

# Knowledge Mat- Science – Y2 Keeping Healthy- Food/ Exercise

## 知識墊 - 科學 - 保持健康 - 食物/運動

### Subject Specific Vocabulary

<b>healthy</b> 健康	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep. 保持健康意味著做一些對身體有益的事情 比如吃營養食品、鍛煉、刷牙和獲得足夠的睡眠
<b>diet</b> 節食	Eating a balanced diet means choosing foods in the right amounts from each of the food groups .均衡飲食意味著從每個食物組中選擇適量的食物。
<b>exercise</b> 鍛煉	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly. 意味著通過跑步、散步和玩耍來保持身體健康。如果您鍛煉得當，您將需要感到喘不過氣來
<b>proteins</b> 蛋白	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds .蛋白質是一種食物，包括肉類，雞蛋，魚類，乳製品，堅果和種子。
<b>carbohydrates</b> 卡博伊特	Carbohydrates are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals. 碳水化合物是糖和澱粉，存在於澱粉類蔬菜，穀物，大米，麵包和穀物等食物中。
<b>fats</b> 脂肪	Fats are found in meat and other animal products, such as butter and cheese .脂肪存在於肉類和其他動物產品中，如黃油和乳酪
<b>nutrition</b> 營養	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues. 營養是身體通過將食物轉化為能量和身體組織來滋養自己的過程。
<b>survival</b> 生存	Survive usually means to succeed in keeping alive against odds 生存通常意味著成功地生存下來
<b>hygiene</b> 衛生	Taking care of our body by being clean and making sure we don't smell. 通過清潔來照顧我們的身體，並確保我們沒有氣味。

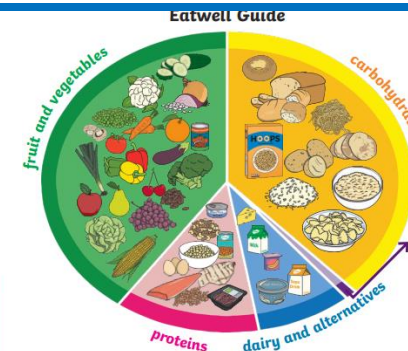
### Knowledge

- To stay alive humans, need, water, food and air.
- Being active and exercising keeps our body healthy.
- To be healthy we must eat the right types of food and the right amounts.
- It is important to keep clean and wash regularly.

### 知識

- 為了活下去，人類、需求、水、食物和空氣
- 積極鍛煉可以保持身體健康
- 為了健康，我們必須吃正確類型的食物和適量的食物
- 保持清潔並定期清洗很重要

To be healthy we need...  
為了健康，我們需要...



healthy eating  
健康飲食



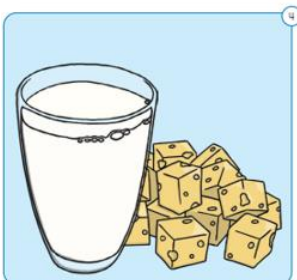
Protein  
蛋白



Fruit  
水果



Vegetables  
蔬菜



dairy (milk)  
乳、香精



Water  
水

exercise  
鍛煉



Being active and **exercising** keeps our bodies and minds healthy.



hygiene  
衛生



staying alive  
為了活下去

To stay alive, we need...  
為了活下去，我們需要

air



空氣

water



水

food



食物