

今日常識新領域

一年級

General Studies

Primary 1 Book 2

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CHAPTER 3

衛生好習慣

wai6 saang1 hou2 zaap6 gwaan3

Good hygiene habits

Quizlet flashcards for the key vocabulary (taken from the green box at the bottom of page 16) can be found here:

https://quizlet.com/_96qgcn?x=1qqt&i=2f4qkn

Page 17

為什麼要注意個人衛生? wai4 sam6 mo1 jiu3 zyu3 ji3 go3 jan4 wai6 saang1?
Why do we need to pay attention to personal hygiene?

1. Read the stories below, is 子佳 zi2 gaai1 paying attention to his personal hygiene? Why?

還沒	waan4 mut6	still not
洗手	sai2 sau2	washed (your) hands
很餓	han2 ngo6	hungry
骯髒	ngong1 zong1	dirty
洗澡	sai2 zou2	have a bath/shower
刷牙	caat3 ngaa4	brush teeth
睡了	seoi6 liu5	gone to sleep

2. 子佳 zi2 gaai1's life habits might bring about what consequences?

怎樣清潔雙手？ zam2 joeng6 cing1 git3 soeng1 sau2?
How to wash your hands?

1. Inspect your hands, are you doing the following actions? If you are doing, put a tick in the box.

指甲	zi2 gaap3	finger nails
不藏	bat1 cong4	not concealing
污垢	wu1 gau3	dirt
修剪	sau1 zin2	trimmed, clipped
整齊	zing2 cai4	tidy
雙手	soeng1 sau2	both hands
清潔	cing1 git3	clean

2. When should we wash our hands? Say the reason.

進食	zeon3 sik6	have a meal, eat
前	cin4	before
如廁	jyu4 ci3	use the toilet
後	hau6	after
打噴嚏	daa2 pan3 tai3	sneeze
勤	kan4	diligently
疾病	zat6 beng6	illness
走	zau2	goes away

3. Below is the correct way to wash your hands. Do you wash your hands like this?

弄濕	nung6 sap1	make wet
雙手	soeng1 sau2	both hands
加入	gaa1 jap6	add
適量	sik1 loeng6	appropriate amount of
洗手液	sai2 sau2 jik6	liquid soap
揉搓	jau4 caai1	rub
至	zi3	until

起泡	hei2 paau3	makes bubbles, it froths
洗擦	sai2 caat3	wash and rub
最少	zeoi3 siu2	at least
秒	miu5	seconds
沖	cung1	rinse off
泡沫	paau3 mut3	the bubbles
洗淨	sai2 zing6	wash clean
抹乾	mut3 gon1	wipe dry

Green Box at the bottom of page 18

雙手	soeng1 sau2	both hands
要	jiu3	need to
經常	ging1 soeng4	frequently
保持	bou2 ci4	keep
清潔	cing1 git3	clean
上洗手間	soeng5 sai2 sau2 gaan1	when you go to the toilet
接觸	zip3 zuk1	come in contact with
污物	wu1 mat6	dirty objects
必須	bit1 sei1	must
洗手	sai2 sau2	wash hands

Page 19

正確的刷牙方法是怎樣的? zing3 kok3 dik1 caat3 ngaa4 fong1 faat3 si6 zam2 joeng6 dik1? What is the correct way to brush your teeth?

1. Why do we need to brush our teeth in the morning and at night?
2. How do you brush your teeth? Is your way of brushing your teeth correct?

牙刷	ngaa4 caat3	tooth brush
斜放	ce4 fong3	put at an angle (not straight on)
牙齒	ngaa4 ci2	tooth
牙齦	ngaa4 han2	gum
在...和..之間	zoi6 ...zi1 gaan1	between... and ...
上下排	soeng5 haa6 paai4	top and bottom rows (of teeth)
刷	caat3	brush

前後	cin4 hau6	front and back
來回	loi4 wui4	to and fro
移動	ji4 dung6	movement
門牙	mun4 ngaa4	incisors – front teeth
時	si4	when...
直放	zik6 fong3	put it straight
牙面	ngaa4 min6	the surface of the tooth
咬合	ngaau5 hap6	the bite, top surface of the teeth, the bit you chew with
面上	min6 soeng6	on the surface

3. What else can you do to keep your teeth healthy?

Green Box on Page 19

愛護	ngoi3 wu6	cherish, look after
牙齒	ngaa4 ci2	teeth
早晚	zou2 maan5	morning & night
刷	caat3	brush
養成	joeng5 sing4	foster
刷牙	caat3 ngaa4	teethbrushing
好習慣	hou2 zaap6 gwaan3	good habits

Page 20

怎樣保持身體清潔? zam2 joeng6 bou2 ci4 san1 tai2 cing1 git3?
How to keep your body clean?

1. What is the procedure for washing your hair? Write the numbers 2 to 6 in the correct order inside the bubbles.

洗頭	sai2 tau4	Wash head - we say: wash your hair
擠出	zai1 ceot1	squeeze out
適量	sik1 loeng6	the appropriate amount of
洗髮水	sai2 faat3 seoi2	shampoo
弄濕	nung6 sap1	to wet , make wet
頭髮	tau4 faat3	the hair
抹乾	mut3 gon1	wipe dry
沖洗	cung1 sai2	rinse
乾淨	gon1 zing6	clean
輕	hing1	gently

按	on3	press
頭皮	tau4 pei4	the scalp
幾分鐘	gei2 fan1 zung1	for a few minutes
梳理	so1 lei5	brush or comb

Page 21

2. When you are washing your face, which parts do you have to pay special attention to clean? Circle them.

洗臉 sai2 lim5 wash your face

3. Do you have a shower every day? Which parts of your body will pay special attention to cleaning?

洗澡 sai2 zou2 have a bath, shower

Green Box at the bottom of page 21.

我們	ngo5 mun4	we
要	jiu3	need to
保持	bou2 ci4	keep
身體	san1 tai2	body
清潔	cing1 git3	clean
每天	mui5 tin1	every day
洗臉	sai2 lim5	wash (our) face
洗澡	sai2 zou2	have a bath/ shower
和	wo4	and
頭髮	tau4 faat3	hair
清潔	cing1 git3	clean

Page 22

為什麼要保持衣物清潔？ wai4 sam6 mo1 jiu3 bou2 ci4 ji1 mat6 cing1 git3?
Why do we have to keep our clothes clean?

1. Are your clothes clean? Have a look at the classmate sitting next to you, if they've done it well fill in the stars with colour. How many stars can you get?

校服	haau6 fuk6	school uniform
鞋子	haai4 zi2	shoes
手帕	sau2 paak3	handkerchief
襪子	mat6 zi2	socks

2. What is harmful about wearing clothes that are not clean?
3. How can we keep clothes clean?

Green Box at the bottom of page 22.

注意	zyu3 ji3	pay attention to
個人	go3 jan4	individual, personal
衛生	wai6 saang1	hygiene
有助	jau5 zo6	helpful for
保持	bou2 ci4	keeping
身體	san1 tai2	the body
健康	gin6 hong1	healthy
每天	mui5 tin1	every day
要	jiu3	need to
洗臉	sai2 lim5	wash our face
刷牙	caat3 ngaa4	brush our teeth
並	bing6	and also
頭髮	tau4 faat3	hair
衣物	ji1 mat6	clothes
清潔	cing1 git3	clean