

高雄市左營區龍華國民中學 109 學年度上學期沉浸式英語教學  
健康教育課程教學使用的英語用語及學科領域專用英語

● 教學使用的英語用語

1. Be quiet!	21. Can you read it?
2. Stop!	22. Do you finish it?
3. Take out your book.	23. Are you sure?
4. Turn to page 7.	24. Any volunteers?
5. Let's take a look at page 25.	25. Any questions?
6. We are going to start today's lesson.	26. Whose turn?
7. Read the sentence.	27. It's your turn.
8. Repeat after me.	28. Good!
9. Please raise your hand!	29. Great!
10. Put down your hand!	30. Good job!
11. Listen carefully!	31. Very good!
12. One more time.	32. Excellent!
13. Once again.	33. Perfect!
14. Let's review our last lesson.	34. Wonderful!
15. Work in pairs/ groups.	35. Well done!
16. Come to the front, please.	36. You did great!
17. Go back to your seat, please.	37. Try it again.
18. Let me check your answer.	38. Go on.
19. Let's do it again.	39. Speak louder.
20. Don't forget to bring your book!	40. Let's take a break!

● 學科領域專用英語

第一單元 ~ 飛揚青春擁抱愛

使用到的英語單字：

第一節

身體接觸 physical/body contact

握手 shake hands 牽手 hold hands 搭肩 hand on shoulder 擁抱 hug 親吻 kiss

感覺 feelings 溫暖 warm 愉快 happy 尷尬 embarrassed 不舒服 uncomfortable

噁心 disgusting

界線 boundary 身體界線 body boundary 身體自主權 body autonomy

私密部位 private parts 敏感部位 sensitive parts 公開部位 public parts

## 第二節

身體自主權 body autonomy 性騷擾 sexual harassment

思考 thinking 行為 behavior 心理 mental 身體感覺 physical feeling

相信直覺 trust yourself 表達立場 say no 尋求協助 ask for help

## 第三節

性別 gender 生理性別 sex 社會性別 gender 性別光譜 gender spectrum

性別氣質 gender expression 性別角色 gender role 性別認同 gender identity

性取向 sexual orientation 性別刻板印象 gender stereotypes 性別偏見 gender bias

性別歧視 sexism 性別多樣化 gender diversity

性別友善 gender friendly

支持性別友善 support gender friendly 反性騷擾 against sexual harassment

反性別歧視 against sexism

## **使用到的對話句子**

### 第一節

你/妳有什麼感覺呢？

How do you feel about it?

人與人之間的身體接觸在不同情境下，與不同的人可能產生各式各樣的身體接觸。

People may have different kinds of body contact with others in different situations.

你/妳什麼時候會與家人或朋友牽手呢？牽手當下的感覺如何呢？

When do you hold hands with your family or friends?

How do you feel about it?

你/妳什麼時候會擁抱家人或朋友呢？擁抱當下的感覺如何？

When do you hug your family or friends?

How do you feel about it?

你/妳覺得與家人、朋友牽手或擁抱代表著什麼意義呢？

What does it mean when you hold hands or hug your family and friends?

請各位同學用藍筆、紅筆與鉛筆，畫出自己的身體界線。

Please use blue pens, red pens and pencils to draw your body boundaries.

紅筆：不可以被碰觸的身體部位

Red pens: body parts that cannot be touched.

藍筆：可以觸碰的身體部位

Blue pens: body parts that can be touched.

鉛筆：因人而異可以接受被碰觸的身體部位（標注上可以觸碰你/妳的人）

Pencils: The body parts that can be touched varies from person to person.

(Mark the person on the body area that can be touched.)

你/妳覺得身體界線有一致的標準嗎？

Do you think there is a consistent standard for body boundary?

如何讓別人知道自己的身体界線呢？

How to let others know your body boundaries?

當你了解對方的身體界線，不小心冒犯了怎麼辦？

（有時候是誤會了，以為是可以觸碰的部位）

What should you do when you accidentally offend others?

(Sometimes it's a misunderstanding that is a touchable part.)

### 第三節

什麼是性別（生理性別、社會性別）？

What is gender (sex, gender)?

什麼是性別光譜？What is the gender spectrum?

什麼是性別氣質？What is gender expression?

什麼是性別角色？What are gender role?

什麼是性別認同？What is gender identity?

什麼是性取向？What is sexual orientation?

什麼是性別刻板印象？What are gender stereotypes?

什麼是性別偏見？What is gender bias?

什麼是性別歧視？What is sexism?

你如果是受害者，你會怎麼做？

If you are the victim, what will you do?

受害者應該如何處理情緒與壓力？

How should victims deal with their emotions and stress?

你會用甚麼行動支持受害者？

What actions will you take to support the victims?

## 第二單元 ~ 飲食源頭探索趣

使用到的英語單字：

### 第一節

傳統市場 traditional market

量販店 mass merchandiser

超市 supermarket

便利商店 convenience store

雜貨店 grocery

自家栽種 home grown

優點 advantage

缺點 disadvantage

慣行農法 customary farming

自然農法 natural farming

有機農法 organic farming

農藥 pesticide

安全採收期 safe harvest period

咖哩塊 curry cubes

米飯 rice

馬鈴薯 potato

紅蘿蔔 carrot

洋蔥 onion

雞肉 chicken

豬肉 pork

牛肉 beef

海鮮 seafood

台灣優良農產品標章 CAS：Certified Agricultural Standards

產銷履歷驗證農產品標章 TAP：Traceable Agriculture Product

台灣優良食品產品驗證標章 TQF：Taiwan Quality Food Association

### 第二節

眼睛~看 eye~see

鼻子~聞 nose~smell

手~觸摸 hand~touch

蔬菜 vegetables

海鮮 seafood

肉類 meat

蛋 egg

沖洗與浸泡 rinse and soak

去除外皮 peel

烹煮 cook

(1)品名 product name

(2)內容物名稱 name of content

(3)淨重、容量或數量 net weight, capacity or quantity

(4)食品添加物名稱 name of food additives

(5)製造廠商或國內負責廠商名稱、電話號碼及地址

the name, telephone number and address of the manufacturer or domestic responsible manufacturer

(6)原產地(國) origin (country)

(7)製造日期 manufactured date

(8)有效日期 expiration date

(9)營養標示 nutrition facts label

(10)含基因改造食品原料 raw materials containing genetically modified food

### 第三節

營養標示 nutrition facts label

1. calorie 卡路里/熱量 2. carbohydrate 碳水化合物 3. sugar 糖 4. fat 脂肪 5. saturated fat 飽和脂肪 6. protein 蛋白質 7. fiber 纖維 8. iron 鐵 9. calcium 鈣 10. sodium 鈉 11. trans fat 反式脂肪  
12. zinc 鋅 13. vitamin 維他命

食品添加物 food additives 基因改造食品 genetically modified food

批判性思考 critical thinking

質疑 question 反思 reflection 開放 open 重建 reconstruction

### 使用到的對話句子

#### 第一節

你們家中的食物大多從何而來？

Where do most of the food in your house come from ?

這些食物來源有什麼優缺點嗎？

Are there any advantages and disadvantages of these food sources?

你有種植過東西嗎？

Have you ever planted anything ?

你有煮東西的經驗嗎？

Do you have any cooking experience ?

你是如何挑選食材的呢？

How do you choose ingredients ?

#### 第二節

我們如何挑選食材呢？

How do we choose ingredients?

我們可以利用眼睛來看，鼻子來聞，也能用手觸摸。

We can see with our eyes, smell with our nose, and touch with our hands.

你知道如何挑選蔬菜嗎？

Do you know how to choose vegetables?

我們可以看看蔬菜的外觀，聞一聞是否有農藥味道，也可以用手摸一摸是否有損傷。

We can check the appearance of vegetables, smell if they smell like pesticides, or touch them to see if there is any damage.

正確清洗蔬果的三步驟是沖洗與浸泡，去除外皮和烹煮。

The three correct steps to clean vegetables and fruits are rinse and soak, peel and cook.

你知道海鮮類，肉類及蛋類應該如何挑選嗎？

Do you know how to choose seafood, meat and eggs?

你可以聞一聞是否有腐臭味，你可以摸一摸是否會黏稠，或者是否有彈性，你也可以搖一搖是否會震動。

You can check if there is a rancid smell, or if it feels sticky. You can also shake it to see if it's fresh.

你平常在選購包裝食品時會有哪些考量呢？好吃？便宜？包裝漂亮？促銷？還是其他原因呢？

What do you usually think about when buying packaged food? Tasty? Cheap? Beautiful package? Promotion? Or other reasons?

請你拿出所帶來的包裝食品，分享為什麼要帶這個包裝食品來？

Please take out the packaged food you prepared and share why you bring this packaged food?

請仔細閱讀包裝上的標示，並分享所看到的內容。

Please read the instructions on the packages carefully and share what you see.

### 第三節

透過營養標示，可以讓我們瞭解食用完畢後，我們可以獲得多少熱量？哪些營養素？更能掌握自己的飲食健康。

Through nutrition facts label, we can know how much calories and what nutrients we can get from food? Then we can control our diet better.

除了營養標示外，值得留意的還有食品添加物及基因改造食品。

In addition to nutrition facts label, food additives and genetically modified foods are worth noting.

我們先介紹食品添加物再介紹基因改造食品。

We first introduce food additives and then genetically modified foods.

我們可以利用批判性思考的四個步驟來幫助我們做選擇。

We can use the four steps of critical thinking to help us make choices.

## 第三單元 ~ 致命的迷幻世界

使用到的英語單字：

### 第一節

藥 medicine 毒品 drug 成癮性 addiction 濫用性 abuse

對社會危害性 harmful to society 麻醉藥品 narcotic drugs

海洛因 heroin 嗎啡 morphine 鴉片 opium 古柯鹼 cocaine

罌粟 poppy 古柯 coca 大麻 marijuana 安非他命 amphetamine

配西汀 pethidine 潘他唑新 pentazocine

西可巴比妥（紅中）secobarbital 異戊巴比妥（青發）amobarbital

納洛芬 nalorphine 二丙烯基巴比妥 allobarbital 阿普唑他 alprazolam

### 第二節

中樞神經興奮劑 Central Nervous System Stimulants

中樞神經抑制劑 Central Nervous System Depressants

中樞神經迷幻劑 Hallucinogens

K他命 ketamine 嗎啡 morphine 海洛因 heroin FM2

搖頭丸 MDMA 安非他命 amphetamine 大麻 marijuana。

正增強 positive enhancement 耐受性 tolerance 成癮性 addiction

多巴胺 dopamine 欣快感 euphoria

戒斷症狀 withdrawal symptoms

精神疾病 psychosis/mental disease 心理依賴 mental dependence

生理功能 physiological function 心理功能 mental function

社會功能 social function

病人 patient 犯人 criminal

## 使用到的對話句子

### 第一節

這家網咖提供的免費紅茶很好喝，喝了精神特別好，可以連續玩電腦遊戲好幾小時，我每次來一定喝上好幾杯，且一陣子不來就覺得怪怪的。

The free black tea provided by this Internet cafe is delicious. After drinking it, you can play computer games for several hours. I always drink several cups every time I come, and I feel weird if I don't come there after a while.

(1) 因為我有嚴重的頭痛，所以我向朋友購買海洛因施打。

Because I had a terrible headache, I bought heroin from my friend.

(2) 在安寧病房裡，護理師給病人服用嗎啡。

In hospice, the nurse gave the patient morphine.

(3) 我阿嬤給的安眠藥真有效，當我睡不著時我就吃，結果現在反而沒吃就睡不著。

The sleeping pills my grandma gave me were really effective.

I took it when I couldn't sleep, but now I can't fall asleep without taking it.

(4) 感冒糖漿甜甜的很好喝，我常常買來喝，現在平均一天要喝 2~3 瓶！

Cold syrup is sweet and delicious. I often buy it and drink it. Now I drink 2~3 bottles a day!

(5) 我同學跟我說這個茶有加料很提神，讀書的時候喝最好了，現在我都喝這茶熬夜讀書。

My classmate told me that the tea is adding some additives, and it is best to drink while studying. Now I drink the tea and stay up late to study.

(6) 我是一個商人，我聽說在減肥藥裡加一點東西，不但能減少食慾又會上癮，客戶買過後又會回來買，我想我會發大財！

I am a businessman. I heard that adding something to diet pills can not only let people eat less but also become addictive. Customers will continue buying it. I think I will make a lot of money!

(7) 你/妳知道校門外的轉角邊最近有人在送很特別的糖果，吃了會有輕飄飄的感覺，我們去試試看吧！

You know that someone at the corner outside the school gate is giving away special candies recently. After you eat it, you will feel good. Let's go and try it!

### 第三節

嗨！大衛！我帶你去個好地方，那裡有會讓你很興奮愉悅的東西喔！

Hi! David! I want to take you to a good place, there are things that will make you very excited!

約翰，你是指上次告訴過我的那間K T V嗎？

John, do you mean the KTV that you told me last time?

是啊！我在那裡遇到幾個朋友，他們給我一種白色粉末的東西吸食，吸食完輕飄飄的很舒服，我想和你分享，你一起來吧！

Yes! I met a few friends there. They gave me some white powder to take, and it feels very good after using it. I want to share it with you. Come on!

喔！約翰，那可能是毒品了，毒品可不是好東西啊！

Oh! John, that might be drugs. Drugs are not good things!

大衛！你說什麼？毒品？那是什麼？

No way! David. Drugs? What's that?

約翰，毒品是一種會讓人上癮的東西，它會讓你產生一些興奮、迷幻感覺的東西，一但上癮了會很難離開它，你明白嗎？

John, drugs can be addictive, it will make you excited and have illusions, but once you addict, it's not easy to get rid of it, do you understand?

原來是這樣！難怪我每次吸食完就很舒服，且每隔幾天就想吸食一下呢！

I see. No wonder I feel good every time I use it, and I can't help but use it some

other time!

約翰，你不應該再去了，我想你需要幫助，我們去找老師來幫助我們吧！

John, you shouldn't go there anymore, I think you need help. Let's go to the teacher for help!

可是……，如果我不去，我會有些難受……。

But..., if I don't do it, I will feel a little uncomfortable...

約翰，我的好朋友，你別怕，我會陪在你身邊，我們一起來解決問題，只要你願意試試看，你一定可以找到方法戒除毒品，我相信你。

John, my friend, don't be afraid. I will stay with you, and we will solve the problem together. As long as you are willing to try, you can find a way to get rid of the drugs. I think you can make it.

大衛……謝謝你！我們一起去找老師幫忙吧！

David...thank you! It's time to go to the teacher!