

健康智多星學習單

by Lois

Class: 三年 四 班 10 號

Name: Ian 蘇廷恩

What a healthy body means to you? Please circle it or write it down.

對你而言「健康的身體」是什麼？請從下面的單字中圈選出來或寫下來。

<u>strong</u> 強壯	tall 高	<u>Exercise more</u> 多運動	Eat slowly 慢慢吃
chubby 肉肉的	short 短	<u>Go jogging</u> 慢跑	Eat nothing 不吃
<u>slim</u> 苗條	<u>Healthy food</u> 健康食物	Junk food 不健康食物	<u>Go on a diet</u> 減肥

How to keep our body healthy and strong? List some tips or information

you have in below. 怎麼樣才能使你的身體健康？請將你知道的健康小常識寫出來。

(1) Do more exercise

(2) Don't drink cold water

(3) Don't eat junk food

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

(1) From computer

(2) From google

(3) From radio

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Class: 三年四班 25 號

Name: Joanne 蘇香茵

What a healthy body means to you? Please circle it or write it down.

對你而言「健康的身體」是什麼？請從下面的單字中圈選出來或寫下來。

strong 強壯	<u>tall</u> 高的	<u>Exercise more</u> 多運動	Eat slowly 慢慢吃
chubby 肉肉的	short 短的	Go jogging 去慢跑	Eat nothing 沒有吃
slim 苗條的	<u>Healthy food</u> 健康的食物	Junk food 垃圾食物	Go on a diet 節食

How to keep our body healthy and strong? List some tips or information you have in below. 怎麼樣才能使你的身體健康？請將你知道的健康小常識寫出來。

(1) Do exercise.

(2) Ride a bicycle.

(3) Drink water.

Where did you find those tips or information? 你是如何取得這些健康小常識的？請把它寫下來與大家分享。

(1) from TV.

(2) from health class.

(3) from book.

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Class: 二年四班 號

Name: Jimmy 黃璫鈺

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strong <u>強壯的</u>	tall <u>高的</u>	Exercise more <u>多運動</u>	Eat slowly <u>慢慢吃</u>
chubby <u>肉肉的</u>	short <u>矮的</u>	Go jogging <u>去慢跑</u>	Eat nothing <u>不吃</u>
slim <u>瘦的</u>	Healthy food <u>健康的食物</u>	Junk food <u>不健康的食物</u>	Go on a diet <u>節食</u>

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- (1) 多吃菜
- (2) 多吃營養的食物
- (3) Exercise more

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

- (1) from google
- (2) from teacher
- (3) from computer

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Class: 三年四班15號

Name: 李安彤 Ann

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strong <u>強壯的</u>	tall <u>高的</u>	Exercise more <u>多運動</u>	Eat slowly <u>慢慢吃</u>
chubby <u>肉肉的</u>	short <u>矮的</u>	Go jogging <u>去跑步</u>	Eat nothing <u>不吃</u>
slim <u>苗條的</u>	Healthy food <u>健康食物</u>	Junk food <u>垃圾食物</u>	Go on a diet <u>節食</u>

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- (1) 多吃蔬菜, 不喝可樂, 不吃冰品
- (2) 吃木耳
- (3) 多喝水

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

- (1) from Radio
- (2) from Parents
- (3) from google

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Class: 三年四班 24 號

Name: 陳執凡

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strong 強壯	tall 高的	Exercise more 多運動	Eat slowly 吃很慢
chubby 肉肉的	short 矮的	Go jogging 慢跑	Eat nothing 不吃
slim 瘦	Healthy food 健康的食物	Junk food 不健康食物	Go on a diet 節食

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- (1) 跑步完要喝水。
- (2) 吃健康的食物。
- (3) 多喝水。

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

- (1) from parent
- (2) from google
- (3) from teacher

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by Lois

Class: 三年 四班 22 號

Name: 王睿彤 Livia

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chubby <u>肉肉的</u>	short <u>矮的</u>	<u>Go jogging 去跑步</u>	Eat nothing <u>沒有吃</u>
slim <u>苗條</u>	<u>Healthy food 健康的食物</u>	<u>Junk food 不健康的食物</u>	Go on a diet <u>節食</u>

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(1) 運動後多至水

(2) 冬天不吃冰涼的食物

(3) 多吃菜，少吃甜的

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

(1) from TV

(2) from radio

(3) from gogle

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by Lois

Class: 3 年 4 班 20 號

Name: Hannah - 馬辰丞

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chubby 肉肉	short	<u>Go jogging</u> 慢跑	Eat nothing 不吃
<u>slim</u> 瘦的	<u>Healthy food</u> 健康食物	Junk food 不健康食物	<u>Go on a diet</u> 減肥

How to keep our body healthy and strong? List some tips or information

you have in below. 怎麼樣才能使你的身體健康？請將你知道的健康小常識寫出來。

(1) 跳舞 - 韻律體操

(2) 多吃菜、少吃冰

(3) 多洗手、不要摸眼口鼻

Where did you find those tips or information? 你是如何取得這些健康小常識

的？請把它寫下來與大家分享。

(1) from TV

(2) from google

(3) from News paper

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Class: 三年四班 27 號

Name: Yung 蘇泱澄

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chubby <u>肉肉</u>	short <u>矮</u>	Go jogging <u>慢跑</u>	Eat nothing <u>沒有吃</u>
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(1) 跳舞完要補充水分。

(2) 運動完要休息一下。

(3) 吃飯前要洗手。

Where did you find those tips or information? 你是如何取得這些健康小常識的？請把它寫下來與大家分享。

(1) from teacher

(2) from google

(3) from parents