



2020-2021年度
P.3-4 家長會
(常識科)

常識科的課程(容易跟？難跟？)



容易跟進...

- 功課 (作業)
- 評估內容
- 與日常生活息息相關(地球、社區、天氣、香港的歷史...)
- YouTube或Google



山 / 山脈、海 / 海洋的分別？





世界第二高峰



登入

全部

地圖

圖片

新聞

影片

更多

設定

工具

約 74,700,000 項搜尋結果 (0.22 秒)

喬戈里峰 (Chhogori / Qogir) 為世界第二高峰，屬於喀喇崑崙山脈，位於巴基斯坦與中國邊界上，海拔8,611公尺，僅次於珠穆朗瑪峰。

[喬戈里峰- 維基百科，自由的百科全書 - Wikipedia](#)

<https://zh.wikipedia.org/zh-hk/喬戈里峰>

[進一步瞭解這項結果](#) [提供意見](#)

[世界高山列表- 維基百科，自由的百科全书](#)

<https://zh.wikipedia.org/zh-hk/世界高山列表>

世界海拔第一高峰珠穆朗瑪峰。以下是世界海拔高度排名前100位的山峰，全部位於亞洲，且多數是國土位於青藏高原的四個國家：中國、印度、尼泊爾、巴基斯坦境內的山脈，只列出在客觀標準下不屬於側峰的獨立山峰。 目录: 1 考慮因素; 2 地理分佈; 3 山峰列表; 4 枝叶图示; 5 注釋; 6 參見; 7 外部連結 ...

[考慮因素](#) · [地理分佈](#) · [山峰列表](#) · [注釋](#)



10 世界第二高峰 / 為什麼是K2 這個怪名字? <...
todayilearned.logdown.com



世界第二高峰乔戈里峰摄影图__自然风景...
nipic.com



世界第二高峰 / K2雪崩11...
epochtimes.com



肯考迪亞- Wikiwand
wikiwand.com



为什么人人都知道世界第一高珠穆朗玛峰，却...
bayingolin.cncn.com



世界第二高峰是哪座？科普世界前十高峰- 每日頭條
kknews.cc



世界第二高峰乔戈里峰摄影...
nipic.com



世界第二高峰——乔戈里峰_旅游_中国曙...
zgkashi.com



世界第二高峰K2旁冰河- 彷彿來到外星球@ 壹...
hurt633.pixnet.net



世界第二高峰新疆最高峰8611米- 每日頭條
kknews.cc



世界第二高峰是什么？中国的乔戈里峰(8611米...
soudid.com



K2 山峰, 世界第二高峰, 喀喇, P — 图库照...
cn.depositphotos.com



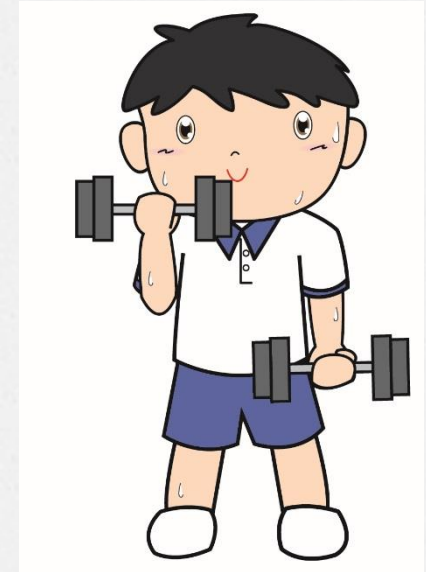
专稿：世界第二高峰K2，天...
sports.sina.com.cn



世界第二高峰乔戈里峰攀岩死亡率高达27%...
read01.com

常識科的功課有甚麼？

- 作業
- 自學工作紙
- 剪報工作紙
- 思維工作紙
- 溫習工作紙(評估周前)



自學工作紙

聖公會阮鄭夢芹銀禧小學
2019-2020 年度常識科自學工作紙(2)

姓名：_____ () 成績：_____

班別：五年級_____班 日期：_____

主題：第 2 冊(愛惜生命) 單元：單元一(活得健康)

課次：第 1 課(拒絕吸煙)

共通能力：研習能力、溝通能力、創造力、運用資訊科技能力、明辨性思考能力

1. 試寫出香煙中的一種有害物質。

2. 試寫出兩種因吸煙而引致的癌症。

A. _____

B. _____

自學工作紙

3. **多想一步**：為鼓勵煙民戒煙，香港政府近年推行「全煙害警示包裝」。試以大約 30 字解釋甚麼是「全煙害警示包裝」。

自學工作紙

✿ **思考題：**如果你被邀設計「全煙害警示包裝」，你會怎樣設計？

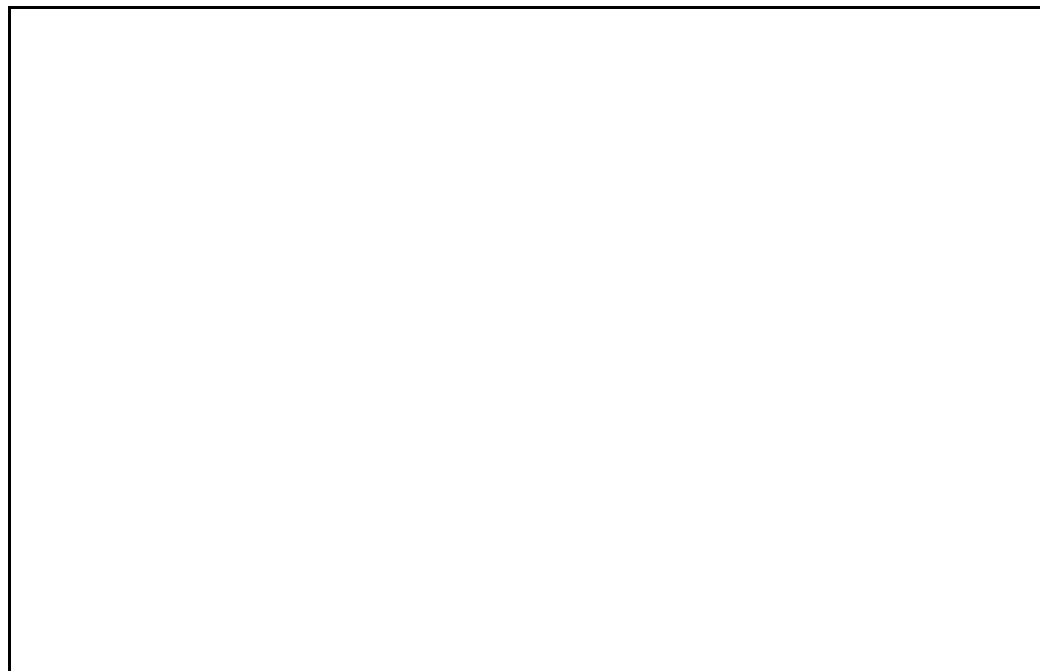
(請以句子和圖畫表達)

剪報工作紙(1)

學生指引：請從報章或網站選出一則新聞(環保/時事/政制等)，並寫下你的意見。

資料來源：_____

資料日期：_____



這一則新聞中帶出的訊息及我的意見：(三至四年級最少 50 字，五至六年級最少 80 字)



剪報工作紙(1)

- o 選取**合適**的新聞內容
(不要選一些看完自己也不明白的新聞內容)
- o 字數要求
- o 簡單描述新聞內容
- o 感想 / 感受
- o 建議 / 反思



剪報工作紙



以12歲之齡受前中國首富之子器重，或令小新家人相信「事業」比學業重要。（網上圖片）

剪報工作紙

三 晴報 SKY POST

晴報 SKY POST

放棄學業 全情投身打機直播
曾坐擁10萬觀眾 意氣風發

12歲仔輟學打機月賺3萬
4年後人氣下滑 電競夢碎

分享 f 消息 LINE 鏈接

下一篇 BB發高燒40度極品港媽懶理 拒帶兒子睇醫生拖足5日

剪報工作紙

改良拍賣理論 史丹福經濟學師徒獲諾獎

Twitter WhatsApp Facebook 讚好 11

A+ A- 圖文 圖文 圖文



圖1之1-米爾格龍（左圖）得悉獲獎後舉杯慶祝。右圖為威爾遜。（路透社）



【明報專訊】瑞典皇家科學院昨日（12日）公布本年度諾貝爾經濟學獎，由美國經濟學者米爾格龍（Paul R. Milgrom）及威爾遜（Robert B. Wilson）奪得，表揚他們改進拍賣理論和研發新的拍賣形式。二人將平分1000萬瑞典克朗（約875萬港元）獎金。

思維工作紙

聖公會阮鄭夢芹銀禧小學
二零二零年度六年級第一學期常識科思維工作紙

姓名：_____ ()

成績：_____

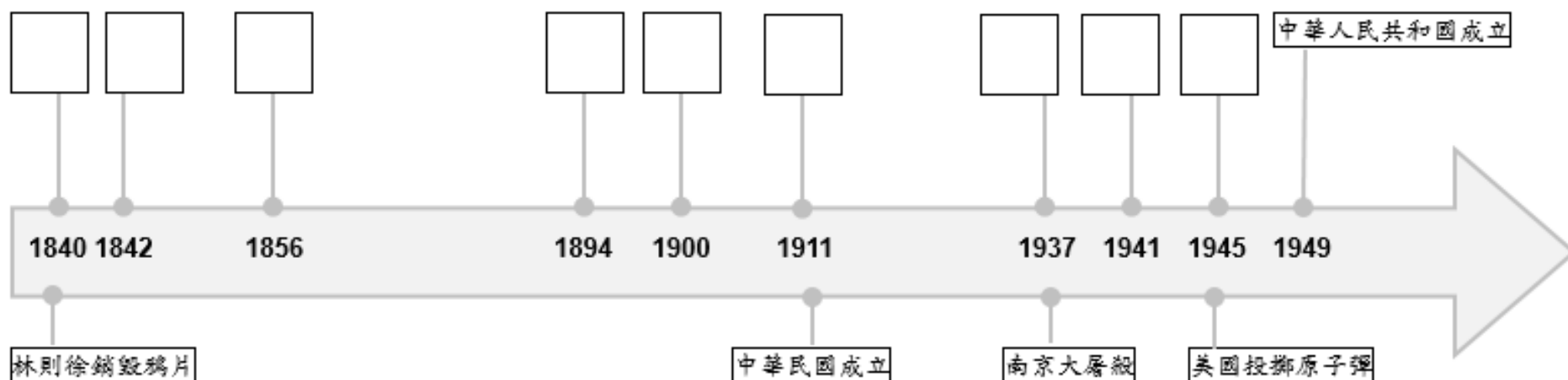
班別：_____

日期：_____

課題：第3冊 第1-3課

時間線(Timeline)：按發生的先後次序排列以下歷史事件，把答案的代表字母填在方格內。

- | | | | | |
|-----------|-----------|-----------|-----------|---------|
| A. 英法聯軍之役 | B. 辛亥革命 | C. 日本戰敗投降 | D. 中日甲午戰爭 | E. 鴉片戰爭 |
| F. 香港淪陷 | G. 簽訂南京條約 | H. 八國聯軍之役 | I. 盧溝橋事變 | |



剪報工作紙(1)

綠色先鋒

哥哥好郎抱著夏威夷小結他輕掃弦線，弟弟好剛則以手搖鼓伴奏，最後一個音符落下，兩人略顯靦腆。他們手製的樂器以及其他玩具均出自爸爸Norman之手，精緻得不像人手製作，更教人驚訝的是，這些玩具全由廢物再造而成。「以前咁玩具玩咗兩、三日就打入冷宮。」大概是不少香港小朋友的寫照，究竟這些環保玩具如何俘虜兩兄弟？ ■圖：吳啟偉／文：江湖楓

設計選材裝嵌 訓練孩子解難

男生的兒時玩具少不了玩具車及火車，好剛及好陽也不例外，於是啟發Norman製作首件環保玩具——「鞋盒停車場」，更吸引兒子落手創作，由玩家變成工程師。他表示，初期希望透過重用廢物製作玩具，讓兒子在家中學習STEM，明白升級再用的概念。三年以來，從設計、選材、拆件至裝嵌的過程中，他認為學習解難最為重要。

其實，自製環保玩具本來已是解難的一種，因為本地只有極少數人在做同樣的事，方向未明容易出錯。Norman為鼓勵兒子接觸音樂，更向難度挑戰，自製結他。然而，製作結他要考慮到音準與調音等問題，比造玩具更複雜。第一代小結他的共鳴箱使用了曲奇餅罐與朱古力盒，一大一小分別負責低音與高音，上方的魚尾夾則用來調音。他笑指，「試咗好多月餅罐，曲奇餅罐，先聽到啱啱嘅共鳴箱。」第二代結他的全木製外形極「文青」，由於音準受拉力影響，故他選用受拉力較重、能承托人體重量的木模模製作，再以密度高的木楔子固定弦線位置，弦線則取自棄置舊結他。

廢物拼湊玩具 促進親子交流

問到好郎最喜歡哪一件玩具，他的視線總趨結他，彈珠機等精美玩具，落在一件由紙皮、塑膠公仔、膠夾拼湊而成的玩具之上，與其他玩具相比，這件玩具顯得質樸，卻原來由他一手包辦。「由小朋友第一身參與造玩具，先知道需要咩嘢。」Norman曾任玩具設計師十多年，坦言以往設計玩具由市場主導，現在則與兒子有交流。一次他不小心丟掉兒子製作的玩具，害他們大吵大鬧，幸最終找回，自此他才懂得大人與小朋友眼中的「玩具」截然不同。「如果唔係，玩具就只係雜物。」

自創玩具

■由鋁罐製成的機械人，是Norman最喜歡的玩具角色。

自製結他 培養孩子音樂興趣

兒子的解難天賦，或許是從爸爸身上學習而來。Norman設計第一代小結他時，將四線換成兩線，並把十二音簡化為八音，令兒子較易上手。好剛知他所願，喜歡上夏威夷小結他，更是他教授的學生中，年紀最小，學習時間最短，自發性卻最高的一位。

因材施教 蝦條學字增滿足

玩具，打機一定影響學習？六歲

發揮想像力 水樽可變機械人

有土其其設計師常用水樽、果汁盒等廢物，再造成兒童玩具包，內有六十四件小型連接器、齒輪等配件，特別的是它不設說明或規則，讓小朋友重新定義日常物品，如水瓶可變成六臂機械人，鼓勵發揮創意及解難能力。

鼓勵自製玩具減浪費

該設計師成長於貧困地區，並無很多小朋友都未曾接觸玩具，為了鼓勵他們利用周圍的物品製作玩具，啟發他們造一件令小朋友製作無限玩具的工具。同時，這套工具包令有過多玩具的小朋友重新思

發揮想像力 水樽可變機械人

人主腦，連遊戲規則也是由成年人設定，甚至積木玩具也有預設完成品的模樣，阻礙小朋友的創意。因此，他的工具包故意不設說明或規則，任由小朋友發揮想像力。在初期測試中，一名想成為機械師的六歲女生，用水樽製作一架飛機，其他小朋友則用舊盒子製成唱歌機械人，或將水樽變成火箭等。

■外國有兒童不用設計說明或規則，朋友發揮想像力，創造無限可能。



剪報工作紙(1)

(3-4 年級最少 50 字，5-6 年級最少 80 字) 84字

自創玩具是利用廢物再造而成，例如：紙皮、紙張、紙盒、飲管、膠樽、樽蓋、竹籤等廢物而成的。例子：在日常生活中，很多人經常浪費膠樽，喝過飲料後便會把它丟進垃圾桶中，但是膠樽也可以製作成飛機或機械人呢！其實我認為自創玩具益處多，能節省金錢、發揮想像力和創意、促進親子交流和可以提升孩子解難能力。總括而言，自創玩具既能減少浪費金錢，也能夠培養孩子對環保的理念，真是一舉兩得呢！



剪報工作紙(1)

資料來源：香港01

資料日期：21-11-2018



食物及衛生局局長陳肇始指，季節性流感可引致嚴重疾病，除了長者、兒童及長期病患者等高危人士外，健康人士也可能因感染流感而引致嚴重併發症。她稱，接種疫苗是預防流感的最有效方法之一，鼓勵市民應盡早接種疫苗，預防感染流感及其併發症，減低相關入院和死亡風險。

陳肇始表示，衛生署今年推出「學校外展疫苗接種先導計劃」，派出外展隊到184間小學為學生接種流感疫苗，截至本月18日，約56,000學童透過先導計劃接種季節性流感疫苗。

季節性流感疫苗接種計劃 共接種 590,000 劑疫苗

她補充，截至本月18日，「政府防疫注射計劃」及「疫苗資助計劃」已分別接種約218,000及316,000劑季節性流感疫苗，連同先導計劃，政府推出的季節性流感疫苗接種計劃目前共接種了590,000劑疫苗，較2017/18季度同期增加接近53%。



剪報工作紙(1)

(3-4 年級最少 50 字，5-6 年級最少 80 字)

政府鼓勵不同年齡層的市民也應每年接種流感疫苗，今年更推出學校外展疫苗接種先導計劃」。我認為這項計劃不單有效地讓每一個學生能享有接種的機會，更減輕家長們不要四處找診所接種帶來的麻煩，盼望每年政府也推出此計劃。

同意！

我們學校也少了很多人
在流感季節生病呢！



剪報工作紙(2)

剪報：細閱剪報內容，然後回答問題。

肺炎成香港第三大疾病殺手 中年人應警惕

【本報專訊】11月12日為世界肺炎日，有香港專科醫生指出，肺炎是香港第三大疾病殺手，2011年共有6131人死於肺炎，差不多全部為45歲或以上人士，但很多中年人士卻未有意識到入侵性肺炎球菌疾病所帶來的重大風險。

呼吸系統科專科醫生表示，肺炎為僅次於癌症腫瘤和心臟病的香港第三大疾病殺手，在香港每10萬人便有7.7人患病，入侵性肺炎球菌疾病則有3.3人。他指出，今年以來香港已有多宗感染肺炎球菌死亡個案。他又指出，肺炎球菌一般由飛沫或口腔接觸直接傳播，因此地鐵和巴士等屬於高風險傳染的地方。當細菌擴散至人體呼吸系統時，有可能引起肺炎、中耳炎和鼻竇炎，如果擴散至血液，更可引致致命的腦膜炎、腹膜炎和心膜炎等。他建議市民應接受疫苗注射，並經常洗手，保持個人衛生。

由於肺炎是香港三大疾病之一，政府免費為嬰幼兒注射肺炎球菌結合疫苗，成功降低5歲以下兒童的感染率，但50歲以上市民則無資助。專科醫生表示，要確保每個家庭對入侵性肺炎球菌的防護，政府應同時為50歲或以上的市民提供免費注射肺炎球菌疫苗。

明報 2012 年 11 月 7 日

1. 肺炎球菌可經由甚麼途徑傳播？

2. 肺炎球菌可引致甚麼疾病？試舉其中兩種。

3. 試寫出香港頭兩大疾病殺手？

4. 為甚麼於2011年死於肺炎者大都是45歲或以上人士？

5. 除了注射疫苗外，我們在日常生活中可以做甚麼減少患上呼吸系統疾病的機會？試舉出一項。



難跟進...?

◦ 評估(時事題)

◦ 英文常識



英常

1 Unit 1 / Smart Eating Food and Nutrients

1 What nutrients are in food?

1. Why do we need to know what nutrients are in food?



營養資料	每 100 毫升
Nutrition Information	Per 100mL
熱量/Energy	69 千卡/kcal
蛋白質/Protein	3.2 克/g
脂肪總量/Fat, total	3.9 克/g
- 飽和脂肪/Saturated fat	2.6 克/g
- 反式脂肪/Trans fat	0 克/g
碳水化合物/Carbohydrate	5.2 克/g
- 糖/Sugars	5.2 克/g
鈉/Sodium	42 毫克/mg
鈣/Calcium	110 毫克/mg
維他命 A/Vitamin A	120 國際單位/100g I.U.
維他命 D/Vitamin D	0.8 微克/μg
維他命 E/Vitamin E	2.10 毫克/100g mg

2. There are five major groups of nutrients in food. Read the label on the milk carton. What nutrients are there? Put a ✓ in the correct ☐.

- ☐ Protein ☐ Carbohydrates
☐ Fat ☐ Minerals (e.g. calcium)
☐ Vitamins



Note

There are five major groups of nutrients in food. They are carbohydrates, fat, protein, vitamins and minerals.

2 Why should we eat food that is rich in carbohydrates?

1. Which two food items in this table are the highest in carbohydrates?

Food (per 100 g)					
Carbohydrates (g)	6.5	0.0	0.0	28.6	46.0

Source: Centre for Food Safety website, HKSAR Government

2. According to the food pyramid, which group do the two food items highest in carbohydrates belong to?
3. Carbohydrates supply us with much of the energy we need. Which of these activities uses the most energy? Which uses the least? Write 1–5 in the ☐ Worksheet (1 = the most).



Life Link

Appendix Worksheet

What are 'calories' and how are they related to energy? How many calories are there in common food and drinks?

Appendix 1

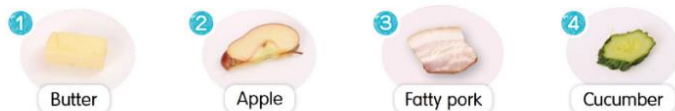
英常

3 What food is rich in fat? What is the use of fat?

1. Do the experiment to find out which food item contains fat.

Design of Experiment

Filter paper turns translucent when it touches fat. Put these food items on four pieces of filter paper. Remove them after five minutes. Dry the filter paper and observe the changes.



Prediction Butter / Apple / Fatty pork / Cucumber will turn the filter paper translucent.

Experiment Follow the steps in 'Design of Experiment'.

Results Butter / Apple / Fatty pork / Cucumber turned the filter paper translucent.

Conclusion Butter / Apple / Fatty pork / Cucumber contain(s) fat.

2. What other food items are rich in fat?

Salad dressing (per 100g)
Energy: 542 kcal
Fat: 57.85 g

Corn oil (per 100g)
Energy: 886 kcal
Fat: 100 g

Source: Centre for Food Safety website, HKSAR Government

3. How does the human body use fat?

Note

_____ and _____ provide much of the energy we need for our daily activities.



Dietician

4 What are the uses of protein?

1. These food items are rich in protein. Which food groups do they belong to? Put a ✓ in the correct ☐.



2. Read the information about protein. Which of these people need more protein? Put a ✓ in the correct ☐ and explain why.

Protein is needed to build and repair body tissues. It helps muscles grow. It provides energy and keeps the body functioning properly. A lack of protein may slow down body growth and weaken the immune system.



Dietician



Baby



Child



Teenager

Note

Protein is useful for:

- ☐ building and repairing body tissues
- ☐ body growth
- ☐ helping bowel movement
- ☐ providing energy

英常

5 What are the uses of vitamins?

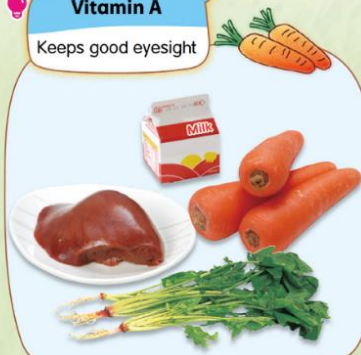


Animation

1. Food contains different vitamins such as vitamins A, B, C and D. What are their uses? What food items are rich in vitamins?

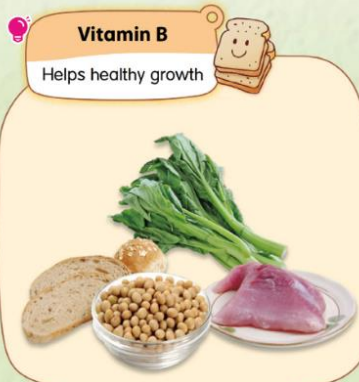
Vitamin A

Keeps good eyesight



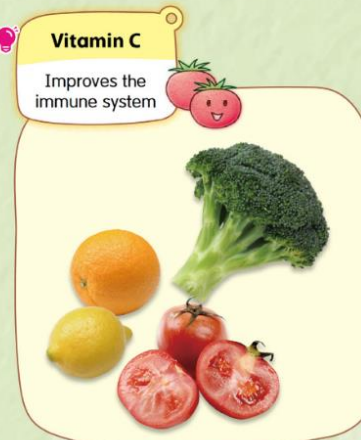
Vitamin B

Helps healthy growth



Vitamin C

Improves the immune system



Vitamin D

Keeps the bones and teeth healthy



2. Which vitamins can help these children with what they need? Write the answers on the ____.



Worksheet

1



I want healthy bones and teeth.

Vitamin ____

2



I want to prevent having dry eyes.

Vitamin ____

3



I'm often ill.
I want to improve my immune system.

Vitamin ____

Reading to Learn



Appendix

Read 'The Story of Vitamin C' to find out how the importance of vitamin C was discovered.

Appendix

3. Find out about one more type of vitamin online or from books. Write down its food source and uses, and tell your classmates about it.



Worksheet

Name	Food Source	Uses

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6 How do minerals help keep us healthy?

What minerals do these patients lack? Write the answers on the _____. From what food items can they get the minerals they need?

Calcium

Keeps the bones and teeth strong



Iron

Helps make red blood cells



Sodium

Keeps body fluids in balance and helps control muscle movement



1 I broke my leg in just a minor fall. I need a cane to walk.



You have weak bones because you lack _____. You need to have more milk products, beans, dark green leafy vegetables and salmon.

2 I often feel dizzy and tired.



This is because you lack _____. You should eat more meat, egg yolks, dark green leafy vegetables, beans and dried fruits.

Note

Taking in the right amount of _____ and _____ every day helps keep us healthy.

Life Link

Should we rely on dietary supplements for our daily vitamins and minerals intake? Why or why not?



7 Why do we need dietary fibre?



1. These food items are rich in dietary fibre. Which food groups do they belong to? Put a ✓ in the correct ☐.

☐ Milk products

☐ Grains

☐ Vegetables

☐ Meat

☐ Beans

☐ Fruits



Which group does white rice belong to? Is it rich in dietary fibre?

2. Read the article and answer the questions.

Not enough fibre leads to constipation

A survey found that over 85% of the respondents did not get enough dietary fibre. 70% of them had bowel problems in the past four weeks. Some even felt depressed. A dietician reminds people to take enough dietary fibre and drink plenty of water to keep the bowels healthy and moving.

Source: Extracted from a news article dated 12 June 2015

(1) What will happen if we do not get enough dietary fibre?

(2) How can we keep our bowels healthy and moving?

Note

_____ helps bowel movement. To prevent constipation, we should drink plenty of water and eat food rich in dietary fibre.

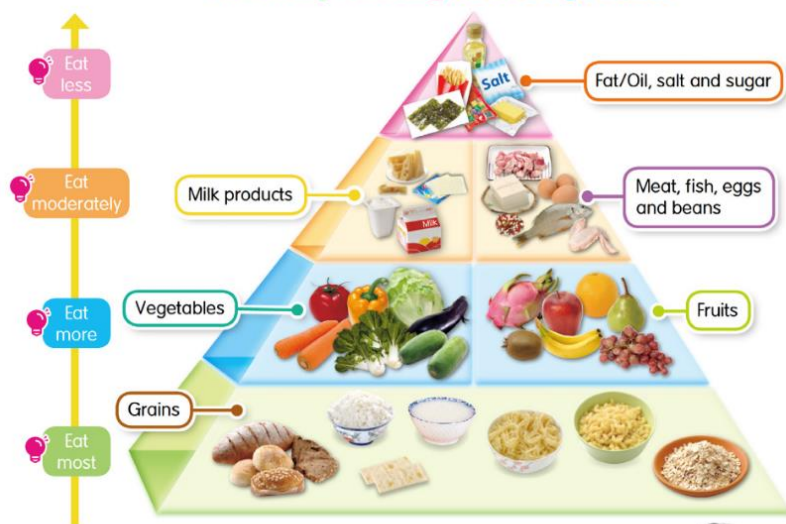
英常

8 Why is a balanced diet important?

Worksheet Worksheet PowerPoint

1. From what you have learned in this chapter, analyse why we should eat some kinds of food in the food pyramid more and others less.

Healthy Eating Food Pyramid



Drink 6–8 glasses of fluids every day, including water, milk and clear soup.

Grains are rich in ...

2. This boy likes eating fast food. Is he right? Why or why not?

Fast food is rich in carbohydrates and protein. It must be healthy!

3. Why should we keep a balanced diet? PowerPoint

Life Link



Did you take in enough nutrients today? Find out by using the 'Nutrition Label Widget' from the Centre for Food Safety.



Useful Link

Enter Nutrition Label Information:

Food: Fresh milk

Nutrition Label Information

Food reference amount: per 100g/mL

Energy: kcal

Protein: g

Total Fat: g

Summary

Revision PowerPoint

Five Major Groups of Nutrients

Different kinds of food provide the body with five major nutrients: carbohydrates, fat, protein, vitamins and minerals.

Carbohydrates and fat provide energy for our daily activities. Grains are rich in carbohydrates, while oil and meat are generally rich in fat. Protein is mainly for building and repairing body tissues. Milk products, meat, fish, eggs and beans are rich in protein. The main vitamins the body needs include vitamins A, B, C and D. The main minerals the body needs include calcium and iron. They keep us healthy.

Dietary Fibre

Dietary fibre helps bowel movement and prevents constipation. We should eat more grains, vegetables, fruits and beans.

Balanced Diet

We should have a balanced diet to get nutrients needed for healthy growth.

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Five Major Groups of Nutrients

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1 Food and Nutrients

Unit 1 Smart Eating









A Classifying What nutrients do these food items mainly provide? Write the correct letters in the . (The letters can be used more than once.)

Nutrients

Carbohydrates

Fat

Protein

A. 	B. 
C. 	D. 
E. 	F. 
G. 	H. 

E Fill in the blanks Write the correct answers on the _____.

1. Carbohydrates and fat provide _____ for our daily activities.


2. Protein is used to _____ and _____ body tissues.


3. Vegetables, fruits, beans and grains are rich in _____, which helps prevent constipation.


4. _____ are rich in carbohydrates and dietary fibre. We should eat more of them.

5. To maintain a healthy body, we should have a _____ by eating food with different nutrients.

C Identifying What vitamins can help these children with what they need? Write the correct answers in the .

1.  I want to maintain good eyesight. Vitamin

2.  I want to improve my immune system. Vitamin

3.  I want to keep my bones and teeth healthy. Vitamin


D Case study Analyse the case. Circle or write the correct answers on the _____. (There can be more than one answer.)

1. What mineral does Mr Chan lack?
 Iron / Calcium / Sodium

2. What kinds of food should he eat more?
 Meat / Beans / Milk products / Grains

3. Do you agree with Mr Chan? What would you advise him to do?
 I agree / do not agree with Mr Chan. I would advise him to _____.

My bone density is low and my bones break easily. I should take some supplements.

Mr Chan 

2

3

英常



Classifying

What nutrients do these food items mainly provide? Write the correct letters in the . (The letters can be used more than once.)

Nutrients



Carbohydrates



Fat



Protein

A.



B.



C.



D.



E.



F.



G.








H.



英常

 **Fill in the blanks** Write the correct answers on the _____.

-  1. Carbohydrates and fat provide _____ for our daily activities.
-  2. Protein is used to _____ and _____ body tissues.
-  3. Vegetables, fruits, beans and grains are rich in _____, which helps prevent constipation.
-  4. _____ are rich in carbohydrates and dietary fibre. We should eat more of them.
-  5. To maintain a healthy body, we should have a _____ by eating food with different nutrients.



英常

© Identifying

What vitamins can help these children with what they need?
Write the correct answers in the .

1.



I want to maintain good eyesight.

Vitamin



2.

I want to improve my immune system.



Vitamin



3.



I want to keep my bones and teeth healthy.

Vitamin



英常



Case study

Analyse the case. Circle or write the correct answers on the _____.
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1. What mineral does Mr Chan lack?

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Mr Chan

3. Do you agree with Mr Chan? What would you advise him to do?

💡 I agree / do not agree with Mr Chan. I would advise him to

💡 _____.

推行英文常識課程

- 銜接中學課程
- 學生英文水平不錯
- 六冊書的其中一冊
- 刪減部分中常內容
- 一個學期大約只教兩課



評估內容 (40分鐘)

供詞填充(P.1-3) / 填充 (P.4-6)、選擇題、填表、辨別、分類、配對、實驗題、短答、時事題、填圖、排序、剪報、情境題、思維題、問答

評估內容 (參考作業) (佔全卷不多於20%)

1

Unit 1 Smart Eating
Food and Nutrients









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💡 Carbohydrates

💡 Fat

💡 Protein

A.  C.  E.  G. 	B.  D.  F.  H. 
--	--

B Fill in the blanks Write the correct answers on the .


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2. Protein is used to and body tissues.

3. Vegetables, fruits, beans and grains are rich in , which helps prevent constipation.

4. are rich in carbohydrates and dietary fibre. We should eat more of them.

5. To maintain a healthy body, we should have a by eating food with different nutrients.



2

Unit 2 Smart Living
Health and Well-being

C Identifying What vitamins can help these children with what they need? Write the correct answers in the .



Vitamins



💡 Vitamin A



💡 Vitamin B

💡 Vitamin C

💡 Vitamin D

1.  I want to maintain good eyesight. Vitamin 

2.  I want to improve my immune system. Vitamin 

3.  I want to keep my bones and teeth healthy. Vitamin 


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💡 I agree / do not agree with Mr Chan. I would advise him to
💡

My bone density is low and my bones break easily. I should take some supplements.



Mr Chan

2
3

評估內容 (參考作業) (佔全卷不多於20%)

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 Carbohydrates

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評估內容 (參考作業) (佔全卷不多於20%)

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💡 _____

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Mr Chan



建議 / 心得

- 多和學生分享和經歷/經驗
- 多閱讀圖書
- 看報紙 / 睇新聞
- 今日常識老師講了甚麼
-



[illegible]