鮮空氣 | tooth paste | 牙膏 |
| fresh foods | 新鮮食物 | tooth/teeth | 牙齒(單/複數) |
| front teeth | 門牙 | toothache | 牙痛 |
| fruits | 水果 | toothbrush | 牙刷 |
| gain weight | 體重增加 | toothpaste | 牙膏 |
| genes | 基因 | toothpick | 牙籤 |
| germ | 細菌 | touch | 觸摸 |
| ghost money | 紙錢 | traffic | 交通 |
| glasses | 眼鏡 | train | 培養 |
| go to bed | 睡覺 | transmission | 傳染途徑 |
| go to the doctor | 去看醫生 | trash | 垃圾 |
| good at | 善於 | tree | 樹 |
| good habit | 好習慣 | Tsunami | 海嘯 |
| grains | 穀物 | turn off the gas | 關瓦斯 |
| grandfather | 祖父 | typhoon | 颱風 |
| grandmother | 祖母 | understand | 理解 |
| grind | 磨 | underweight | 體重不足 |
| grocery store | 雜貨店 | uneven nutrition | 營養不均 |
| grow up | 成長 | unhealthy | 不健康的 |
| gums | 牙齦 | unique | 獨特 |
| hands | 手 | upper/ lower jaw | 上/下頷 |
| happen | 發生 | use fluoride | 使用氟化物 |
| happy | 快樂 | valuable | 有價值 |

| | | | |
|---------------------------|---------|---------------------|---------------|
| have different cultures | 有不同的文化 | variety | 多樣性 |
| have different religions | 有不同的宗教 | vegetables | 蔬菜類 |
| headache | 頭痛 | vendor | 供應商 |
| health | 健康 | violence | 暴力 |
| healthy | 健康的 | virus | 病毒 |
| heart | 心臟 | vitamin A B C D E K | 維生素 A B C DEK |
| heart and vessel diseases | 心臟和血管疾病 | vitamins | 維生素 |
| heavy rain | 豪雨 | vomit | 嘔吐 |
| height | 身高 | walk | 步行 |
| help | 幫助 | wash | 洗 |
| helplessness | 無助感 | wash your hands | 洗手 |
| hide | 躲 | water | 水 |
| high calories foods | 高熱量食物 | weak | 弱 |
| high fiber | 高纖 | weaker | 較弱 |
| HIV | 艾滋病病毒 | wear a mask | 戴口罩 |
| hold | 保持 | weather forecast | 氣象預報 |
| hold on | 冷靜 | weight | 重量 |
| home | 家 | whistle | 哨子 |
| hospital | 醫院 | whole-grain | 全麥 |
| hurt | 傷害 | windy | 有風的 |
| immuno | 免疫 | wipe | 擦 |
| incisor | 門齒 | wisdom teeth | 智齒 |
| inconvenient | 不方便的 | work out | 健身 |
| ingredients | 原料 | worry | 擔心 |
| itch | 癢 | worth | 值得 |
| Japan | 日本 | yam | 番薯 |
| job | 工作 | yogurt | 優格 |
| joint | 關節 | young | 年輕 |
| juice | 果汁 | young child | 小孩兒 |
| jump rope | 跳繩 | younger | 更年輕 |
| kiss | 吻 | zinc | 鋅 |

句型

_____ is good/bad for our eyes.

這對我們的眼睛好/不好

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| _____ is important in my family. Because _____. | _____對我的家人很重要。因為_____。我愛_____。 |
| A balanced diet means eating everything your body needs. | 均衡的飲食就是吃身體所需的東西 |
| A balanced diet provides us with the right amount of energy. | 均衡飲食為我們提供適量的能量。 |
| A bowl of rice, noodles, ... | 一碗米飯，麵條..... |
| A healthy diet is good for your teeth | 健康的飲食對牙齒有益 |
| A nutritional deficiency occurs when your body doesn't get enough nutrients. | 當身體無法獲得足夠營養時就會營養不足。 |
| A serving of Vegetable ... | 一份蔬菜... |
| A spoonful of oil, sugar ... | 一匙油，糖..... |
| A toothbrush should be replaced at least every 3 months, as well as after any illness. | 牙刷應至少每3個月以及在患病後更換一次。 |
| Almost, try again. | 快答對了，再試一次! |
| Am I adding to the noise pollution? | 我會增加噪音嗎? |
| And then, I'll give you 5 mins to discuss and 3 mins to share to the whole class. | 接著，我會給你五分鐘討論以及三分鐘分享給全班。 |
| Any questions? | 有任何問題嗎 |
| Are you growing taller? (Yes, I am. / No, I am not.) | 你長高了嗎? (是，我是。/否，我不是。) |
| Are you OK? Yes, I am./No, I am not. | 你還好嗎? 是的/不是 |
| Are you with me? Do you understand? | 了解嗎? |
| Brush at a 45-degree angle - the angle of the brush is important, the toothbrush should be placed against the teeth at a 45-degree angle to the gum line. | 以45度角刷-牙刷的角度很重要，牙刷應與牙齦線成45度角靠著牙齒放置。 |
| Brush in circles and use short, back-and-forth strokes. | 刷成圓圈，並使用簡短的來回筆觸。 |
| Brush the tongue - use your toothbrush to do a light brushing of the tongue. | 刷舌頭-用牙刷輕刷一下舌頭。 |
| Brush your teeth 2 times every day. | 每天刷牙2次。 |
| Brush your teeth every morning. | 每天早上刷牙 |
| Brush your teeth for about minutes each time. | 每次刷牙約幾分鐘。 |
| Brush your teeth. | 刷牙。 |
| But anyone who has teeth can get cavities, including infants. | 但是任何有牙齒的人都可能會蛀牙，包括嬰兒。 |
| Call the number 119 | 打電話給119 |

| | |
|----------------------------------------------------------------------------------------------|--------------------------------|
| Check eye-doctor once or twice a year. | 一年看一到兩次眼科。 |
| Choose the better way to make the environment better. | 選擇更好的方法來改善環境。 |
| Clap your hands. | 拍手 |
| Clean your teeth with dental floss. | 用牙線清潔牙齒 |
| come from different countries | 來自不同的國家 |
| Dental decay affects people of all ages, but the severity of the disease increases with age. | 齲齒影響各個年齡段的人，但該疾病的嚴重程度隨年齡增長而增加。 |
| Design your first-aid kit. | 設計你的急救箱。 |
| Did you eat breakfast today? | 你今天吃早餐了嗎？ |
| Did you like it? Yes, I did. /No, I didn't | 你喜歡它嗎？是的，我是。/不，我不 |
| Do you agree with this statement? Yes, I do. No, I don't. | 你是否同意這種說法？是的，我願意。不，我不知道 |
| Do you brush your teeth every day? | 你每天刷牙嗎？ |
| Do you drink a beverage every day? Yes, I do. /No, I don't. | 你每天喝飲料嗎？是的。/不，我沒有。 |
| Do you have any particular strengths or weaknesses? | 你有什麼特別的優點和缺點嗎？ |
| Do you have shortsightedness? | 你有近視嗎？ |
| Do you like ___? Yes, I do. / No, I don't | 你喜歡 ___？是的，我喜歡。 / 不，我不 |
| Don't be naughty. | 不要調皮。 |
| Don't forget to brush your tongue. | 不要忘記刷舌頭。 |
| Everybody has his own merits and demerits. | 每個人都有自己的優點和缺點。 |
| Excuse me You can't smoke here. | 對不起，你不能在這裡抽煙。 |
| Exercise your eyes. | 活動你的眼睛 |
| Follow these tips for a healthy, beautiful smile. | 按照這些提示進行操作，可獲得健康美麗的笑容。 |
| Get a new toothbrush every 3 to 4 months. | 每3至4個月換一次新牙刷。 |
| Good teeth and gum care is an important part of maintaining overall health. | 良好的牙齒和牙齦護理是維持整體健康的重要組成部分。 |
| Have you ever eaten Chinese medicine? (Yes, I have. / No, I haven't.) | 你吃過中藥嗎？（是的，我有。/不，我沒有。） |
| He needs glasses. | 他需要眼鏡 |
| He/She's good at _____. | 他/她擅長_____。 |

| | |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Healthy habits, including brushing and flossing, can prevent tooth decay and gum disease. | 刷牙剔牙等健康習慣能避免蛀牙與牙齦疾病。 |
| How about the food? It's yummy. | 食物如何?很好吃 |
| How can I go to school? | 我怎麼上學? |
| How can I prevent? | 我可以怎麼預防? |
| How do we stop domestic violence? | 我們如何制止家庭暴力? |
| How do you choose what groceries to buy? I check the _____. | 你如何選擇要購買的雜貨? 我看_____。 |
| How do you feel when your bones get hurt? | 當你骨頭受傷時你感覺如何? |
| How do you feel? (pain, fever, dizzy, sad, happy) | 你覺得怎麼樣? (疼痛, 發燒, 頭暈, 悲傷, 快樂) |
| How do you keep your teeth clean? | 你怎麼保持牙齒清潔? |
| How do you know if you're growing up? (We have a checkup at school every term. /My friends or my family told me so.) | 你怎麼知道自己長大了? (我們每個學期都要在學校做檢查。/我的朋友或家人告訴我。) |
| How do you prevent AIDS? Don't share needles. Use your own bowls and chopsticks. Have safe sex. | 您如何預防艾滋病? 不要共用針頭。用自己的碗和筷子。有安全的性行為。 |
| How does a Chinese doctor give you a checkup? (He looks at me / listens to my heart/ asks me questions/ touches or check my pulse.) | 中醫如何給你做檢查? (他看著我/聽我的心/問我問題/觸摸或檢查我的脈搏。) |
| How does it taste? It tastes bitter. | 它有什麼味道? 有點苦 |
| How many teeth do you have? I have ___ teeth. | 你有幾顆牙齒? 我有___顆牙齒。 |
| How much food should I eat a day? | 我一天應該吃多少食物? |
| How to keep your teeth healthy? | 如何保持牙齒健康? |
| How to stay healthy? You need to eat a balanced meal. | 如何保持健康? 您需要均衡飲食。 |
| How to strengthen your bones? | 如何強化你的骨骼? |
| How you see yourself, means everything. | 你真正的價值, 是你怎麼看待你自己。 |
| How's the weather? It's _____ | 天氣如何? 是_____ |
| I am nearsighted. | 我近視 |
| I brush my teeth every day / morning / night. | 我每天/早上/晚上刷牙 |
| I can ___ to strengthen my bones. | 我可以___來強化我的骨頭。 |
| I can _____ to avoid noise pollution | 我可以_____避免噪音污染 |
| I can go to school by _____. | 我可以_____去上學。 |
| I can show my care to them by writing a card. | 我可以寫一張卡片向他們表示關心。 |

| | |
|-----------------------------------------------------------------------------------|---------------------------|
| I can_____. | 我可以_____。 |
| I catch a cold. | 我感冒了 |
| I don't like _____. | 我不喜歡_____。 |
| I feel ... | 我感覺.. |
| I get protein from beans. | 我從豆子中獲取蛋白質。 |
| I had conflict with _____ because _____. | 我與_____發生衝突，因為_____。 |
| I have a runny nose. | 我流鼻水 |
| I have... (a cold) | 我(感冒)了 |
| I need _____(物品)in my bug-out bag (BOB) | 我的急救包需要_____ |
| I should _____ (drink more water). | 我應該..(喝更多水) |
| I want to be a _____ when I grow up. | 我長大後想成為_____。 |
| I want to take sick leave for 1 day. | 我想請一天病假 |
| I will ask teacher for help if I face a problem of family violence. | 如果我面臨家庭暴力問題，我會請老師幫助。 |
| I'll call 113/ 110. | 我會打 113/110。 |
| I'll go to counseling room/ teacher | 我去諮詢室/老師 |
| I'll talk to friends/police/relatives | 我會和朋友/警察/親戚談談 |
| I'm good at _____ | 我擅長 _____ |
| If you have problems with your teeth or mouth, see a dentist right away. | 如發現牙齒不舒服，要趕快就醫。 |
| I'm allergic. | 我過敏 |
| I'm sick. | 我生病了 |
| In my eyes / It seems to me that _____ is great, because _____. | 我覺得很棒，因為.. |
| Is everybody ready to start? | 大家準備好開始了嗎 |
| Is it greasy? | 油不油? |
| Is it healthy/fresh? | 這個健康/新鮮嗎? |
| Is it right? | 這樣對嗎? |
| It is important to have breakfast. | 吃早餐很重要。 |
| It may cause _____. | 這可能導致_____。 |
| It's dangerous! | 這很危險 |
| It's not safe. | 這是不安全的。 |
| It's safe. | 這是安全的。 |
| Just be yourself. | 做真實的自己。 |
| Keep the mouth clean after brushing - avoid eating for 30 minutes after brushing. | 刷牙後保持口腔清潔-刷牙後 30 分鐘內不要進食。 |
| Let's draw a conclusion. | 一起下結論 |

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| Let's go out. | 我們出去吧。 |
| like /prefer ... | 喜歡/更加喜歡... |
| Look out. /Watch out./Be careful. | 小心 |
| Motion correctly - using short gentle back, forth, and small circular motions, all tooth surfaces will be gently brushed, avoid a sawing or scrubbing motion. | 正確移動-進行短暫的輕微來回往復運動和較小的圓周運動，將輕輕刷洗所有牙齒表面，避免鋸切或擦洗。 |
| My mom and dad both came to watch me. | 我媽媽和爸爸都來看我。 |
| My strength is ... | 我的優點是.....。 |
| No, it's not. | 不，這樣不對。 |
| Please go to see a doctor with NHI card. | 帶健保卡去看醫生 |
| Please raise your hand if you don't understand. | 如果你不懂請舉手 |
| Precaution is important. | 預防很重要。 |
| Raise your hand and wait to speak. | 舉手等待 |
| Replace your toothbrush sooner if it's wearing out. | 如果牙刷磨損了，請盡快更換。 |
| say no to smoking | 向菸說不 |
| Smoke is released from the plant. | 煙霧從工廠釋放出來。 |
| Spend 2-3 hours on outdoor activities. | 花兩三個小時進行戶外活動。 |
| Swimming is one of the best forms of exercise. | 游泳是最好的運動形式之一。 |
| Take medicine on time. | 準時吃藥 |
| Take time to brush gently along the gum line. | 花時間沿牙齦線輕輕刷一下。 |
| Taking care of your eyes-sight 123! | 照顧你的牙齒三步驟！ |
| Tell your classmates. How did you do it? | 告訴你的同學。你是怎麼做到的？ |
| There are 5 members in my family. | 我的家庭有五位成員 |
| There are 6 stages of human growth. | 人類成長分為六個階段。 |
| There are father, mother, brother and sister in my family. | 我家有父親，母親，兄弟和姐妹。 |
| This is..., I like /don't like this place because... | 這是....我喜歡/我不喜歡這個地方因為... |
| Tooth decay - this requires exposure to sugar, but also depends on the susceptibility of the tooth, the bacterial profile of the mouth, the quantity and quality of the saliva, and the amount of time the tooth is exposed to sugars. | 蛀牙-這需要接觸糖，但還取決於牙齒的敏感性，口腔的細菌分佈，唾液的數量和質量以及牙齒暴露於糖的時間。 |
| Tooth decay and gum disease can lead to pain and tooth loss. | 蛀牙和牙齦疾病會導致疼痛和牙齒脫落。 |

Use a soft bristled toothbrush - to prevent damage to the enamel, only use a soft-bristle toothbrush

Use a toothbrush with soft bristles and toothpaste with fluoride. Fluoride is a mineral that helps protect teeth from decay.

Use dental floss.

Use mouthwash.

wash hands

Watch screen less than 1 hour.

We need _____.

wear mask

weight control/ weight management

What are carbohydrates?

What are proteins and what do they do?

What are the differences between boys and girls?

What are the differences between Tr. Carmen and us? We have different _____.

What body parts do you have?

What can we do?

What can you do for your family? I can _____.

What can you do to prevent from COVID-19? I should...

What can you do for our air environment?

I can walk to school.

What can you do?

What can you see on the package? I can see _____.

What color is it? It is _____. (red, brown, purple, green, yellow, orange)

What did you eat for breakfast today?

What did you have for breakfast? I had _____.

What did you notice?

使用軟毛牙刷-為防止損壞牙釉質，僅使用軟毛牙刷。

使用軟毛牙刷和含氟牙膏。氟化物是有助於保護牙齒免於腐爛的礦物。

用牙線

用漱口水

洗手

使用螢幕時間小於一小時。

我們需要_____。

戴口罩

體重控制/體重管理

什麼是碳水化合物？

什麼是蛋白質，它們能做什麼？

男孩和女孩有什麼區別？

卡門老師和我們有什麼不同？我們有不同的_____。

你有那些身體部位？

我們可以做什麼？

你能為您的家人做什麼？我可以_____。

你可以採取哪些措施來預防COVID-19？我應該_____

你能為了我們環境中的空氣做什麼？我可以走路去學校

你可以做什麼？

你可以在包裝上看到什麼？我可以看到_____。

它是什麼顏色？它是_____。（紅色，棕色，紫色，綠色，黃色，橙色）

你昨天早餐吃什麼？

你早餐吃了什麼？我有_____。

你注意到什麼？

| | |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------|
| What do people have for breakfast in _____? They have _____. | 人們在_____吃什麼早餐？他們有_____。 |
| What do we need to live? | 我們需要甚麼生存？ |
| What do you do when you are sick? I go to see a doctor/ take some medicine/ rest at home/ drink some water. | 生病了怎麼辦？我去看醫生/吃藥/在家休息/喝水。 |
| What do you drink every day? I drink _____. | 你每天喝什麼？我喝_____。 |
| What do you have? I have _____. | 你有什麼症狀？我_____。 |
| What do you know about COVID-19? I can ... | 你對 COVID-19 了解多少？我可以 ... |
| What do you like to do with your family? I like to _____. | 你喜歡跟家人做什麼？我喜歡_____。 |
| What do you like to eat? | 你喜歡吃什麼？ |
| What do you need to get some medicine? I need a doctor's prescription. | 你需要什麼藥？我需要醫生的處方。 |
| What do you need when you are thirsty? | 口渴時需要什麼？ |
| What do you need when you want to make your bones stronger? | 想要讓骨骼更強壯時需要什麼？ |
| What do you need when you want to make your muscles stronger? | 想使肌肉更強壯時需要什麼？ |
| What do you see in the picture? | 你在圖片中看到什麼？ |
| What do you see? I see _____. | 你看到了什麼？我看到_____。 |
| What do you want to be? | 你想做什麼(職業)? |
| What do you want to eat? | 你想要吃什麼？ |
| What does it mean grow up? | 長大有什麼意義？ |
| What does the world eat for breakfast? | 世界早餐吃什麼？(影片名) |
| What happened? | 發生了什麼？ |
| What happens if you don't sleep well at night? (I won't have any energy in the morning. I'll be tired all day long.) | 如果晚上睡眠不好怎麼辦？(我早上沒有精力。我整天都會累。) |
| What happens if you eat too much fat? | 如果吃太多的脂肪會怎樣？ |
| What happens when you're sick? | 生病了會怎樣？ |
| What is a serving of carrots/green beans? One serving is 1 cup green beans | 什麼是一份胡蘿蔔/綠豆？一份是1杯綠豆 |
| What is fat? | 什麼是脂肪？ |
| What is protein? | 什麼是蛋白質？ |

| | |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| What is the best beverage? It's _____. | 什麼是最好的飲料？它的 _____。 |
| What is the main function of a protein? | 蛋白質的主要功能是什麼？ |
| What kind of food/ fruit/ vegetable do you like best? Why? | 你最喜歡哪種食物/水果/蔬菜？為什麼？ |
| What kind of foreign cuisine do you like? | 你喜歡哪類的外國佳餚？ |
| What kinds of food contain fat? | 哪些食物含有脂肪？ |
| What kinds of food contain protein? | 哪些食物含有蛋白質？ |
| What may happen? | 可能會發生甚麼？ |
| What should he/she have for breakfast? He/She should have _____. | 他/她早餐應該吃些什麼？他/她有 _____。 |
| What should I do now? | 我現在該做什麼？ |
| What should you do if someone is short? (Be nice to him/her. Don't laugh at him/her. It's not a big deal.) | 如果有人很矮怎麼辦？（對他/她好。不要嘲笑他/她。沒什麼大不了的。） |
| What should you do if you have a gum disease? Brush my teeth properly. Go to see a dentist. | 如果您患有牙齦疾病該怎麼辦？ 正確刷牙。去看牙醫。 |
| What should you do to stay healthy? (Go to bed early. / Exercise more./ Eat well./ Try to be in a good mood. /Have good habits.) | 你應該怎麼做才能保持健康？ （早睡。/多運動。/吃得好//保持心情愉快。/養成良好的習慣。） |
| What should you do when you are sick? me this! Go to see a doctor. Stay home and rest. Drink some water. Wear a mask. | 生病了該怎麼辦？我這個！去看醫生。待在家裡休息。喝一些水。戴口罩。 |
| What should you eat? | 你應該吃什麼？ |
| What Taiwanese snack do you like? | 你喜歡什麼台灣小吃？ |
| What you eat and drink can cause tooth decay, so a healthy diet is important for your teeth. | 飲食會引起蛀牙，因此健康飲食對牙齒至關重要。 |
| What's wrong? | 發生甚麼事？ |
| What's wrong? I don't feel well. | 怎麼了？我不舒服 |
| What's wrong? I have _____. | 怎麼了？我有... |
| What's your experience? | 你有什麼經驗？ |
| What's in the first-aid kit? | 急救箱中有什麼？ |
| What's your opinion? | 你的意見是什麼？ |
| Where can you get the medicine? I can get it in the _____. | 在哪裡可以買到藥？我可以在 _____獲得它。 |
| Where do you go shopping? I go to the _____. | 你在哪裡購物？我去 _____。 |

Where do you go to see a doctor? I go to the _____.

Who isn't here today?

Why are you so tired today? (I stayed up last night. / I couldn't sleep last night./ I went to bed too late.)

Why people in the world eat differently?

Why smoking is bad for our health? It is because.....

Would you please share your ideas with your classmates?

Would you tell us why you do this way?

Yes, I do.

Yes, that's right.

You can do better than this.

You can go out easily.

You should go to see a doctor.

You should not hide under a table.

You should take a rest.

你去哪裡看醫生？我去 _____。

誰今天缺席

你今天怎麼這麼累（昨晚我熬夜。/昨晚我無法入睡。/我上床睡覺太晚了。）

為什麼世界上的人們飲食不同？

為什麼吸煙對我們的健康有害？這是因為.....

你能和同學們分享您的想法嗎？

你能告訴我們為什麼要這樣做嗎？

是的，我有。

是的，沒錯！

你可以做得更好

你可以輕易走出

你該去看醫生

你不該躲在桌下

你該休息一下

五年級

單字

| | | | |
|-------------------|-------|---------------------------|--------|
| age group | 年齡階層 | hospital | 醫院 |
| aging society | 老齡化社會 | hurt | 受傷 |
| AIDS | 艾滋病 | infection | 感染 |
| air | 空氣 | infectious disease | 傳染病 |
| air pollution | 空氣污染 | law | 法 |
| alcohol | 酒(精) | meat | 肉 |
| angry | 生氣 | money | 錢 |
| backpack | 後背包 | National Health Insurance | 國民健康保險 |
| bacteria | 菌 | noise pollution | 噪音污染 |
| beef | 牛肉 | nurse | 護士 |
| betel nut | 檳榔 | nutrition | 營養 |
| bike | 腳踏車 | obesity | 肥胖 |
| body | 身體 | on foot | 走路 |
| brake | 剎車 | outgoing | 外向的 |
| bus | 公車 | phone | 手機 |
| cancer | 癌症 | place | 地點 |
| car | 汽車 | plan | 計畫 |
| chicken | 雞 | plastics | 塑料製品 |
| Chinese medicine | 中藥 | pork | 豬肉 |
| clinic | 診所 | preserve | 保留 |
| CO2 | 二氧化碳 | rabies | 狂犬病 |
| communication | 溝通 | sad | 難過 |
| conflict | 衝突 | saliva | 唾液 |
| dangerous | 危險 | schedule | 行程表 |
| dengue | 登革熱 | school | 學校 |
| domestic violence | 家庭暴力 | seatbelt | 安全帶 |
| drug | 藥 | secondhand smoke | 二手煙 |
| earth | 地球 | shy | 害羞的 |
| elders | 長者 | sick | 生病 |
| face | 臉 | smoking | 抽菸 |
| family | 家庭 | stranger | 陌生人 |
| family members | 家庭成員 | straw | 吸管 |
| fat | 脂肪 | tall | 高的 |
| fish | 魚 | taxi | 計程車 |

| | | | |
|------------------------|---------|------------------|-----|
| flavor | 味道 | thin | 瘦的 |
| flu | 流感 | ticket | 票 |
| food safety | 食品安全 | time | 時間 |
| friendly | 友善的 | toxic | 有毒的 |
| global warming | 全球暖化 | traffic lights | 紅綠燈 |
| happy | 快樂 | train | 火車 |
| health center | 健康中心 | train station | 火車站 |
| healthy diet | 健康的飲食 | trash | 垃圾 |
| healthy eating pyramid | 健康飲食金字塔 | trip | 旅遊 |
| heavy | 重的 | tuberculosis | 結核 |
| height | 身高 | virus | 病毒 |
| helmet | 安全帽 | water | 水 |
| helper | 幫手 | water pollution | 水污染 |
| high blood pressure | 高血壓 | western medicine | 西藥 |

句型

| | |
|--------------------------------------------------------------|-------------------------|
| Clean up the water containers. | 把水壺清乾淨 |
| Do you cook/ read/ help your friends? | 你會為朋友煮東西/讀東西/幫助他嗎 |
| Do you like writing/jogging/running/sports/singing/dancing? | 你喜歡寫作/慢跑/跑步/運動/唱歌/跳舞嗎? |
| Do you prefer hospital or clinic? | 你比較想去醫院或診所? |
| How are you today? | 你今天如何? |
| How do you cook _____? Is it healthy or not? | 你怎麼做飯_____? 是否健康? |
| How long do you feel not so good? | 你不適的感覺維持多久了 |
| How old is your grandpa/grandma? He's/She's _____ years old. | 你爺爺/奶奶幾歲? 他/她_____歲。 |
| How to reduce _____ pollution? | 如何減少_____污染? |
| I don't like my _____ when he/she is _____. | 我不喜歡_____當他/她_____。 |
| I help my grandpa/grandma _____. | 我幫我爺爺/奶奶_____。 |
| I love my _____, because he/she is _____. | 我愛我的_____, 因為他/她是_____。 |
| Wash your hands before eating and after using restroom. | 飯前如廁後請洗手 |
| We can _____ to reduce _____ pollution. | 我們可以_____以減少_____污染。 |

| | |
|-----------------------------------------------------------------------------|------------------------|
| Wear mask if you are sick. | 如果生病就戴口罩 |
| What subject do you like? | 你喜歡哪個科目？ |
| What's wrong? | 發生什麼事？ |
| What's your favorite food? My favorite food is_____. | 你最愛吃什麼？我最喜歡的食物是_____。 |
| What's your interests? Why? | 你的興趣是什麼，為什麼？ |
| Where do you hate the most at school/ in Yilan? Why? | 你最討厭學校/宜蘭的甚麼？為什麼？ |
| Where do you like the most at school/ in Yilan? Why? | 你最喜歡學校/宜蘭的甚麼？為什麼？ |
| Where is the bus station/ train station? | 公車/火車站在哪裡？ |
| Which food is healthy/unhealthy? | 哪種食物健康/不健康？ |
| Who smoke/eat betel nuts/ drink alcohol in your family and how do you feel? | 誰在你家中抽菸/吃檳榔/喝酒，你覺得怎麼樣？ |
| Who's your friend and why? | 誰是你的朋友，為什麼？ |

六年級

單字

| | | | |
|-------------------|------|------------------------------|------|
| angry | 生氣 | label | 標籤 |
| argue | 爭論 | medicine | 藥物 |
| bored | 無聊 | money | 錢 |
| buy and sell | 買和賣 | nutrition facts | 營養成分 |
| calories | 卡路里 | once | 一旦 |
| carbohydrate | 醣類 | online | 線上 |
| chest | 胸部 | over-the-counter medicine | 非處方藥 |
| clinic | 診所 | personalities | 性格 |
| disagree | 不同意 | private part | 隱私部位 |
| doctor prescribed | 醫生開的 | pros and cons | 利弊 |
| fat | 脂肪 | protein | 蛋白 |
| fight | 鬥爭 | reject | 拒絕 |
| food | 食物 | runny nose | 流鼻涕 |
| food poisoning | 食物中毒 | sad | 難過 |
| friend | 朋友 | sexual harassment | 性騷擾 |
| friendship | 友誼 | skateboarding | 滑板運動 |
| happy | 開心 | soccer | 足球 |
| headache | 頭痛 | strengths | 長處 |
| healthy | 健康 | tired | 疲累 |
| hospital | 醫院 | toothache | 牙疼 |
| insurance card | 保險卡 | trans fat | 反式脂肪 |
| interests | 興趣 | unhealthy | 不健康 |
| junk food | 垃圾食品 | | |

句型

| | |
|-------------------------------------|---------------|
| How often do you surf the internet? | 你多久上網一次？ |
| I had a fight/argument with _____. | 我和____有爭吵 |
| Say no to _____. | 拒絕_____ |
| What do you do online? | 你在網上做什麼？ |
| I go to the clinic because _____. | 我去診所是因為_____。 |
| I go to the hospital because _____. | 我去醫院是因為_____。 |
| Is it healthy? / Is it nutritious? | 這健康嗎?/這營養嗎? |
| What do you see on the label? | 你在標籤上看到甚麼? |