

今日常識新領域

一年級

General Studies

Primary 1 Book 2

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CHAPTER 2

良好的姿勢

loeng4 hou2 dik1 zi1 sai3

Good posture

Quizlet flashcards for the key vocabulary in this chapter can be found here:

https://quizlet.com/_95mw95?x=1qqt&i=2f4qkn

This vocab. is taken from the green box at the bottom of page 10.

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我有姿勢不良的問題嗎？ ngo5 jau5 zi1 sai3 bat1 loeng4 dik1 man6 tai4 maa1?
Do I have a problem with bad posture?

1. The pictures below show children commonly seen examples of bad posture among children. See if you have this problem. Circle the answer.

是	si6	yes
否	fau2	no

經常	ging1 soeng4	often
垂下頭	seoi4 haa6 tau4	put head down
走路	zau2 lou6	walk
伏在	fuk6 zoi6	lean on
書桌	syu1 coek3	desk
常常	soeng4 soeng4	often
低頭	dai1 tau4	put head down

使用	sai2 jung6	using
平板電腦	ping4 baan2 din6 nou5	i-pad, tablet type of device
書包	syu1 baau1	school bag
太重	taai3 cung4	too heavy
所以	so2 ji5	so, therefore
彎身子	waan1 san1 zi2	bend body over

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良好的坐，立和走路的姿勢是怎樣的？ loeng4 hou2 dik1 co5 , lap6 wo4 zau2 lou6 dik1 zi1 sai3 si6 zam2 joeng6 dik1 ? What is good posture for sitting, standing and walking?

1. The spine is a pillar that supports the body, good posture helps keep the spine healthy. Try using your hand to touch the spine, what does it feel like?
2. Below are examples of good posture for sitting, standing and walking, try each one.

坐	co5	sit, sitting
腰	jiu1	waist
背	bui3	back
挺直	ting5 zik6	straighten
靠	kaau3	leaning against
椅背	ji2 bui3	the back of the chair
雙腳	soeng1 goek3	both feet
平放	ping4 fong3	place flat
在地上	zoi6 dei6 soeng5	on the floor
立	lap6	stand, standing
脊柱	zek3 cyu5	spine
正常	zing3 soeng4	normal
形狀	jing4 zong6	form, shape

3. In the picture whose posture is not good? Circle them and say why.

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頭	tau4	head
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抬起	toi4 hei2	raise
肩膀	gin1 bong2	shoulders
放平	fong3 ping4	lie flat
腰部	jiu1 bou6	waist area
挺直	ting5 zik6	straight
走路	zau2 lou6	walk, walking
微微	mei4 mei4	slightly
挺胸	ting5 hung1	with the chest straight, slightly sticking out
自然	zi6 jin4	naturally
擺動	baai2 dung6	swinging

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我們	ngo5 mun4	we
要	jiu3	must, need to...
注意	zyu3 ji3	pay attention to
坐	co5	sitting
立	lap6	standing
走路	zau2 lou6	walking
姿勢	zi1 sai3	posture
保持	bou2 ci4	keep
脊柱	zek3 cyu5	spine
健康	gin6 hong1	healthy

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良好的閱讀姿勢要怎樣的？ loeng4 hou2 dik1 jyut6 duk6 zi1 sai3 jiu3 zam2 joeng6 dik1 ? What is good posture for reading?

1. How will the bad reading postures shown below be bad for the body?
2. Is your reading posture good? Compare it with that of the classmate sat next to you.

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良好的操作電腦姿勢是怎樣的？ loeng4 hou2 dik1 cou1 zok3 din6 nou5 zi1 sai3 si6 zam2 joeng6 dik1 ? What is good posture for using a computer?

What do you need to pay attention to when using a computer? Circle the answer.

肩膀	gin1 bong2	shoulders
眼睛	ngaan5 zing1	eyes
屏幕	ping4 mok6	screen
距離	keoi5 lei4	distance
最少	zeoi3 siu2	at least
厘米	lei4 mai5	centimetres
腰背	jiu1 bui3	waist & back – lower back
挺直	ting5 zik6	straighten
彎曲	waan1 kuk1	curved
靠	kaau3	leaning against
椅子	ji2 zi2	the chair
鍵盤	gin6 pun4	keyboard
滑鼠	waat6 syu2	mouse (on a computer)
時	si4	when (when using the...)
手腕	sau2 wun2	wrist
保持	bou2 ci4	keep
平直	ping4 zik6	level
屈曲	wat1 kuk1	bent
雙腳	soeng1 goek3	both feet
交疊	gaau1 dip6	crossed
平放	ping4 fong3	Place flat, level

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Vocabulary as above.

“When reading and using a computer the posture should be correct.”

怎樣才是合適的書包？ zam2 joeng6 coi4 si6 hap6 sik1 dik1 syu1 baau1 ?
What is a suitable school bag?

1. Which type of school bag helps maintain good posture whilst walking? Circle the school bag.

式	sik1	type
單肩	daan1 gin1	single shoulder
雙肩	soeng1 gin1	both shoulder
拖拉	to1 laai1	pull along
手攜	sau2 kwai4	hand carry

2. If the school bag is too heavy it will influence the health of the spine. Is your school bag too heavy?

3. Which method will reduce the weight of your school bag?

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怎樣用良好的姿勢拿取物件？ zam2 joeng6 jung6 loeng4 hou2 dik1 zi1 sai3 naa4 ceoi2 mat6 gin6? How can you to pick things up using correct posture?

If you need to pick up or move the items below, which of these postures is better? In the circle draw a smiley face.

拿取	naa4 ceoi2	pick up
地上的	dei6 soeng5 dik1	on the ground
物件	mat6 gin6	things
重物	cung4 mat6	heavy things

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坐	co5	sitting
立	lap6	standing
和	wo4	and
走路	zau2 lou6	walking
時	si4	when
挺直	ting5 zik6	straighten
腰背	jiu1 bui3	back
閱讀	jyut6 duk6	reading
操作	cou1 zok3	using, operating
電腦	din6 nou5	computer

背書包	bui3 syu1 baau1	carrying a school bag (on your back)
拿取	naa4 ceoi2	pick up
物件	mat6 gin6	object, thing
也要	jaa5 jiu3	also need to
保持	bou2 ci4	keep, maintain
良好	loeng4 hou2	good
姿勢	zi1 sai3	posture