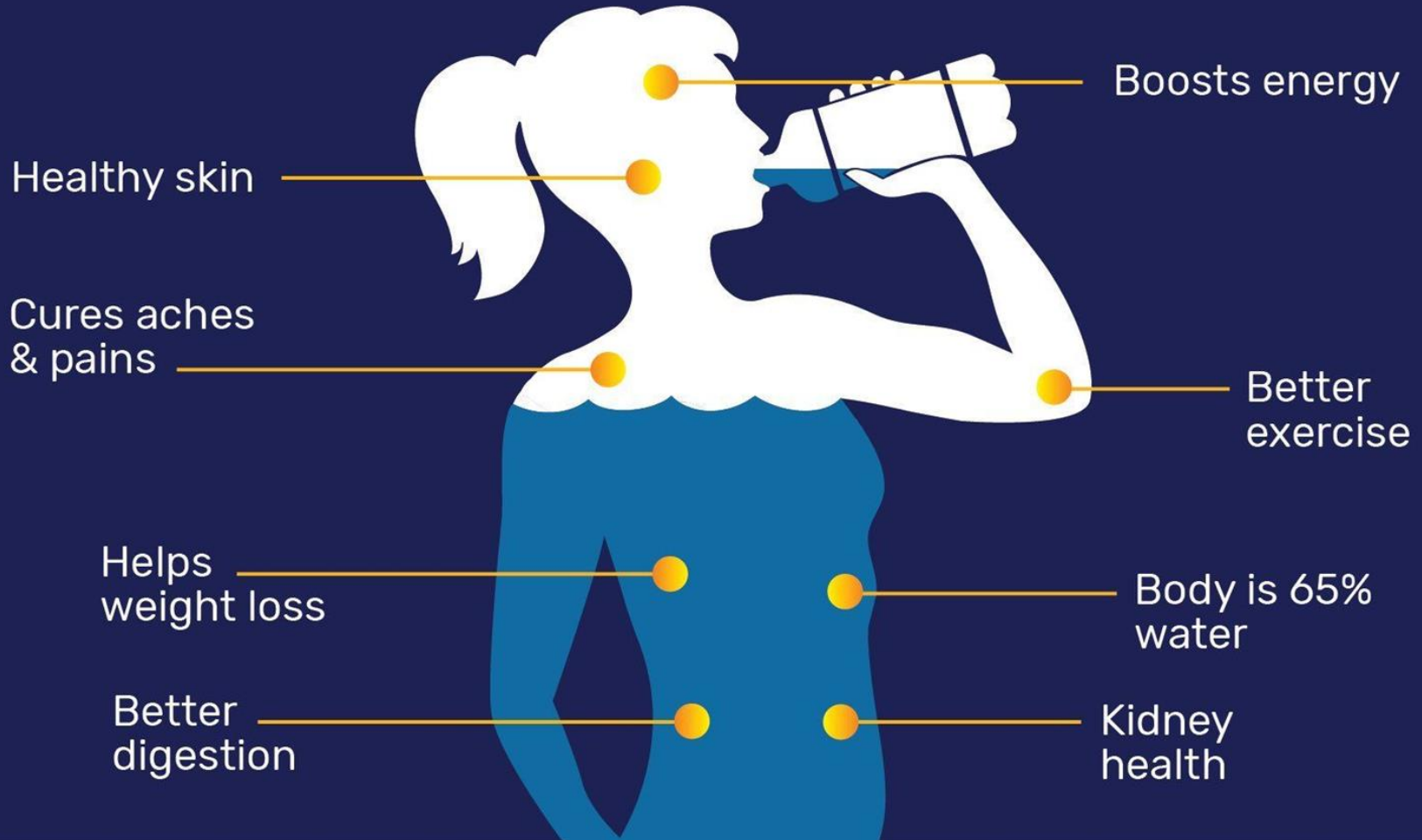


第二課 照顧我的身體

Take care of my
body.

BENEFITS OF DRINKING WATER



Don't hold your pee!

不要憋尿!

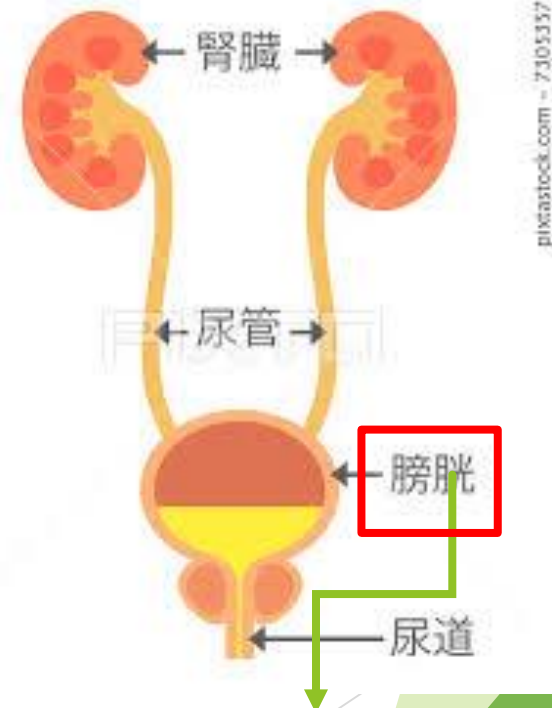
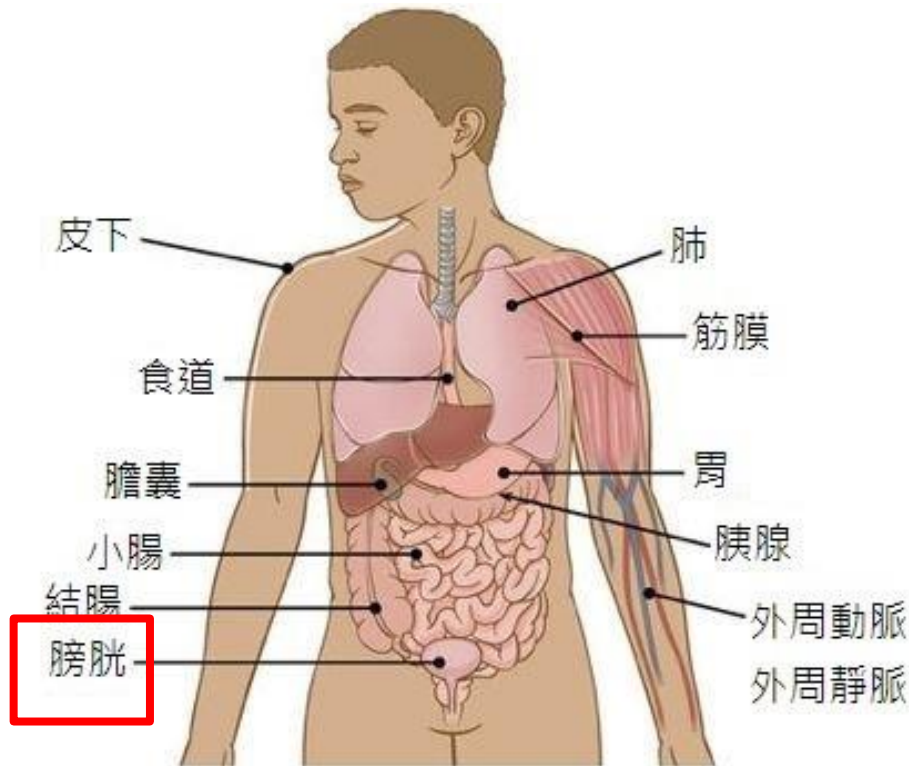


May I go to the bathroom?



Keep a healthy habit.

Our body structure



Let's do experiment.

Bladder

What can we do?

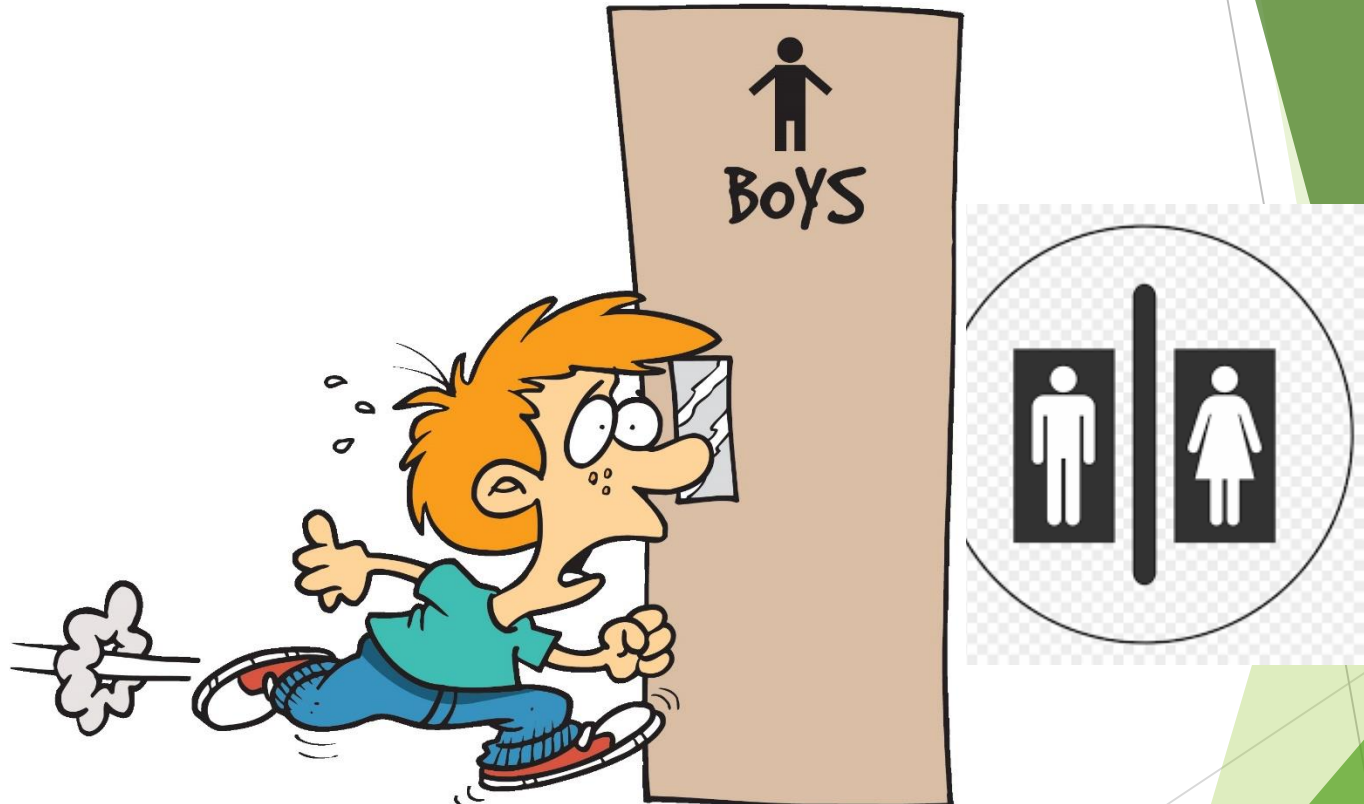
在「學校」想上廁所時

上課時想上廁所，不好意思說。



Keep a healthy habit.

May I go to the bathroom ?

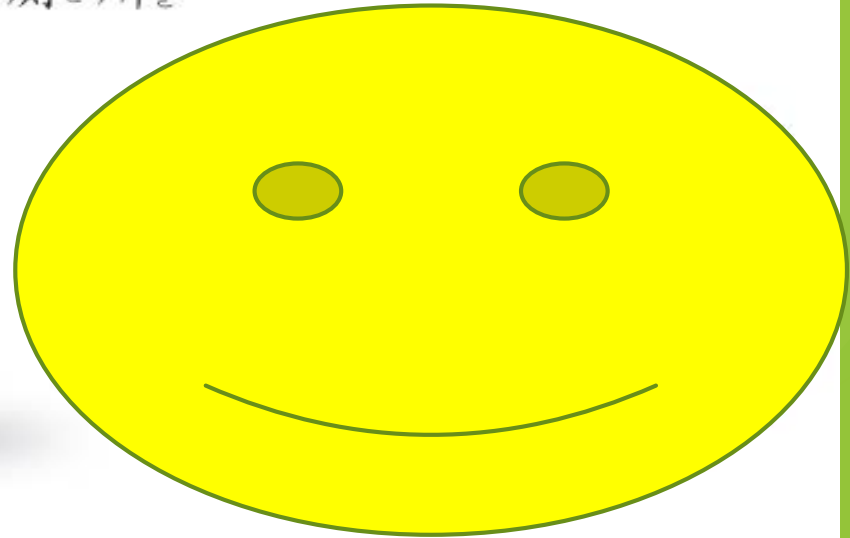


Don't hold your pee!

What can we do?

Forgot to go to the bathroom!

▼ 下課時只想著玩，忘記上廁所。



Keep a healthy habit.

What can we do?

在「公共場所」想上廁所時

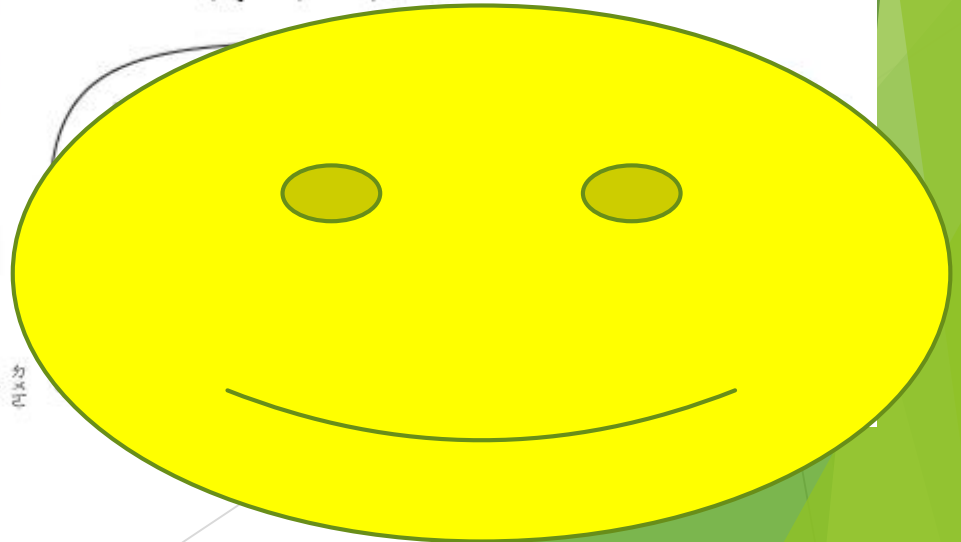
When you want to go to the bathroom **in a public place.**



▲ 排隊上廁所的人很多



▲ 廁所又髒又臭時，我不敢上。



What can we do?



▲ 廁所裡沒有衛生紙。

Keep a healthy habit.

Keep a healthy habit.

溫馨小提醒：

1. 記得出門前先上廁所

(Go to the **bathroom** first.)

2. 並檢查是否隨身攜帶衛生紙

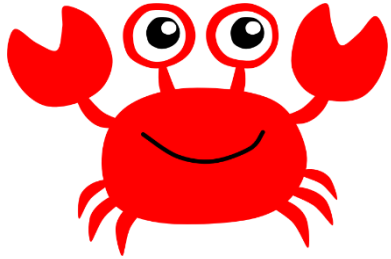
(Take **toilet paper** with you.)

! 資訊小站

憋尿會讓膀胱孳生細菌，引起發炎，
尿尿時可能會痛。

Keep a healthy habit.

Don't hold your pee!



Let's talk about these
questions.



Drink More Water

- ▶ 一、請記錄你一天的喝水量和排尿的次數。
- 1. Date : _____ year(年) _____ month(月) _____ day(日)
- 2. Weight : _____ kgs(一公斤喝30 c.c.水)
- 3. 建議喝水量 : _____ c.c.
- 4. 實際喝水量 : _____ c.c.
- 5. 排尿的次數 : _____ 次



Drink More Water

- ▶ 二、你今天(曾經)有憋尿嗎？
如果有，請寫下憋尿的原因。



Drink More Water

三、和同學討論自己在喝水和排尿習慣上，有沒有需要改進的地方？

1.需要改進的問題：

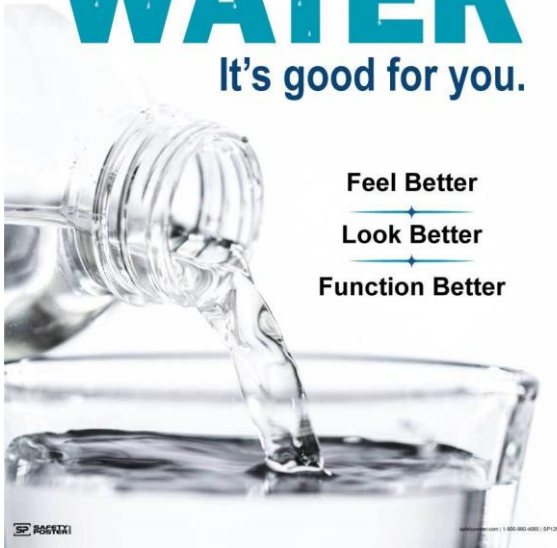
2.改進的方法：

Make a summary.(Conclusions)

Keep a healthy habit.

DRINK MORE WATER
It's good for you.

Feel Better
Look Better
Function Better



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