

今日常識新領域
一年級
General Studies
Primary 1 Book 2
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CHAPTER 4

我改變了

ngo5 goi2 bin3 liu5

I've changed

Quizlet flashcards for the key vocabulary (taken from the Green Box at the bottom of page 34) can be found here:

https://quizlet.com/_97sb2y?x=1qqt&i=2f4qkn

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- (1) 人的成長過程是怎樣的？jan4 dik1 sing4 coeng4 gwo3 cing4 si6 zam2 joeng6 dik1?
What is the process of human growth like?

1. Human growth goes through which stages? You and your family members are at which stages?

嬰兒	jing1 ji4	infant, baby
期	kei4	period
至	zi3	to
歲	seoi3	years (old)
兒童	ji4 tung4	child
約	joek3	around...approx.

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2. Compared to when you were a baby, how is the current 'you' different?

青春期 | cing1 ceon1 kei4 | adolescence

約…	joek3 ...	approximately
至	zi3	to
歲	seoi3	years old
成年期	sing4 nin4 kei4	adulthood
老年期	lou5 nin4 kei4	old age
或	waak6	or
以後	ji5 hau6	later

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人	jan4	humans, people
成長	sing4 coeng4	growing up
會	wui2	will
經過	ging1 gwo3	go through
不同	bat1 tung4	different
階段	gaai1 dyun6	stages
正在	zing3 zoi6	currently at
期	kei4	stage

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- (2) 我的體型有甚麼改變？ ngo5 dik1 tai2 jing4 jau5 sam6 mo1 goi2 bin3 ?
What changes are there in my body shape?

1. How tall are you now? How heavy are you right now? How does that compare to last year? Mark down the numbers below.

身高	san1 gou1	height
厘米	lei4 mai5	centimetres
體重	tai2 cung4	body weight
公斤	gung1 gan1	kilos
現在	jin6 zoi6	now
去年	heoi3 nin4	last year

我跟去年相比 (compared to last year, I am:)

矮	ngai2	short
高	gou1	tall
沒有	mut6 jau5	there are no
變化	bin3 faa3	changes

輕	hing1	light
重	cung4	heavy
體重	tai2 cung4	body weight

2. The body shape has changed, what changes does this bring to your life?

On this page you see this character 了 quite a lot. It's used to show a change of state. 長大了 coeng4 daai6 liu5: I've grown up. If you just write 長大 that means 'I grow up'. But by adding the 了 it shows that something has changed and now I've grown up.

長大了	coeng4 daai6 liu5	grown up
衣服	ji1 fuk6	clothes
和	wo4	and
鞋子	haai4 zi2	shoes
長高了	coeng4 gou1 liu5	grown taller
現在	jin6 zoi6	now
能夠	nang4 gau3	I am able to...
高	gou1	height
厘米	lei4 mai5	centimetres
可以	ho2 ji5	(I) can
最低	zeoi3 dai1	minimum
身高	san1 gou1	height
要求	jiu3 kau4	requirement

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- (3) 我的牙齒有甚麼變化？ ngo5 dik1 ngaa4 ci2 jau5 sam6 mo1 bin3 faa3 ?
My teeth have what changes? (How are my teeth changing?)

1. When you're grown up, your milk teeth drop out, permanent teeth come through. Have a look at your own teeth, if you observe the following situation, add colour inside the tooth shape.

乳齒	jyu5 ci2	milk teeth
脫落	tyut3 lok6	drop out
長出	coeng4 ceot1	grow, come through
恆齒	hang4 ci2	permanent teeth

2. Below are some examples of children's teeth (the milk teeth have not dropped out yet) and adult teeth. Count the milk teeth and the permanent teeth and compare the numbers. Circle the answer.

小孩	siu2 haai4	child
乳齒	jyu5 ci2	milk teeth
成人	sing4 jan4	adult
恆齒	hang4 ci2	permanent teeth
比...多	bei2 ...do1	more than
比...少	bei2 ...siu2	less than

3. Milk teeth will drop out, so why do we still have to carefully clean them?

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乳齒	jyu5 ci2	milk teeth
脫落	tyut3 lok6	drop out
長出	coeng4 ceot1	grow
恆齒	hang4 ci2	permanent teeth
是	si6	(this) is
人	jan4	a person's , human
成長	sing4 coeng4	growth
必經	bit1 ging1	have to go through
階段	gaai1 dyun6	stage

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- (4) 我的能力有甚麼改變? ngo5 dik1 nang4 lik6 jau5 sam6 mo1 goi2 bin3?
What change has there been in terms of my abilities?

1. Which of these things do you do yourself? Put a tick in the circle. Which things do you need help with? In the circle put a triangle.

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2. What other things can you do? Tell us. Please give yourself a clap.
3. If your family members need to help you with everything, what effect will this have on you and your family members?

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- (5) 我們可以做好每件事情嗎? ngo5 mun4 ho2 ji5 zou6 hou2 mui5 gin6 si6 cing4 maa1
Can we do all these things well?

1. Set a target, learn how to do something that you can't yet do. Have a think, who can you learn it from?

想	soeng2	want to
請	cing2	ask... to...
教	gaau3	teach
梳辮子	so1 bin1 zi2	make a pony tail/plait
學會	hok6 wui2	learn how to
結鞋帶	git3 haai4 daai3	fasten shoe laces
可以	ho2 ji5	can

2. If you encounter the following situations, would you ask someone to help you? Why?

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做得到的事	zou6 dak1 dou3 dik1 si6	the things (I) can do
會	wui2	will
自己	zi6 gei2	myself
做	zou6	do
不會做的事	bat1 wui2 zou6 dik1 si6	the things (I) can't do
用心學	jung6 sam1 hok6	study attentively
做不來的事	zou6 bat1 loi4 dik1 si6	the things you can't do
請	cing2	ask
別人	bit6 jan4	someone
幫忙	bong1 mong4	to help

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(6) 哪些行為是成長的表現？ naa5 se1 hang4 wai4 si6 sing4 coeng4 dik1 biu2 jin6?
Which types of behaviour show that you are grown up?

1. Look at the pictures below, guess which of 小天's actions will make his mum and dad feel that he's grown up and draw a smiley face in the circle.

請坐	cing2 co5	please sit
很累	han2 lei6	very tired
不要	bat1 jiu3	don't want to...

等	dang2	wait
那款	naa5 fun2	that type of
點心	dim2 sam1	Dim Sum
給你	kap1 nei5	give (it) to you

2. Have a think, what do you do that shows you are growing up? For each one you can say – colour in a thumbs up sign.

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- (7) 每個人成長的速度不同，我們應該怎樣面對？ mui5 go3 jan4 sing4 coeng4 dik1 cuk1 dou6 bat1 tung4 ngo5 mun4 jing3 goi1 zam2 joeng6 min6 deoi3 ?
Everyone develops at a different pace, how should we deal with this?

1. How are the children in the picture (with the red arrow) dealing with the speed of their growing up process?

厘米	lei4 mai5	centimetres
比... 長高	bei2 ... coeng4 gou1	grown taller than...
去年	heoi3 nin4	last year
昨天	zok6 tin1	yesterday
掉了	diu6 liu5	lost, dropped
牙齒	ngaa4 ci2	a tooth
還沒	waan4 mut6	still not
開始	hoi1 ci2	started to
換牙	wun6 ngaa4	change teeth
每個人	mui5 go3 jan4	everyone
只	zi2	only
早晚	zou2 maan5	early or later
不同	bat1 tung4	not the same

2. If, while growing up, we have questions or concerns, what can we do?

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長大了	coeng4 daai6 liu5	grown up
身體	san1 tai2	body
長高了	coeng4 gou1 liu5	grown taller
乳齒	jyu5 ci2	milk teeth
開始	hoi1 ci2	started to
脫落	tyut3 lok6	drop out

長出	coeng4 ceot1	growing
恆齒	hang4 ci2	permanent teeth
能力	nang4 lik6	capabilities
也	jaa5	also
有進步	jau5 zeon3 bou6	have progress
會	wui2	can/will
照顧	ziu3 gu3	look after
自己	zi6 gei2	myself
關心	gwaan1 sam1	take care of
別人	bit6 jan4	other people
每個人	mui5 go3 jan4	each person, everyone
成長	sing4 coeng4	development
速度	cuk1 dou6	speed
都	dou1	all
不同	bat1 tung4	different
要	jiu3	must
接納	zip3 naap6	accept
不要	bat1 jiu3	do not
與…比較	jyu5 ...bei2 gaau3	compare with...