

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	吃出健康和活力-健康飲食我最行 How to eat healthier	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第1節課(共5節)
本教育階段 領綱核心 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。		
學習表現	1a-I-1 認識基本的健康常識。 3b-I-2 能於引導下，表現簡易的人際溝通互動技能。		
學習內容	Ea-I-2 基本的飲食習慣。		
學習目標	1. 認識六大類食物的類別。		
Content language	<u>Vocabulary</u> six/glossary /food whole grains (全穀雜糧類)/ meats and protein (豆魚蛋肉類)/ vegetables (蔬菜類) dairy foods (乳品類)/ fruits (水果類)/oils,nuts and seeds (油脂與堅果種子類)		
	<u>Sentences</u> 1. Do you like _____? 2. Yes, I do./No, I don't. 3. I like _____.		
Classroom language	Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Let's sing the song. Let's watch this film quietly. Take out your pencil/book. Turn to page _____. Let's do the practice!		

教學活動	評量方式
<p style="text-align: center;">【第1節】</p> 一、Warm up 暖身活動(10 mins) 教師播放英語歌曲 Do You Like Broccoli Ice Cream 並帶領孩子齊唱。 https://www.youtube.com/watch?v=frN3nvIHUk (youtube) : Let's watch this film quietly. Let's sing the song ! What did you see from the song?	學生參與狀況

<p>教師使用 ppt 介紹歌曲中食物單字，並請學生自由發表，在歌曲中，他們認為哪種食物最健康，並且說出原因。</p> <p>T : Do you like _____? (broccoli, pizza, ice cream, juice, bananas, donuts, soup, popcorn)</p> <p>Ss : Yes, I do. / No, I don't. I like _____.</p> <p>T : Well done! /Great!/ Try again!/ That's ok.</p> <p>■教師歸納：教師鼓勵學生認真學習關於食物的來源和其功能，且正確選擇有益健康的食物。</p>	<p>口頭發表</p>
<p>二、Presentation 發展活動(20 mins)</p> <p>1. 教師播放 THE FOOD PYRAMID 影片： https://www.youtube.com/watch?v=0KbA8pFW3tg&t=54s (Youtube)</p> <p>T : In this film, you see lots of glossary of food. How many glossaries of food are there?</p> <p>Ss : There are six of them.</p> <p>T : So what are their function?</p> <p>Ss : Hmm.....we have no idea!</p> <p>T : Let's check it together!</p> <p>2. 教師以 ppt 進行六大類食物詳細介紹</p> <p>T : What are six glossary of food?</p> <p>Ss : They are</p> <p>T : That's ok! Let's go over it! They are whole grains, meats and protein, vegetables, dairy foods, fruits, oils,nuts and seeds. They have different functions. Every food is important for keeping us healthy.</p>	<p>口頭發表</p> <p>PPT</p>
<p>3. Look and guess 猜猜樂</p> <p>全班分兩組，輪流派代表上台比賽。教師將全部食物圖卡貼在黑板賞，分別請上台的學生判斷該食物的類別，並將磁鐵貼在正確的分類區塊內。最後，看哪一組的正確率最高，即為優勝。針對錯誤的分類說明，教師亦會鼓勵同學踴躍發言。</p> <p>1、 Wrap up 統整活動(10 mins)</p> <p>Practice time 複習六大類食物的組成與特色，並帶領學生完成健體課本 P9 練習題 Take out your pencil/book. Turn to page _____. Let's do the practice together!</p> <p>例：五穀飯→全穀雜糧類、香煎肉片→豆魚蛋肉類、炒菠菜→蔬菜類、雙色花椰菜→蔬菜類、蘿蔔湯→蔬菜類、橘子→水果類。</p> <p>2. Finish “Healthy or not healthy” Worksheet</p> <p>T : Since you know the definition or function of six glossary of food, let's find out which kind of food are healthy or not!</p> <p>■教師歸納：六大類食物各自具有其營養價值，均衡攝取可以強健身體。</p>	<p>猜猜樂遊戲 口頭發表</p> <p>課本練習題</p> <p>完成 Healthy or not healthy 學</p>

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	吃出健康和活力-健康活力 百分百餐盤 My healthy plate, my power!	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第2節課(共5節)
本教育階段 領綱核心 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。		
學習表現	1a- I -1 認識基本的健康常識。 4a- I -2 養成健康的生活習慣。		
學習內容	Ea- I -1 生活中常見的食物與珍惜食物。 Ea- I -2 基本的飲食習慣。		
學習目標	1. 認識六大類食物的類別。 2. 養成良好的飲食習慣。		
Content language	<u>Vocabulary</u> six/glossary /food/ good habit/my healthy plate <u>Sentences</u> 1. What is it?It's an/a _____. 2. What glossary is it? It's _____. 3. What do you want for your lunch? 4. We want _____ for our lunch.		
Classroom language	Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Let's sing the song. Let's watch this film quietly. Please share your work. Let's share your answers. Keep your good eating habit.		

教學活動	評量方式
<p style="text-align: center;">【第2節】</p> 一、Warm up 暖身活動(15 mins) 1. 教師播放中文影片 Watch film-我的餐盤 (影片來源：衛生福利部國民健康署&翰林教育出版) T: Let's watch this film quietly. T: In the film, what are six glossary of food? Ss: They are _____. T: Great!There are six sentences for my healthy plate . Let's check it out!	學生參與狀況 口頭發表 問答：能 說出午餐裡 含有哪幾樣

(教師使用 ppt 複習我的餐盤六口訣，說明六大類食物的功用。)
教師播放英文影片 A Healthy Meal | Healthy Eating Song | Healthy Habits
<https://www.youtube.com/watch?v=YZ11C-U7S8I> (youtube)

2. 我的餐盤六口訣：

T : Six sentences of my plate are as the following :

我的餐盤六口訣
每天早晚一杯奶
每餐水果拳頭大
菜比水果多一點
飯跟蔬菜一樣多
豆魚蛋肉一掌心
堅果種子一茶匙

■教師配合課本頁面介紹「我的餐盤」，強調每天都要均衡攝取六大類食物。請學生依序練習口訣：

乳品類—— 每天早晚一杯奶
水果類—— 每餐水果拳頭大
蔬菜類—— 菜比水果多一點
全穀雜糧類—— 飯跟蔬菜一樣多
豆魚蛋肉類—— 豆魚蛋肉一掌心
油脂與堅果種子類—— 堅果種子一茶匙

(相當於大姆指第 1 節大小，約杏仁 5 粒、腰果 5 粒或花生 10 粒)

3. Team Discussion

教師將學生分為六小組，請各組成員討論今日學校的營養午餐共包含哪幾大類的食物。各組派一名代表起立分享。

T : What did you eat for your school lunch today?

Ss : I ate _____.

T : What glossary of food are there in your lunch?

Ss : They are _____.

T : Great!

T : What glossary of food is missing for school lunch today?

今日學校營養午餐缺少哪些類別的食物? (ANS:乳品類、油脂與堅果種子類)

T : Do you like it?

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

T : Let's share your answers.

T : Well done! / Try again. /Go!Go!Go!

4. 教師複習六大類食物對身體的益處

■教師配合課本頁面，說明六大類食物的主要功用，例如：

1. 全穀雜糧類——提供身體活動時所需的熱量。
2. 豆魚蛋肉類——幫助生長發育。
3. 乳品類——強健骨骼和牙齒。
4. 蔬菜類——促進腸胃健康，預防疾病。
5. 水果類——幫助消化，增強身體抵抗力。

六大類食物，以及吃這些食物後帶給身體的益處

小組發表
口頭發表

6. 油脂與堅果種子類——提供熱量，保護皮膚和器官。

■教師統整：不論在家中或是在外用餐，都可以利用口訣，吃得營養又健康。

二、Presentation 發展活動(20 mins)

1. 教師播放 How to Create a Healthy Plate 影片

https://www.youtube.com/watch?v=Gmh_xMMJ2Pw (youtube)

教師以 ppt 複習六大類食物的營養和功用，全班一起玩 open and cover game 複習六大類概念

T : What is it?

Ss : It's an/a _____.

T : What glossary is it?

Ss : It's _____.

三、Wrap up 統整活動(10 mins)

1. 教師鼓勵學生認真思考各類食物的功用與益處，並正確選擇有益身體健康的食物，設計出自己專屬的健康餐盤。

T : Today you ate yummy lunch at school.

Ss : Sure!

T : Now, it's your turn to design your own healthy plate.

What do you want for your lunch?

Ss : We want _____ for our lunch.

T : Kids, I want you to create your own plate that is "healthy."

T : Six glossary of food should be included.

2. 教師發下「Make my healthy plate 製作我的健康餐盤」學習單，請學生進行著色與設計。請學生完成自己的專屬健康餐盤。

T : Take out your pencil.

Write it down on the paper.

■教師歸納：各類食物有不同的營養和功用，每天都要均衡的攝取，養成良好的飲食習慣。

【第 2 節結束】

口頭發表
ppt

完成「Make
my healthy
plate 製作我的
健康餐盤」學習單

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	吃出健康和活力-珍惜食物我最棒 I don't waste food	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第3節課(共5節)
本教育階段領綱核心素養	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。		
學習表現	4a- I -2 養成健康的生活習慣。		
學習內容	Ea- I -1 生活中常見的食物與珍惜食物。		
學習目標	1. 願意做到珍惜食物、不浪費。		
Content language	<u>Vocabulary</u> waste/food/picky/farmer/cook /enough/hungry <u>Sentences</u> 1.Where is food from? 2.Do not waste food. 3.What can we do? 4. We can _____.		
Classroom language	Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Let's sing the song. Let's watch this film quietly. Please share your work. Let's share your answers. Take out your pencil/book. Turn to page _____. Let's do the practice!		

教學活動	評量方式
<p style="text-align: center;">【第3節】</p> <p>一、Warm up 暖身活動(10 mins) 教師播放「食物浪費」影片 https://www.youtube.com/watch?v=l5nKRhrQtoI (youtube) T : Let's watch this film quietly. What did you see from the film? Ss : Some people are hungry. They don't have food. T : You are good. So how can you do? Ss : We should not waste food. T : But how? Thank about it!</p>	學生參與狀況

<p>Activity: Discuss my eating habit (eating at school, eating at home, or eating out) 教師請學生兩兩一組，進行討論與發表。 情境：學校、家裡或者外出用餐 Q1 討論自己平日的飲食習慣為何? Q2 什麼行為會造成食物浪費?</p> <p>二、Presentation 發展活動(20 mins) 1 教師播放 Don't Waste Food 影片: https://www.youtube.com/watch?v=jrK-4DteNnY&t=47s (youtube) T : You know where is rice from? Ss : I know! I saw farmer is so tired. He had hard work on the farm! T : Yes!So never throw away or waste any food because there is always someone behind has hardworking on planting it. Ss : Got it!</p> <p>2. 快問快答(lightning round) 教師自製快問快答 ppt，協助學生釐清何為良好飲食概念，如何建立不浪費食物的好習慣</p> <p>三、Wrap up 統整活動(10 mins) 教師播放 Why not to waste food tutorial for kids https://www.youtube.com/watch?v=Mv-KFPmrwzM (youtube) T : What did you see in the film? Ss : The farmer! T : Ok! So in order not to waste food, what can we do? T : We can _____.</p> <p>Pairwork—To find out what are the behaviors of wasting food (textbook activity) 教師引導學生思考，何為浪費食物行為?如何建立良好的飲食習慣(學校、家庭、外出用餐)，並請學生完成健康課本 p16-17， T : Do not waste food. What can we do? Ss : We can _____. T : Great!</p> <p>■教師歸納：食物得來不易，我們要養成良好的飲食習慣，避免浪費。 【第3節結束】</p>	<p>口頭發表</p> <p>口頭發表</p> <p>口頭發表 ppt</p> <p>口頭發表</p> <p>完成課本練習題 p16-17</p>
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臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	吃出健康和活力-適當吃糖吃出健康 Eating sugar properly brings healthy body	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第4節課(共5節)
本教育階段 領綱核心 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-A2 具備探索身體活動與健康生活問題的思考能力，並透過體驗與實踐，處理日常生活中運動與健康的問題。</p>		
學習表現	<p>2a- I -2 感受健康問題對自己造成的威脅性。</p> <p>4a- I -1 能於引導下，使用適切的健康資訊、產品與服務。</p>		
學習內容	Eb- I -1 健康安全消費的原則。		
學習目標	1. 養成良好的飲食習慣。		
Content language	<p>Vocabulary Body/ sugar/water /one/two/ three/four/five/six/seven/eight/nine/ ten/eleven/twelve/ thirteen/Unable to eat three meals./Nutritional imbalance/obesity/tooth decay/anger/ anxiety/attention deficit/hyperactive</p> <p>Sentences 1. It's good/bad to your body. 2. Is it good for your body? 3. Which one has more/less sugar? 4. Eating too much sugar is bad .</p>		
Classroom language	<p>Great/ Excellent/Well done Try again/ That's ok/ Go!Go!Go! Please share your work. Let's share your answers. Let's do the practice!</p>		

教學活動	評量方式
<p style="text-align: center;">【第4節】</p> <p>一、Warm up 暖身活動(10 mins)</p> <p>1. 教師播放英文影片 Why is too much sugar bad for you? https://www.youtube.com/watch?v=UewfeRZlwMI (youtube) Let's watch this film quietly. T : What did you see from the film? Ss : Sugar!</p>	學生參與狀況

T : Truly!How was that?

Ss : Sweet!We like it!

T : Well,I mean “Is it good for your body?”

Ss : Hmmmm...not really!

T : Okay!What’s the demerits it will bring to you?

Let’s think about that!

2. Brainstorm-What are the merits and demerits of eating sugar?

T : Eating too much sugar is bad .

Ss : Why?

T : You’ll get fat/furious/anxious/hyperactive.

Ss : How to resist it? I think it’s yummy!

T : Let’s get two into group, and have a discussion about the merits and demerits of eating sugar

教師歸納：吃過多的糖對身體會造成負面影響，如帶來肥胖、引發過動、易怒等。

二、Presentation 發展活動(20 mins)

1. 教師播放 Why is too much sugar bad for you? 影片

<https://www.youtube.com/watch?v=UewfeRZlwMI> (youtube)

T : In the film, you’ll see that eating too much sugar is bad.

Why?

Ss : It makes us become stupid.

T : Ha!Well!Maybe!

Let’s learn more correct concepts about “sugar” in the following story.

2. Story time-The sugar story (on-line E-book)

<https://www.youtube.com/watch?v=Sp5z5pCp86U> (youtube)

T : In the story, we learn a lot about sugar.

It has good and bad ways to eat sugar.

Let’s make a list about eating sugar.

教師歸納：糖帶來的優、缺點如下

A. Sugar is essential.

B. Eating too much sugar will casue :

a. Unable to eat three meals.

b. Nutritional imbalance

c. Obesity

d. Tooth decay

e. Anger

f. Anxiety

g. Attention Deficit

h. Hyperactive

三、Wrap up 統整活動(10 mins)

1. Practice time :

教師請學生翻到課本 p22-23，進行下列問題討論與練答。

Please take out your book, and turn to page 22-23.

Take out your pencils and finish your homework of the textbook

戒掉含糖飲料五步驟 5 Steps to stop drinking drinks with sugar :

口頭發表

完成課本
p22-23 學習
單

Step 1 我的飲食問題是..... Find out my eating problems is that.....

Step 2 分析原因因為 Analyze the reason why I have this problem.

Step 3 可行辦法.....我可以 The way to solve the problem is that.....I can

Step 4 試著做做看.....我打算用__天的時間做做看 Try to use ___ days to find ways out to solve my problems

Step 5 紀錄結果 It turns out to be

Take out your pencil/book.

Turn to page _____.

Let's do the practice!

■教師歸納：戒除食用過多含糖食物或飲品，養成飲食好習慣，讓身體更加健康有力。

【第4節結束】

臺南市新南國小二年級英語融入健康教學之教案設計

單元名稱	吃出健康和活力-安全飲食小秘訣 Tips for food safety	教學設計者	莊皓閔、洪巧倫
適用年級	二年級	節數	第5節課(共5節)
本教育階段領綱核心素養	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。		
學習表現	1a- I -1 認識基本的健康常識。 4a- I -1 能於引導下，使用適切的健康資訊、產品與服務。		
學習內容	Ea- I -2 基本的飲食習慣。 Eb- I -1 健康安全消費的原則。		
學習目標	1. 認識食品標示的有效期限和保存方法。		
Content language	<p>Vocabulary</p> <p>food safety /expiration date/best before date /manufacturing date/ vomiting and having diarrhea.</p> <p>Sentences</p> <ol style="list-style-type: none"> 1. What is expiration date? 2. Is it okay to eat? 3. Yes, it is./No, it isn't. 4. It's okay/not okay to eat. 5. Do you have experiences to eat something bad?/Did you have diarrhea before? 		
Classroom language	<p>Great/ Excellent/Well done</p> <p>Try again/ That's ok/ Go!Go!Go!</p> <p>Let's sing the song.</p> <p>Let's watch this film quietly.</p> <p>That's too bad.</p>		

教學活動	評量方式
<p style="text-align: center;">【第5節】</p> <p>一、Warm up 暖身活動(10 mins)</p> <p>1. 教師播放 What Eating Rotten Food Really Does To Your Body 影片 https://www.youtube.com/watch?v=S6r3N_kg8L4 (youtube): Let's watch this film quietly.</p> <p>T : Do you have experiences to eat something bad? /Did you have diarrhea before? Ss : Sure! I was sick last time and I spent whole day vomiting and having diarrhea. T : That's too bad. In this film, it's talking about eating bad things cause.....? Ss : Teacher, I know it! Vomiting and having diarrhea. T : Wow.....great! Why?</p>	<p>學生參與狀況</p> <p>口頭發表</p>

Ss : Food poisoning!?

T : What caused food poisoning?

Ss : Eating bad or rotten food!?

T : Yes! If we don't preserve food properly, they will be rotten. If you eat them accidentally, you will probably get sick.

2. Discussion time 教師引導學生進行小組討論

T : What are the tips for food safety?

Ss : Oh! All food need to be preserved well and eaten before the expiration date.

T : Good! That's why it's very important to preserve food properly.

教師歸納：能適當保存食物或避開食用腐敗食品，則能保持身體健康。

二、Presentation 發展活動(20 mins)

1. 教師播放「過期食品可以吃嗎？有效期限、賞味期限怎麼訂？過期判斷原則總整理！影片」<https://www.youtube.com/watch?v=mNgZt1HNQJA>

教師播放 Food Safety, How Long Food is Good for After Expiration Date 影片
<https://www.youtube.com/watch?v=KO2OG1Kb4tw> (youtube)

T : What did you see from this film?

Ss : Watch out the expiration date, and keep food in a good condition. What if not, it will cause food poisoning.

2. What are expiration date/best before date/ manufacturing date?

教師以 ppt 介紹 expiration date/best before date/ manufacturing date 等專有名詞，建立學生釐清與食品保存有關的各種期限概念，與如何有效保存食品。

expiration date/best before date 有效日期/最佳賞味期限
manufacturing date 製造日期

3. Look, guess and write 猜猜樂

T :

Step 1. Look and find out what's the best before date and manufacturing date of the food of every products on the worksheet.

Step 2. Each team works together to finish 1 worksheet.

Step 3. One student from each team comes up to share teams' worksheet.

Step 4. Besides best before date and manufacturing date, what do you see on the product's package?

Ss : I am team 1, I would like to share our ideas with you. I saw the weights and numbers of the products. In addition, I saw the factory address and phone number on it!

教師發下各組一張「食品效期大搜查學習單(Food Expiration Date Worksheet)」，進行說明、討論與學習單撰寫，最後輪流指派代表上台發表。

4. 教師介紹食品的保存方法(認識冷藏)

口頭發表

ppt

口頭發表

完成「Find out the expiration date!

食品的保存方法 How to preserve food

■教師展示盒裝鮮奶，請學生發表如何知道盒子裡的鮮奶是否新鮮、安全。

■分組觀察鮮奶、豆漿或優酪乳等冷藏食品的標示，包裝外面都會有標示，要注意保存方法，平常要保存在冰箱裡（0~7°C）。開封後要及早喝完，離開冷藏不要超過半小時。

三、Wrap up 統整活動(10 mins)

1. Homework1-完成健體課本 p27

Take out your pencil/book.

Turn to page _____.

Let's do the practice!

T : Please find any canned food at home ,and check their manufacturing date and best before date, trying to write them down on page.

請學生利用實物（瓶裝、罐裝、盒裝食品等）進行測試，找出製造日期和保存期限（或有效日期），並且寫在課本上。

教師歸納：認識食品標示的有效期限和保存方法。

【第5節結束】

食品效期
大搜查」
學習單

完成健體課
本 p27