

- 2. Breakfast provides us with energy.
- 3. Eat breakfast every day and you can grow well.

~ End of session one~

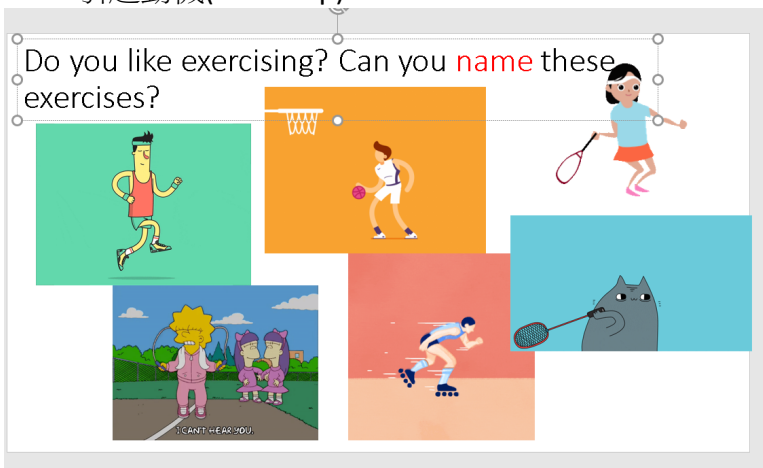
Session two: Exercising and Eating

教學流程 Teaching Procedures

評量方式 Evaluation

資源 Resource

- 引起動機(Warm up)



Teacher shows the ppt picture one by one on whiteboard and asks students:

“Do you like exercising? Can you name these exercises?”

- Activity one: Q&A

※Teacher shows the ppt pictures one by one on whiteboard and asks students accordingly:

①Think! What should we do before we exercise?

②What should we better drink? (A:Water!)



- Activity two: Discussion

1. Teacher shows the picture on whiteboard.

ppt

ppt

Students raise hands and answer freely.

Students can answer questions.

Discuss:

1. Do you eat after exercising?

2. What do you eat after doing sport?

3. Do you think it's appropriate to eat after doing sport?

4. Why?

Each group send one representative to report.

● Wrap Up:



1. You can eat. But wait for 30 minutes!



2. You can eat. But eat healthily!!



3. You can eat. But don't **GOBBLE UP!**

~ End of session two~

Session three: Food Certificate Marks

教學流程 Teaching Procedures

評量方式 Evaluation

資源 Resource

● 引起動機(Warm up)

Teacher asks students:

What food certificate marks have you seen before?



Students answer freely.

ppt

● Activity one: Q&A

1. Teacher shows the ppt pictures one by one on whiteboard and asks students: "What does the mark mean?"
2. Students raise hands and tell what they've observed according to the picture.



Students raise hands and tell what they've observed according to each picture.

● Activity two: make a poster by groups.

Let's do some research!(make a poster)

按一下以新增文字

鮮乳標章 This is..... 純

1. meaning(標章意義): 標章的意義是.....

2. Products(審核產品): 審核的產品有.....

3. Points (審核重點): 審核的重點有.....

找出擁有同樣徽章的產品，並將這些產品貼在上面

We find the marks are on.....

Each group sends one representative to report.

Teacher guides students to do the google search and finish the worksheet.

- Wrap Up:
Food certificate marks may guarantee quality and so protect consumers.
~ End of session three~

Session four: Food Manufacture Label

教學流程 Teaching Procedures	評量方式 Evaluation	資源 Resource
<ul style="list-style-type: none"> ● 引起動機(Warm up) Teacher asks students to show food packages they brought. ※ Teacher says: In addition to the food certificate marks, 		<p>food packages</p>

<p>we can also find manufacture label on food packages.</p> <ul style="list-style-type: none"> ● Activity one: Introduction <p>Teacher show the picture as in the textbook on whiteboard and introduce items included in the manufacture label.</p> <ul style="list-style-type: none"> ● Activity two: Teamwork <ol style="list-style-type: none"> 1. Teacher helps students check out items included in the manufacture label. 2. Each group send one representative to report. <ul style="list-style-type: none"> ● Wrap Up: <p>We should read the food manufacture label carefully before we buy them.</p> <p>~ End of session four~</p>	<p>Each group sends one representative to report.</p>	<p>ppt</p> <p>ppt</p>
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