

慈大附中國小部 110 學年度第一學期健康領域沉浸式英語教學素養導向教學設計

主題/ 單元名稱		第一單元 飲食面面觀 Food & Nutrition		教材 來源		南一版四年級上學期	
實施 年級		四年級		節數		共 5 節，200 分鐘	
設計 理念		四年級學生除了熟悉健康課本內容之外，在沉浸式課程中，應加強英語聽力、識字與口說能力。因此在本課程設計中建構健康知識、也希望能增加用英語表達健康課所學的能力。					
健康 核 心 素 養		<p>健體-E-A1 具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的潛能。</p> <p>健體-E-C3 具備理解與關心本土、國際體育與健康議題的素養，並認識及包容文化的多元性。</p>		英 語 核 心 素 養		<p>英-E-A2 具備理解簡易英語文訊息的能力，能運用基本邏輯思考策略提升學習效能。</p>	
健康 學 習 重 點	學 習 表 現	<p>1a-II-2 了解促進健康生活的辦法。</p> <p>2a-II-2 注意健康問題所帶來的威脅感與嚴重性。</p> <p>4a-II-1 能於日常生活中，運用健康資訊、產品與服務。</p> <p>4a-II-2 展現促進健康的行為。</p>		英 語 學 習 重 點	學 習 表 現	<p>1-II-2 能聽辨英語的子音、母音及其基本的組合。</p> <p>1-II-3 能說出課堂中所學的字詞。</p> <p>2-II-2 能辨識課堂中所學的字詞。</p>	
	學 習 內 容	<p>Ea-II-1 食物與營養的種類和需求。</p> <p>Ea-II-2 飲食搭配、攝取量與家庭飲食型態。</p> <p>Ea-II-3 飲食選擇的影響因素。</p> <p>Eb-II-1 健康安全消費的訊息與方法</p>			學 習 內 容	<p>Ab-II-2 單音節、多音節，及重音音節</p> <p>Ac-II-2 簡易的生活用語。</p> <p>B-II-1 第二學習階段所學字詞及句型的生活溝通。</p>	
學 習 目 標		<p>健康</p> <ol style="list-style-type: none"> 1.能認識各種營養素的名稱、來源及主要功能。 2.能分辨不同飲食習慣對生長發育的差異性。 3.能了解正確飲食的益處。 4.能提醒自己攝取優質食物，讓身體健康的成長。 <p>英語</p> <ol style="list-style-type: none"> 5.能以正確的發音及適切的語調說出簡易句型的句子 6.積極參與各種課堂練習活動。 7.能妥善運用情境中的非語言訊息以幫助學習。 					

第一單元 飲食面面觀

Unit 1 Food & Nutrition

第一節 重點：認識食物營養素，並找出哪些食物含有蛋白質和脂肪這兩種營養素。

Word Bank

protein / fats / nutrient

Sentence
Pattern

Q: What nutrients can we get from eggs?

A: We can get protein from eggs.

教
學
流
程

一、Review 複習(10 分鐘)

1.教師於教室前面擺放數張原形食物圖片，請學生依三年級所學的六大食物予以分類，以回顧先前學過的先備知識。

T: Here are some pictures of different types of food. Please sort these pictures into six groups- 1. Grains(全穀雜糧類) 2. Vegetables(蔬菜類) 3.Meats and Protein(豆魚蛋肉類) 4. Dairy Products(奶類) 5.Fruits(水果類) 6. Fats(油脂類).

老師讓學生分組

T: Everyone, come and get 1 (or 2) picture and place it on the right group. Let's go!

二、Introduction 發展活動(25 分鐘)

1.老師詢問學生平日吃的米飯是全穀雜糧類,有哪些營養素呢?

2.老師先完整播完影片一遍，教師播放影片讓學生認識六大營養素：

醣類 carbohydrate、蛋白質 protein、脂肪 fats、維生素 vitamins、礦物質 mineral 和水 water)

[THE FOOD PYRAMID | Educational Video for Kids. - YouTube](#)

Food Groups & Nutrition (4'03)

Now let's watch the video together and find out the six nutrients in our food!

T: What food groups are in the protein groups?

讓學生分組討論寫出答案在白板上。

3.老師再播影片相關部分，來檢視學生答案，該類食物含有甚麼營養素？

T: Are _____ in the fats groups? 教師依序問完六大類食物中，是不是含有蛋白質或油脂。(本節課重點在分辨各類食物中，那些食物含有蛋白質

和油脂，學生要能熟悉 Protein 和 Fats 這兩種營養素即可)

4. 教師問:我們吃了雞蛋或豆腐可以攝取蛋白質，為什麼我們的日常飲食當中需要攝取蛋白質呢? 接著學生分組討論

T: Protein and fats are good for our bodies. Let's think and discuss in groups: "Why do we need protein and fats?", "What do fats and protein do for our bodies?", "What happens if you don't eat enough proteins and fats?" You will have 5 minutes to discuss. Start now!

公布: 教師再提問: 蛋白質 protein 的功能? 讓學生回答後再說明蛋白質 protein 的食物對成長和修護身體很重要。每天都要吃含蛋白質的食物對成長和修護身體很重要。蛋白質 protein 的來源有:魚、肉、蛋豆腐、種子和堅果，豆類。

教師再提問: 脂肪 fats 的功能? 讓學生回答後再說明油脂 fats 幫助身體保暖，保護我們的器官，傳送維他命到身體各部位。油脂可分為種:1. 健康油脂: 堅果，酪梨，橄欖油，魚，蛋，黃豆 2. 不健康的油脂: 不健康油脂對身體不好，吃太多會引起嚴重的健康問題，這些不健康油脂都在精製的食物裡如冰淇淋、蛋糕、糖果、餅乾。

三、Conclusion 重點結論 (5 分鐘)

1. T: What food contain Protein and Fats?

Ss: beef, fish, chicken, beans, eggs... etc.

2. T: What does fat and protein do for body?

Ss: Eating enough proteins and fats can have more muscles and increase our strength.

3. T: What happens if you don't eat enough proteins and fats?

Ss: It can make you lose muscles, and make you feel tired all the time. (It can also make it harder to keep your balance.)

~第一節結束~

第一單元 飲食面面觀

Unit 1 Food & Nutrition

第二節 重點：認識食物營養素，並找出哪些食物屬於**醣類**和**水**這兩種營養素。

Word Bank

carbohydrate / water / nutrient

Sentence
Pattern

Q: What nutrient is in rice?

A: There is carbohydrate in rice.

教學策略

一、Review 複習(5 分鐘)

1.教師提問三年級所學的六大食物，請同學回顧先前學過的先備知識。

T: What are the six major food groups? (grain, meat, vegetables, fruits, dairy and fats)

活動：用數個食物圖片(照片)，讓學生分成六大類。

2.教師詢問學生上節課所學的營養素？

T: Do you remember what nutrients we learned from last time?

S: _____

T: Is milk in the protein group? S: Yes, it is. /No, it isn't.

T: Are nuts considered protein? S: Yes, they are./No, they aren't.

二、Introduction 發展活動(15 分鐘)

1.學生複習另外四種營養素的名稱(如醣類、維生素、礦物質和水)

T: Do you remember any other nutrients?

Ss: _____.(上週已提過另外四種營養素 Carbohydrates (CHO), Vitamins, Minerals, Water.)(中英文對照正確)

T: Today we are going to talk about Carbohydrates and water.

2.教師播放影片讓學生認識兩大營養素 nutrients(醣類 carbohydrate 和水 water)

<https://www.youtube.com/watch?v=Z51bWG17m-Q>

Food Groups & Nutrition (1'25~2'06, 3'45~4'00)

3.教師根據影片提問：水 water 的功能？

T: Why is water important to us?

先讓學生試著回答

老師再說明水幫助身體保持乾淨和消化食物，水可幫助各類維生素在身體運作，每天喝很多水就很重要了。

4.教師再提問：醣類 carbohydrate 的功能？

T: Why is carbohydrate important to us?

先讓學生試著回答

老師再說明醣類 carbohydrate 讓我們得到能量 energy and power。醣類 carbohydrate 有兩種型態:蔬果中的醣類，豆類和奶製品，澱粉類在米飯，馬鈴薯，穀類麵包和 cereals, 我們大部份吃的食物有醣類，白天要吃醣類食物才能保持靈活。

5.教師拿出食物原形圖卡例如番茄、稻米、西瓜等等，詢問學生哪些食物有包含營養素醣類 carbohydrate 和水 water 呢?

學生需用單字(亦可用句型回答。)

Teacher shows Ss some food pictures (tomatoes, rice or watermelons)

T: What nutrient is in rice?

S: There is carbohydrate in rice.

6.教師提問時學生平日已知的食物，所攝取得食物裡有包含醣類 carbohydrate 和水 water 呢?

T: What kind of foods can we get carbohydrate?

S: _____.

三、Conclusion 重點結論 (5 分鐘)

1.學童說出四個已學過的食物營養素名稱(如醣類、蛋白質、脂肪和水)

Ss name four major food groups. (Carbohydrates (CHO), Fats, Proteins and Water.)(中英文對照正確)

2.我們在當天的午餐，那些食物裡能獲取這四種營養素呢?

What nutrients we can get from today's lunch?

~第二節結束~

第一單元 飲食面面觀

Unit 1 Food & Nutrition

第三節 重點：認識食物營養素，並找出哪些食物含有維生素和礦物質這兩種營養素。

Word Bank

vitamin /mineral/healthy

Sentence
Pattern

Q: What nutrient is in vegetables?

A: There is vitamin in vegetables.

教學策略

一、Warm up 引起動機(10 分鐘)

1. 教師引導學童觀看小凡吃的食物內容。(可利用電子書進行教學)

Teacher shows and talks about textbook p.6 to see what Fang has eaten.

2. 師生共同檢核小凡三餐所吃的食物，是否有前面教過的營養素(如醣類、蛋白質、脂肪和水) (Carbohydrates (CHO), Fats, Proteins and Water.)

T and Ss check Fang's diet for each meal.

T: What food groups did Fang have at breakfast?

S: She had (Carbohydrates (CHO), Fats, Proteins and Water.)

二、Introduction 發展活動(25 分鐘)

1. 播放影片維生素與礦物質，讓學生了解(依課程需求，可暫停影片給予說明)

<https://www.youtube.com/watch?v=SmsCJpBuNrE>

Types Of Vitamins | VITAMINS | Importance Of Vitamins | The Dr Binocs Show | Peekaboo Kidz

<https://www.youtube.com/watch?v=SSmgbiAtbVc>

What is Water and Minerals?(2'16~3'48)

2. 老師隨機提問影片中食物所含的營養素

Q&A-

T: What mineral is in meat/vegetables? And how it affects your body?

S: There is iron in meat/vegetables. It can repair our bodies.

T: What did you have for breakfast? What nutrient do you

get from breakfast?

S: I have toast. I can get carbohydrate.

3. 教師將學生分六組，找出小凡三餐的營養素，例如：第一組找出提供維生素，第二組找出礦物質，以此類推，最後每組上台分享，大家檢核是否正確

T: Team one, please find food pictures with vitamin. Team two, please find food pictures with mineral....

4. 由各小組共同討論，小凡是否攝取了脂肪、維生素、礦物質及水等等。教師指出健康營養均衡的重要

Each team discusses

T: Does Fang get all the nutrients from her diet?

S: Yes, she gets carbohydrate, water...all the nutrients.

T: Are these foods healthy choices?

S: Yes, they are./No, they aren't.

T: A healthy and balanced diet contains different types of nutrients for your body.

三、Conclusion 重點結論 (5 分鐘)

1. 複習營養素的來源與功能。

Review the sources and functions of six major nutrients.

T: What kind of food can we get carbohydrate?

S: _____.

T: If we don't have enough carbohydrate, what will happen to us?

S: _____.

2. 不可以偏食，才能均衡攝取各種營養素。

A healthy and balanced diet is important.

~第三節結束~

第一單元 飲食面面觀

Unit 1 Food & Nutrition

第四節 重點：了解不同營養素的攝取，在人生各階段的重要性。

Word Bank

baby/teenager/adult/elderly

Sentence
Pattern

Q: What nutrients do teenagers need?

A: They need proteins and carbohydrates.

活動二、人生各階段的營養攝取 (40 分鐘)

We need different nutrients in different life stages

一、Warm up 引起動機 (5 分鐘)

不同人生階段的飲食有所不同? 為什麼? 嬰幼兒和老年人的飲食一樣嗎?

T: Do babies and elderlies have the same diet?

S: _____.

T: Why do different age groups need different diets?

S: _____.

二、Read & Discuss 閱讀課文與討論

1. 閱讀課文：師生共同閱讀「人生各階段的營養攝取」的內容(10 分鐘)。

'We need different nutrients in different life stages.

(1) 嬰兒 (出生~6 歲) 出生後的第一年是人生生長發育最迅速的時期，充分的營養提供嬰兒保持生存、抵抗疾病、發展遺傳潛力。

For children 0 - 6 years old.

(2) 學齡前兒童 (7 歲~12 歲) 的飲食，可以變換烹調方式鼓勵進食；學齡兒童的飲食，常因匆忙上學而疏忽正常用餐，必須注意早餐的質與量、避免高熱量零食，並且教導飲食禮節。

For children 7 - 12 years old.

(3) 青春期 (13 歲~18 歲) 正值快速成長與大量活動時期，應攝取足夠的蛋白質 (例如：奶類、魚肉類、蛋) 以提供建造與修補組織的需要。每日熱量需要依性別、身高、體重及活動量而不同，男生約 2150 至 2650 卡，女生約 2100 至 2200 卡。

From age 13 - 18 years old, young adults need more energy to grow up. They need more proteins. During this period, boys need about 2,150 ~ 2,650 calories a day, while girls need about 2,100 ~ 2,200 calories a day.

(4) 青壯年期 (19 歲~40 歲) 的生理機能趨於穩定，可依活動狀況增減食物的攝取量。

For adults 19 - 40 years old, they need fewer calories because they move and exercise less.

(5) 中年人 (41 歲~64 歲) 應減少醣類及動物油脂的攝取，增加蔬菜、水果的攝取，以維持適當的體重。

For adults 41 - 64 years old, they should avoid sugar, fat and salt and eat more fruits and vegetables.

(6) 老年期 (65 歲以上) 宜少量多餐，食物以清淡、質軟和易消化為主。應適

量攝取蛋白質和鈣質，多吃含有膳食纖維的食物和多喝水，以促進排便。

For elderlies 65 and above, their diet should be nutrient-rich foods such as fruits and vegetables, whole grains, and low- or non-fat dairy, as well as high-protein and high- fiber foods. Less fat, sugar, and sodium is better.

2. 老師播放不同年紀需要不同的營養素影片(5 分鐘)。

Teacher uses video content on to amplify learning-

'Nutritional Requirements throughout the Life Cycle'(2'51)

<https://www.youtube.com/watch?v=JjM2JFQpK2E>

'Nutrition and Life Stages' (2'51)

https://www.youtube.com/watch?v=qC4j_EOM9Bg

3. Discussion 討論問題 (5 分鐘)

(1)人生各階段的營養攝取。

T: Tell us about nutrients we need in the different life stages.

(2)身體的健康狀況和飲食營養有關係嗎？

T: Does diet affect our health? Why?

(3)為什麼要依不同人生階段的營養需求為家人做飲食調整？

T: Why do different age groups need different diets?

(4)現在正值青春期的，要多攝取哪些營養？

T: What nutrients do teenagers need every day?

(5)我們可以用什麼方式，建議家人注意攝取不同的營養素？

T: How can we encourage our family to eat a balanced diet?

三、Summary 師生共同歸納(5 分鐘)

1. 良好的飲食習慣不是一朝一夕就能養成的，經由本課的學習了解健康與飲食的相互關係，進而慢慢培養正確的飲食習慣。

Healthy eating doesn't happen overnight; it's a lifestyle change!

2. 常常檢視家人的飲食習慣，有沒有需要改進或繼續維持的，如：有沒有暴飲暴食或偏食的習慣？有沒有常常吃速食或高熱量、高油脂的食物？並且能夠對家人關心與提醒。

T: Do your family members have an unbalanced diet?

T: How can we encourage them to have a balanced diet?

參考資料: 飲食三 R

- REFLECT(檢核) - on all of the specific eating habits, both bad and good; and some common triggers for unhealthy eating.
- REPLACE(取代) - your unhealthy eating habits with healthier ones.
- REINFORCE(加強) - your new, healthier eating habits.

3. 幼兒或青春期的肥胖是脂肪細胞變大很難復原，預防的方法是養成正確的飲食習慣、選擇均衡的食物和適量的運動。

Studies show that the number of fat cells in our bodies is set before teenager and it's hard to change in the future. Here are some health benefits,

- To control weight.
- To reduce risk of heart diseases.

- To help the body manage blood sugar.

4. 每個人隨著年齡的增長、活動量及身體狀況的不同，所需要的營養亦不相同。

The nutrients we need from food changes as we move through different life stages. Babies, children, teenagers, adults, elderlies, pregnant and breastfeeding women all have different needs.

~第四節結束~

第一單元 飲食面面觀
Unit 1 Food & Nutrition

第五節 重點：了解營養不良的原因及對身體健康的影響。

Word Bank	overweight/underweight/less
Sentence Pattern	Q: How to keep a healthy diet? A: We can eat less sugar.
	<p>一、Warm up 引起動機(10 分鐘)</p> <p>1. 教師藉由圖片詢問學童甚麼是營養不良 包含體重過輕與過重。 參考資料: If the BMI is less than 18.5, it falls within the underweight range. If the BMI is 18.5 to <25, it falls within the healthy weight range. If the BMI is 25.0 to <30, it falls within the overweight range.</p> <p>2. 教師藉由提問，引導學童發表「營養不良」的定義。營養不良包含體重過輕與過重 T: What is overweight and underweight? S: _____.</p> <p>3. 教師引導學童看影片或圖片，討論營養不良的人在生活中有哪些問題。 T: What kind of problems do you think people in the film or pictures might have in their life? S: _____.</p> <p>二、Development:</p> <p>發展活動：討論造成營養不良的原因(25 分鐘)。</p> <p>1. 分組討論：請學童觀察課文圖片，探討哪些因素容易造成營養不良的現象。 Group discussion:</p> <p>(1) 體重過輕：除了遺傳的因素外，偏食或節食是主要因素。 T: What can cause underweight? (如: genetic factors, unbalanced diet or on a strict diet are the main factors.) S: _____.</p> <p>(2) 體重過重：除了遺傳的因素外，常吃速食、甜點或超過身體所需的食物量，都是造成過重的因素。 T: What can cause overweight? (如: genetic factors, fast food, dessert, or too much food can cause overweight) S: _____.</p> <p>2. 請學童說一說，自己的體重是否合宜、過輕或過重？ T: Do you think yourself overweight, underweight or just right?</p>

S: _____.

'What is BMI?' (Body Mass Index) + more videos (4'50)

<https://www.youtube.com/watch?v=1LWuG1lOXJs>

(1) 認識 BMI [BMI = 體重 (kg) ÷ 身高² (m²)] 。

Know how to calculate BMI

(2) 教師配合學校護理師，測量學童的身高與體重，查一查體適能 BMI，評估自己的 BMI 質是否在合理的範圍內。

T: Is your BMI within a reasonable range?

Ss share their BMI and talk about what group are they in. (overweight or underweight)

(3) 檢核自己的 BMI 與飲食習慣、內容是否合宜。

T: Does your eating habits affect your BMI? How can you make it better?

3. 請學童說一說，營養不良對身體健康的影響（參考答案：會使人容易疲倦、免疫力降低、體重過輕，甚至於影響生長與發育。另攝取量超過身體所需求，不但會造成體重過重、肥胖，還會引起心臟病、高血壓或糖尿病等慢性疾病）。

T: What sickness is caused by underweight or overweight? (e.g.

Underweight or overweight can lead to serious health issues, including slow growth, eye problems, diabetes and heart disease).

4. 教師指導學童如何選擇健康的食物，以維持適中體重與身體健康（參考答案：少油、少鹽、少糖、少甜點及飲料、多纖維的食物）。

T: How to choose healthy food to make you fit and healthy? (e.g. less oil, less salt, less sugar, less desserts and sugar beverages, multi-fiber foods).

'A Healthy Diet A Healthier World' (1'39)

<https://www.youtube.com/watch?v=XMcab1MFaLc>

三、Conclusion 重點結論 (5 分鐘)

1. 體重過輕或過重都是營養不良，營養不良會影響身體的健康。

Underweight and overweight are both forms of unhealthy.

2. 控制體重最好的方法是良好的飲食習慣和規律的運動。

Best way to control weight is to eat healthy and exercise regularly.

3. 養成良好的飲食習慣，才能讓身體更健康。

Stay healthy by eating healthy!

4. 如果怕體重太重，因此長期吃得很少或長期節食，是不健康的作法。

Crash diets may harm your heart! Studies show eating too less or on diet for a long time can cause serious problems.

~第五節結束~

Classroom Language :

- Pay attention, please.
- Open your books to page ____.
- Come and write on the board.
- Whose turn to read?
- What question are you working on ?
- Who hasn't answered?
- What was the like?
- What do you think?
- How can you tell?
- Let me explain what I want you to do next.
- Would you give us an example?
- Could you explain a little bit more about it?
- Would you please pronounce the word ____?
- What do you mean?
- Are you with me?
- Do you get it?
- Let's check the answers.
- One more time, please.
- We have an extra five minutes.
- Two more minutes to go!
- I'm afraid it's time to finish now.
- We'll have to stop here.
- We'll do the rest of this chapter next time.

U1 飲食面面觀	
1-1	fats 脂肪 /protein 蛋白質/ water 水 / nutrient 營養素
word bank :	Q : What nutrients can we get from eggs?
sentence patterns :	A : We can get protein and fat from eggs?
1-2	carbohydrate 醣類/ minerals 礦物質 / nutrient 營養素
word bank :	Q : Tell me one of six nutrients?
sentence patterns :	A : Water.
1-3	diet 飲食 / balanced 均衡 /healthy 健康
word bank :	Stick to a healthy diet.
sentence patterns :	Maintain a balanced diet.
1-4	baby 嬰兒/ teenager 青少年/ adult 成人 /the elderly 年長者
word bank :	Q: What nutrients help teenagers grow?
sentence patterns :	A : They need proteins and carbohydrates.
1-5	overweight 體重過重 / underweight 體重過輕 /less 少
word bank :	Q: How to maintain a healthy diet?
sentence patterns :	A : We can eat less sugar.