

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	第二單元 寶貝牙齒 My Teeth		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	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。		英語 核心 素養	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。	
健康 學習 重點	學習 表現	2a-II-2 注意健康問題所帶來的威脅感與嚴重性。 2b-II-2 願意改善個人的健康習慣。	英語 學習 重點	學習 表現	II-2 能聽辨英語的子音、母音及其基本的組合。 II-3 能說出課堂中所學的字詞。 2-II-2 能辨識課堂中所學的字詞。
	學習 內容	Da-II-2 身體各部位的功能與衛生保健的方法。 Fb-II-1 自我健康狀態檢視方法與健康行為的維持原則。		學習 內容	Ab-II-2 單音節、多音節，及重音音節 Ac-II-2 簡易的生活用語。 B-II-1 第二學習階段所學字詞及句型的生活溝通。
學習 目標	<p>健康</p> <ol style="list-style-type: none"> 1. 能認識牙齒的名稱及主要功能。 2. 能了解口腔保健的重要。 3. 能養成口腔清潔的習慣。 <p>英語</p> <ol style="list-style-type: none"> 4. 能以正確的發音及適切的語調說出簡易句型的句子 5. 積極參與各種課堂練習活動。 6. 能妥善運用情境中的非語言訊息以幫助學習。 				

第二單元 寶貝牙齒

Unit 2 My Teeth

第一節、All About Teeth 認識牙齒 (40 分鐘)

重點：讓學童了解口腔保健的重要，並能養成愛護牙齒的習慣。

Word Bank	tooth / teeth / baby tooth / adult tooth
Sentence Pattern	Q: How many teeth do you have? A: I have _____.
教學策略	<p>一、Warm up 引起動機(5 分鐘)</p> <p>1. (1)T: Did you remember when your first teeth grow? S: Yes, I did. / No, I didn't. (2)T: Now, how many teeth do you have? Let's count. You can use a mirror. S:I have _____ teeth. 你有幾顆牙齒?</p> <p>二、Introduction 介紹牙齒 (15 分鐘)</p> <p>1.T: Are your teeth shapes the same or not? Why are they different? Let's watch a film and find it out. https://www.youtube.com/watch?v=ZE-TtFhZIDw 'What are the Different Types of Teeth?' (3'14) 老師撥放 YouTube 影片，認識我們的牙齒：</p> <p>教師介紹牙齒的功能(教師展示牙齒放大圖或牙齒模型給學童參觀)。</p> <p>2.T: Tell us what three types of teeth and their functions are. S: _____(中英文回答皆可)</p> <p>答案參考(學生若聽不懂，可用中文加以說明)</p> <p>S1: Incisors - The four front teeth in both the upper and lower jaws are called incisors. Their primary function is to cut food. <u>門齒——形狀像刀子，是用來切割食物的</u></p> <p>S2: Canines - There are four canines in the oral cavity. They are behind the lateral incisors. Their main function is to tear food. <u>犬齒——像錐子一樣尖尖的，是用來撕裂食物的</u></p> <p>S3: Molars - The most posterior teeth in the mouth are the molars. They have broader and flatter surfaces with 4-5 cusps. They are designed to grind food. <u>臼齒--臼齒長在後面像石磨，是用來磨碎食物的</u></p> <p>三、Activities 發展活動 (10 分鐘)</p> <p>1. T: Did you see someone's teeth fall out? S: <u>Yes, I did. / No, I didn't.</u></p> <p>2. T: How many times did your teeth fall out? And did they can grow back? S: <u>6 times(Or more than 6 times). Yes, they did.</u> 我們的牙齒掉了以後會不會再長出來？</p> <p>3. T: Can you guess how many times your teeth can grow back? S: <u>1 time (Or more than 1 time). /No, it didn't grow back.</u> 牙齒掉了以後，有幾次長出來的機會？</p> <p>4. T: Are old teeth different from new teeth? 第一次長的牙齒和第二次長出來的牙齒有什麼不同？ S: <u>Old teeth are smaller and New teeth are bigger.</u></p>

老師介紹 old teeth 就是乳齒(baby teeth), new teeth 就是恆齒(adult teeth), 人的恆齒只長一次, 恆齒是無法汰換的, 因此小朋友要好好照顧恆齒。

5. T: What age will we have adult teeth? Do we have them (adult teeth) at the same time?

每個人換牙的時間都一樣嗎?

S: _____

四、Summary 師生共同歸納 (10 分鐘)

教師介紹乳齒和恆齒

(1) 人的牙齒分為乳齒和恆齒, 第一次長出來的稱為乳齒, 約有 20 顆; 乳齒脫落後, 再長出來的稱為恆齒, 約有 28~32 顆。

(2) 每個人換牙的時間約 6~12 歲, 但恆齒掉了就不會再長了, 整個換牙時間一般需要數年, 實際狀況因人而異, 所以我們需要好好照顧恆齒。

好愛護。

(3) 恆齒為 28 顆, 若加上智齒則為 32 顆, 每個人長智齒的情況不一, 所以, 恆齒約有 28~32 顆。

(4) 每一顆牙齒的功能都不同, 我們要好好愛護它們, 如牙齒感覺不舒服, 要告訴家長盡速就醫。

~第一節結束~

第二單元 寶貝牙齒

Unit 2 My Teeth

第二節、牙齒清潔(一) (80 分鐘) How to Brush Your Teeth Properly (1)

重點：讓學童了解潔牙與正確潔牙的重要性，必須養成口腔清潔的習慣，做好牙齒保健，才不會因為齲齒而引起其他疾病。

Word Bank

brush / cavities /
bacteria

Sentence
Pattern

Q: How do you brush your
teeth?

A: This is the way I brush my
teeth.

教學
策略

一、Warm up 引起動機(分鐘)

教師拿出大型齒模(向健康中心借) 複習牙齒種類及功能

T: Tell us what three types of teeth and their functions are.

S: _____(中英文回答皆可)

參考答案

S1: Incisors - The four front teeth in both the upper and lower jaws are called incisors. Their primary function is to cut food.

S2: Canines - There are four canines in the oral cavity. They are behind the lateral incisors. Their main function is to tear food.

S3: Molars - The most posterior teeth in the mouth are the molars. They have broader and flatter surfaces with 4-5 cusps. They are designed to grind food.

二、Activities 發展活動(10 分鐘)

1. T: Have you ever had a toothache?

S: _____.

2. T: Do you have toothache? Why do you have toothache? Let's watch a film. 'Cavities - The Dr. Binocs Show' (4'41)

<https://www.youtube.com/watch?v=3ZHYQ6f1BhU>

3. T: When you have cavities, what do your teeth look like?

S: 黑黑的/有洞.

三、Discussion 師生討論(10 分鐘)

2. T: How do you feel when you have bad teeth or bad breath? Why?

S: I feel bad because I have cavities./there are some bacteria in my mouth. _____(cavities / bacteria).

3. T: What's a cavity(蛀牙)? S: _____.

4. T: Why do people get cavities(蛀牙)? S: _____.

5. T: What's the correct way to brush your teeth?

四、Summary 師生共同歸納(10 分鐘)

1. 大人或孩童都可能會產生牙齒疾病(教師拿出各種牙齒狀況差的圖片給學生看)
2. 大人牙齒不舒服時，可能會不想吃東西、什麼事都不想做、影響日常生活與工作
3. 大人也要定期做牙齒檢查，有不舒服的症狀時要立即就醫。
4. 正確的刷牙方式：要以短距離的水平運動方式，兩顆、兩顆刷，來回約刷十次。不能長距離快速且用力的刷洗。

~第二節結束~

第二單元 寶貝牙齒

Unit 2 My Teeth

第三節、牙齒清潔(二) (80 分鐘) How to Brush Your Teeth Properly (2)

重點：讓學童了解潔牙與正確潔牙的重要性，必須養成口腔清潔的習慣，做好牙齒保健，才不會因為齲齒而引起其他疾病。

Word Bank

gum(牙齦) /up and down / round and round / from left to right/ from side to side

Sentence Pattern

Q: How do you brush your teeth?
A: I brush my teeth up and down.

教學策略

一、Warm up 引起動機(10 分鐘)

1.T: Why do you have cavities?

S: Because I don't brush my teeth well(舉例).

2.T: Do you need to clean your gum?

S: No, I don't./Yes, I do.

3.T: Do you know the correct way to brush your teeth?

S: I'm not sure./ No, I don't./ Yes, I do.

Now, Let's watch a film to see the correct to brush your teeth.

教師播放一段貝氏刷牙的影片(Bass Method)

'Tooth Brushing- Modified Bass technique' (2'11)

<https://www.youtube.com/watch?v=BapR9J86ZZw>

二、Introduction 發展活動(25 分鐘)

1. 老師利用牙齒模型展示，如何正確的刷牙。

2. T: Let's learn how to brush your teeth with the song.

'Brush Your Teeth' (2'14)

https://www.youtube.com/watch?v=wCio_xVlgQ0

3. 歌曲教唱(放慢、正常速度)

4. T: How do you brush your teeth? Show us.

S: This is the way I brush my teeth.

Brush your teeth up and down.

Brush your teeth round and round.

Brush your teeth from left to right.

Brush your teeth in the morning and night.

Brush brush brush. X2

Brush your teeth in the morning and night.

Brush your teeth to keep them white.

Brush your teeth so your smile is bright.

Brush your teeth. It's so much fun.

Brush your teeth when the day's begun.

Brush brush brush. X2

Brush your teeth when the day's begun.

Brush your teeth, just open wide. Brush your teeth from side to side.

Brush your teeth you sleepy head. Brush your teeth before you go to bed.

Brush brush brush. X2

Brush your teeth before you go to bed.

5. T: Now, we have learned how to brush your teeth.

Who wants to show us how to brush teeth?

(老師選數位學生上台練習)。

三、Conclusion 師生共同歸納(5 分鐘)

1. 如果牙齒生病了要趕快治療，才不會影響健康。
2. 如果沒有做到口腔保健，要立即改進。

~第三節結束~

第二單元 寶貝牙齒

Unit 2 My Teeth

第四節、牙齒生病了 (40 分鐘) Dental Problems & Tooth Diseases

重點：讓學童了解潔牙與正確潔牙的重要性，必須養成口腔清潔的習慣，做好牙齒保健，才不會因為齲齒而引起其他疾病。

Word Bank

dental floss / mouth wash / dental checkup

Sentence
Pattern

Flossing teeth after eating.
Rinse your mouth.

教學
策略

一、Warm up 引起動機(10 分鐘)

1. T: What happens if you don't brush your teeth?

S: I will have cavities./bacteria in my mouth.

2. T: Let's watch a film.

'Here's What Happens If You Stopped Brushing Your Teeth' (3'09)

<https://www.youtube.com/watch?v=4kXrUXDZKuM>

(播放時 有較難懂的內容 可隨時暫停並說明)

二、Discussion 師生討論(10 分鐘)

1.T: Do you have cavities?

S: No, I don't./Yes, I do. I have () cavities.

2. T: If you do, why do you have them?

(小組討論 並寫出至少 3 個答案分享)

3.T: Why do you get cavities when you brush your teeth every day?

S: Because I have a lot of candies/sweets/sugar.

4. T: Do you brush your teeth right after eating?

S: No, I don't./Yes, I do.

5. T: How to make your teeth healthy?

S: _____.

三、Discussion 師生討論(15 分鐘)

1. T: Did you go to a dentist? What does the dentist say?

S: No, I don't./Yes, I do. Use the floss to clean your teeth./or use mouthwash.

2. T: What's the correct order?

S: wash first and floss second.

3. 老師請明眸皓齒的學生來分享保潔牙齒的方法

4. T: What happened if you don't treat the cavity?

S: I feel painful.

5. T: How do bad teeth affect our life?

S: You don't want to eat anything when you have a toothache./ You don't want to do anything.

6 T: 蛀牙後很多東西不能吃，營養攝取不足，容易生病。蛀牙會造成口臭，不敢開口說話，影響人際關係。

7. T: How do you prevent(預防) cavities?

S(1): Brush your teeth in the morning and at night every day.

S(2) :Have balanced diet and less sweets .

老師補充

T(1): Regular dental visits are important! (twice a year)

(2): Use dental floss: remove food between our teeth.

(3): Use Fluoride mouthwash(含氟漱口水) once a week.(We do it at school.)

8. 學生自我檢核：根據健康檢查結果進行口腔保健自我檢核，檢視自己的牙齒是否健康？
如果有蛀牙，要盡快治療

三、 Summary 師生共同歸納(5 分鐘)

1. 吃過東西後，牙齒上的食物殘渣如果不趕快清除，遇到細菌就會產生牙菌斑，在牙齒的表面出現黑點和小洞，造成「齲齒」，也就是蛀牙。

2. 蛀牙發生後，如果不及時治療，除了會造成牙痛之外，可能還會嚴重到不能正常進食而影響全身的健康。所以做好牙齒清潔與保健是很重要的，不要讓牙菌斑成為牙齒的殺手。

~第四節結束~

第二單元 寶貝牙齒

Unit 2 My Teeth

第五節、做牙齒的好主人 (40 分鐘) Caring for Your Teeth

重點：牙齒的功能除了咀嚼食物以幫助消化，還可以維持好看的臉型、幫助正確發音，擁有整齊的牙齒對生理和心理都很重要。

Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us to talk and speak clearly and they also give our face its shape. A smile also has other day-to-day benefits.

Word Bank	dental floss / mouthwash / dental checkup
Sentence Pattern	Flossing teeth after eating. Rinse your mouth.
教學策略	<p>一、Warm Up:引起動機(5 分鐘) 先複習三種牙齒的功能 S1: Incisors - The four front teeth cut food. S2: Canines -The four canines tear food. S3: Molars - The Molars teeth grind food. T:我們用牙齒進食 將食物咬碎，以便腸胃吸收營養，因此細嚼慢嚥對身體非常重要</p> <p>二.Discussion 師生討論(15 分鐘) 1.T:How can we have healthy teeth? (小組討論並在寫在白板與全班分享) 參考答案 (1) Care for your teeth. (2) Visit your dentist on a regular basis. (3) Have a balanced diet (4) Have fluoride treatment twice a year. (5) Take care of your oral health. (6) See your dentist when experience oral issue. 2.教師播放影片(從影片中檢視答案) https://www.youtube.com/watch?v=aOebfGGcjVw Why do We Brush Our Teeth? 3.T: Let's check the answers together.</p> <p>三、Development 發展活動(10 分鐘) 1. T: Do your teeth look nice? S:_____. 2. T: Why some teeth are not in a straight line? S:_____. 3. What happened to you if your teeth are not in a straight line? S:_____.</p>

	<p>4. 教師講解，如果有任何牙齒不正的問題，請牙醫師判斷，嚴重者須做牙齒矯正，矯正期間，口腔衛生更為重要</p> <p>三、Conclusion 老師歸納(10 分鐘)</p> <ol style="list-style-type: none"> 1. 牙齒是人體中最堅硬的器官，有咀嚼、發音及美觀的功能。 2. 蛀牙了如果不趕快治療，愈來愈嚴重，還會妨礙進食，更會使蛀牙的細菌持續感染，可能會變成「牙周病」，引發口腔疾病。 3 牙周病發生之後，如果不及時治療，除了會造成牙痛之外，可能還會嚴重到不能正常進食而影響全身的健康，所以做好牙齒清潔與保健是很重要的。 4. 經常吃過度精緻食物，可能導致牙齒鬆動、牙齦退縮。芹菜、香菇、芭樂、薄荷對牙齒有益的食物。 5. 牙齒咬合不正會影響生理與心理，不但會造成許多疾病，也會影響自信心與人際關係。 6. 擁有一口健康、整齊的牙齒很重要，不僅可以幫助咀嚼食物，還可以讓我們在面對別人時，能夠有自信的笑開懷。 <p style="text-align: center;">~第五節結束~</p> <p>參考資料: 牙齒排列不整齊或上下排牙齒的咬合異常，稱為「咬合不正」。會使牙齒不易清除乾淨，造成齲齒及牙周病，也容易引起關節病變及疼痛引起情緒上的困擾。會造成發音不正確、口齒不清，且因不美觀使人不敢張口、自卑、怯於表達，直接影響心理及人格發展。牙齒咬合不正會造成咀嚼功能不良，需花較多時間才能將食物磨碎，無形中增加牙齒的負擔，也會影響身體健康。</p> <p>參考資料: 什麼是牙周病？ 如果長期未處理牙齒問題，則容易引發牙周病。是世界最普遍的疾病，也是成人牙齒脫落的主因。</p> <ol style="list-style-type: none"> (1)「牙周病」是牙齒組織的疾病，包括牙齦、牙周韌帶、齒槽骨等發生病變。初期會造成牙齦炎，牙齦萎縮、刷牙流血，若置之不理，病變會擴展到更深的齒槽骨，造成牙齒鬆動，而牙菌斑及牙結石的形成是主要的因素。 (2)如果口腔衛生維護不良，口中的細菌與食物殘渣及唾液成分合成一種粘液「牙菌斑」，緊附在牙齒表面，如不加以清除，久之會鈣化成牙結石，加上細菌排出的毒素，會刺激牙齦，造成牙齦發炎、化膿，繼而引起齒槽骨破壞。 (3)牙周病有哪些症狀？會復原嗎？ 牙周病對牙齒造成的破壞，現今的醫術並無法使其恢復原狀，只能修護已破壞組織，不讓它繼續惡化
教學設備/資源	<ol style="list-style-type: none"> 1.視聽設備:電腦，螢幕、投影機。 2.教具:牙刷、牙齒教具。 3.延伸教材及網站:潔牙影片。
評量方式	口語發表、小組討論、課堂參與、學習態度

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.

英語用語和健康用語彙整

U2 寶貝牙齒	
2-1 word bank : sentence patterns :	tooth/teeth 牙齒/ toothache 牙痛/ baby tooth 乳齒 adult tooth 恆齒
	Q: How many teeth do you have? A: I have_____.
2-2 word bank : sentence patterns :	brush 刷 /cavities 齲齒/ bacterial 細菌
	Q: How do you brush your teeth? A: This is the way I brush my teeth.
2-3 word bank : sentence patterns :	up and down 上上下下 / round and round 旋轉 from left to right 從左到右 / from side to side 從這邊到另一邊
	Q: How do you brush your teeth? A: I brush my teeth up and down.
2-4 word bank : sentence patterns :	dental floss 牙線/ mouth wash 漱口水 / dental check up 牙齒檢查
	Flossing teeth after eating. Rinse your mouth.
2-5 word bank : sentence patterns :	dental floss 牙線/ mouth wash 漱口水 / dental check up 牙齒檢查
	Flossing teeth after eating. Rinse your mouth.