

Class: 414 Number: 4 Name: Wensy

Unit 1 Be Healthy

1. Please design a healthy breakfast.



2. Please write two things we could do before and after exercising.

Before 1. 洗手 2. 穿著衣服
After 1. 喝水 2. 擦汗

3. Matching: What do these labels mean?



4. Matching: Can you read the nutrition facts label (營養成分標示)?

營養成分	每份量 (公克)	每 100 公克
熱量	7.8 大卡	31.0 大卡
蛋白質	0.2 公克	3.0 公克
脂肪	0.4 公克	8.0 公克
碳水化合物	0.4 公克	11.0 公克
鈉	0.1 公克	3.0 公克
糖	0.2 公克	4.0 公克
鈣	1 毫克	1 毫克

Nutrition Facts	
1 serving per container	
Serving size: 1 container (1kg)	
Amount per serving	
Calories 0	
% Daily Value*	
Total Fat	8.0g 16%
Saturated Fat	0.0g 0%
Trans Fat	0.0g 0%
Cholesterol	0.0g 0%
Sodium	3.0g 6%
Total Carbohydrate	11.0g 22%
Dietary Fiber	0.0g 0%
Total Sugars	4.0g 8%
*Percent Daily Values are based on a diet of other people's misdeeds.	
DIETARY FIBER	
SUGARS	
SODIUM	
TOTAL FAT	
TOTAL CARBOHYDRATE	
TOTAL SUGARS	
DIETARY FIBER	
CHOLESTEROL	
SATURATED FAT	
TRANS FAT	

Class: 401 Number: 14 Name: Daniel

Unit 1 Be Healthy

1. Please design a healthy breakfast.



2. Please write two things we could do before and after exercising.

Before 1. 做伸展運動 2. 沖水
After 1. 拉伸肌肉 2. 擦汗

3. Matching: What do these labels mean?



4. Matching: Can you read the nutrition facts label (營養成分標示)?

營養成分	每份量 (公克)	每 100 公克
熱量	7.8 大卡	31.0 大卡
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DIETARY FIBER	
SUGARS	
SODIUM	
TOTAL FAT	
TOTAL CARBOHYDRATE	
TOTAL SUGARS	
DIETARY FIBER	
CHOLESTEROL	
SATURATED FAT	
TRANS FAT	

Class: 401 Number: 5 Name: Bella

Unit 1 Be Healthy

1. Please design a healthy breakfast.



2. Please write two things we could do before and after exercising.

Before 1. 做伸展運動 2. 拉伸
After 1. 喝水 2. 休息

3. Matching: What do these labels mean?



4. Matching: Can you read the nutrition facts label (營養成分標示)?

營養成分	每份量 (公克)	每 100 公克
熱量	7.8 大卡	31.0 大卡
蛋白質	0.2 公克	3.0 公克
脂肪	0.4 公克	8.0 公克
碳水化合物	0.4 公克	11.0 公克
鈉	0.1 公克	3.0 公克
糖	0.2 公克	4.0 公克
鈣	1 毫克	1 毫克

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Dietary Fiber	0.0g 0%
Total Sugars	4.0g 8%
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DIETARY FIBER	
SUGARS	
SODIUM	
TOTAL FAT	
TOTAL CARBOHYDRATE	
TOTAL SUGARS	
DIETARY FIBER	
CHOLESTEROL	
SATURATED FAT	
TRANS FAT	