

今日常識新領域

一年級

General Studies

Primary 1 Book 2

ISBN 978 988 2405 99 8

CHAPTER 5

幫助成長好習慣

bong1 zo6 sing4 coeng4 hou2 zaap6 gwaan3

Good habits that help with growing up

Quizlet flashcards for the key vocabulary

https://quizlet.com/_97ulgo?x=1qqt&i=2f4qkn

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- (1) 怎麼才是良好的飲食習慣? zam2 mo1 coi4 si6 loeng4 hou2 dik1 jam2 sik6 zaap6 gwaan3 ? What are good eating and drinking habits?

1. Which of the items below are beneficial to health? If you should eat more of them, put a tick in the box. If you should eat less, put a cross.

喜歡	hei2 fun1	like
不喜歡	bat1 hei2 fun1	don't like
有益	jau5 jik1	good for you
食物	sik6 mat6	foods

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2. Do you have the habit of eating breakfast every day? If you don't eat it, what feeling will you have?

有	jau5	have (the habit of...)
沒有	mut6 jau5	don't have (the habit of...)
吃早餐	hek3 zou2 caan1	eat breakfast
習慣	zaap6 gwaan3	habit

3. In the table below, write down your meal times for the past 3 days, have a look if you ate at regular times.

第一天	dai6 jat1 tin1	Day One
第二天	dai6 ji6 tin1	Day Two
早餐	zou2 caan1	breakfast
午餐	ng5 caan1	lunch
晚餐	maan5 caan1	dinner
有/沒有	jau5 mut6 jau5	have/do not have
定時	ding6 si4	regular
進食	zeon3 sik6	eating
習慣	zaap6 gwaan3	habits

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4. Look at the pictures below, how would you suggest 小林 improves his bad eating and drinking habits?

快	faai3	hurry up and...
吃	hek3	eat
晚飯	maan5 faan6	dinner
不要	bat1 jiu3	don't
零食	ling4 sik6	snacks
不喜歡	bat1 hei2 fun1	don't like
魚	jyu4	fish
吃飽了	hek3 baau2 liu5	(I'm) full
只	zi2	only
幾口	gei2 hau2	a few mouthfuls
比...少	bei2 ...siu2	less than...
平時	ping4 si4	usual
許多	heoi2 do1	a lot (he ate a lot less than usual)

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要	jiu3	need to, must
養成	joeng5 sing4	nurture, foster
良好	loeng4 hou2	good
飲食習慣	jam2 sik6 zaap6 gwaan3	eating & drinking habits
例如	lai6 jyu4	For example
不	bat1	not, do not be
偏食	pin1 sik6	picky
專心	zyun1 sam1	pay attention
進食	zeon3 sik6	eat
等	dang2	etc.

- (2) 做適量的運動對我們有甚麼好處？ zou6 sik1 loeng6 dik1 wan6 dung6 deoi3 ngo5 mun4 jau5 sam6 mo1 hou2 cyu3?
What are the advantages for us of doing suitable exercise?

1. The children below have what desires? What would you suggest?

希望	hei1 mong6	hope, wish
可以	ho2 ji5	can
強壯	koeng4 zong3	strong
一點	jat1 dim2	a bit
健康	gin6 hong1	healthy
長	coeng4	grow
高	gou1	tall
一些	jat1 se1	a bit

2. Which types of exercise can you do?

3. Apart from in PE lesson, when else do you exercise?

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適量	sik1 loeng6	appropriate, suitable
運動	wan6 dung6	exercise
能	nang4	can
強身健體	koeng4 san1 gin6 tai2	strengthen body & have a healthy body
幫助	bong1 zo6	help
成長	sing4 coeng4	grow up

- (3) 睡眠和休息對成長重要嗎？ seoi6 min4 wo4 jau1 sik1 deoi3 sing4 coeng4 zung6 jiu3 maa1?
Are sleep and rest important for growth?

1. Make a record of the time you went to sleep yesterday and the time you got up this morning, draw the times on the clock.

有	jau5	have
小時	siu2 si4	hours
睡眠	seoi6 min4	sleep
時間	si4 gaan1	time

2. Are the children in the picture below doing things correctly? Why?

明天	ming4 tin1	tomorrow
不用	bat1 jung6	don't need to...
上學	soeng5 hok6	go to school
深夜	sam1 je6	middle of the night
才	coi4	only then
睡	seoi6	sleep
沒問題	mut6 man6 tai4	no problem
每個	mui5 go3	every
星期天	sing1 kei4 tin1	Sunday
會	wui2	will
至	zi3	until
中午	zung1 ng5	midday
起床	hei2 cong4	get up, get out of bed
習慣	zaap6 gwaan3	have the habit of
睡前	seoi6 cin4	before going to sleep
動畫	dung6 waa2	cartoons

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3. After doing your homework or revising, what method do you use to rest? Put a tick in the circle or draw in the orange box.

聽	ting3	listen to
音樂	jam1 lok6	music
做運動	zou6 wan6 dung6	do exercise
散步	saan3 bou6	go for a walk

4. Do you have some even better ways of resting?

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要	jiu3	need to
多吃	do1 hek3	eat more of
有益	jau5 jik1	beneficial, good for you
食物	sik6 mat6	foods
不	bat1	not (do not be)
偏食	pin1 sik6	picky
經常	ging1 soeng4	often
做	zou6	do
適量	sik1 loeng6	suitable
運動	wan6 dung6	exercise
早	zou2	early

睡	seoi6	go to sleep
起	hei2	get up
每天	mui5 tin1	every day
有	jau5	have
充足	cung1 zuk1	plenty of
睡眠	seoi6 min4	sleep
養成	joeng5 sing4	nurture, foster
這些	ze5 se1	these
習慣	zaap6 gwaan3	habits
幫助	bong1 zo6	help
健康	gin6 hong1	healthily
成長	sing4 coeng4	grow up