

附件四：

新北市111年度教師跨領域全英語授課教案設計  
(參考範例-課程實施後)

設計者 / 服務學校	新北市淡水區新市國小		
教案名稱	The Healthy Meals	領域	英語跨(綜合、健體)領域
教學年級：國小__三__年級	預計課程上使用之英語比例： 80 % (使用英語比例係指教師以英語授課之時間佔總授課時間之比率)		
學生人數：__33__人	教學總節數：__3__節	預計公開授課內容為第__1__節	
預計公開授課之時間： __111__年__11__月__11__日 __11__時__10__分至__12__時__0__分 (第__4__節課)	預計公開授課之地點： 新北市__淡水__區__新市__國小 ____304__教室	預計公開授課之教師： 姓名：____連美郁____ 服務學校：__淡水區新市國小 專長領域：__英語__	

核心素養	總 綱	A2 系統思考與解決問題 A3 規劃執行與創新應變
	領 綱	綜-E-A2 探索學習方法，培養思考能力與自律負責的態度，並透過體驗與實踐解決日常生活問題。 健體-E-A3 具備擬定基本的運動與保健計畫及實作能力，並以創新思考方式，因應日常生活情境。
學習重點	學習表現	【綜合】 2c-II-1 收集與整理各類資源，處理個人日常生活問題。 【健體】 1a-II-2 了解促進健康生活的方法。 2b-II-2 願意改善個人的健康習慣。 【英語文】 4-II-6 能依圖畫、圖示填寫簡單字詞。 4-II-7 能正確使用大小寫及簡易的標點符號。 5-II-3 能以正確的發音及適切的速度朗讀簡易句型的句子。 5-II-6 能運用所學的字母拼讀規則讀出英文字詞。 6-II-2 積極參與各種課堂練習活動。 6-II-3 樂於回答老師或同學所提的問題。



	<p>healthy food and unhealthy food and encourages students to share more food about certain group.</p> <ul style="list-style-type: none"> <li>• Teacher give examples and asks Students the food belongs to the certain group or not.</li> </ul> <p>2. Healthy food and unhealthy food</p> <ul style="list-style-type: none"> <li>• Teacher shows two different types of meals on PPT and asks students which meal do they like to eat and why they choose that meal.</li> <li>• Teacher shows more food pictures to lead students think about they are healthy food or happy food.</li> <li>• Teacher introduces the concept of "unhealthy food".</li> </ul> <p>3. Healthy food and Happy food traffic light</p> <ul style="list-style-type: none"> <li>• Each student gets a set of green and red chips.</li> <li>• Teacher shows the pictures of different food and asks students think and show the chips.</li> <li>• Students show green chips, if they think the food is healthy food. They shows red chips, if they think the food is happy food.</li> </ul> <p><b>【統整與總結】</b></p> <p>Post-task</p> <p>I. My food choices</p> <ul style="list-style-type: none"> <li>• Teacher gives students the worksheets, and asks students to write the words in the correct plates.</li> <li>• Students think about they want to eat healthy food or unhealthy food, and why.</li> </ul>	<p>12'</p> <p>6'</p>	<p>PPT flash cards</p> <p>PPT worksheet (Appendix A)</p>	<p>unhealthy food.</p> <ul style="list-style-type: none"> <li>•I'm going to order lunch on Food Panda.</li> <li>•Can you choose one meal for me?</li> <li>•Which meal do you like? Why?</li> <li>•Is chicken healthy food or happy food?</li> <li>•Are French fries healthy food or happy food?</li> <li>•"Happy Food" is high in fat, sugar, or salt.</li> <li>•Happy food is bad for you.</li> <li>•Healthy food is good for you.</li> <li>•Everyone will get a bag of chips.</li> <li>•What color is it?</li> <li>•Is this happy food or healthy food?</li> <li>•Show me green, if you think it's" healthy food".</li> <li>•Show me red, if you think it's "unhealthy food".</li> <li>•Everyone gets a worksheet.</li> <li>•Is fried chicken healthy food or unhealthy food?</li> <li>•Please write it on the plate of unhealthy food.</li> <li>•Do you like to eat healthy food or unhealthy food? Why?</li> <li>• Please share your ideas next lesson.</li> </ul>
<p>第二節</p>	<p><b>【引起動機】</b></p> <p>Pre-task</p> <p>I. Greeting</p> <ul style="list-style-type: none"> <li>• Teacher greets the students and makes sure students are ready for the class.</li> <li>• Teacher goes through the agenda with students.</li> </ul> <p>2. Review healthy food and unhealthy food..</p> <ul style="list-style-type: none"> <li>• Teacher invites students to talk about what are healthy food and unhealthy food.</li> </ul> <p><b>【發展活動】</b></p> <p>Main-task</p> <p>I. Food groups in Healthy Eating Pyramid</p> <ul style="list-style-type: none"> <li>• Teacher shows an empty Healthy Eating Pyramid on the PPT, and encourage students to discuss the food groups and the corresponding</li> </ul>	<p>10'</p> <p>10'</p>	<p>PPT</p> <p>PPT</p>	<ul style="list-style-type: none"> <li>•Let's review the healthy food and unhealthy food.</li> <li>• What are healthy food?</li> <li>• What are unhealthy food?</li> <li>• What are they unhealthy?</li> <li>• What shape do you see?</li> <li>• How many spaces are there?</li> <li>•Let's say" healthy eating pyramid".</li> <li>•Where do the food groups go?</li> </ul>

	<p>positions.</p> <ul style="list-style-type: none"> <li>• Teacher asks students to put the flash cards of food groups on the position they talked about.</li> <li>• Teacher shows the correct answer of the Healthy Eating Pyramid.</li> </ul> <p>2. Let's talk about food groups!</p> <ul style="list-style-type: none"> <li>• Teacher explains the concept of food groups, and encourages students to share more food about certain group.</li> <li>• Teacher give examples and asks Students the food belongs to the certain group or not.</li> </ul> <p><b>【統整與總結】</b> Post-task</p> <p>1. Healthy eating pyramid for children</p> <ul style="list-style-type: none"> <li>• Teacher gives students the worksheets, and asks students to fill in the blanks.</li> <li>• Students need to draw food that belongs to different food groups in the pyramid.</li> </ul>	<p>10'</p> <p>10'</p>	<p>PPT bags of green and red chips</p> <p>PPT worksheet (Appendix B)</p>	<ul style="list-style-type: none"> <li>• Think and talk to your partners.</li> <li>• Who can help me stick the card?</li> <li>• Why is the happy food at the top?</li> <li>• Why are the grains at the bottom?</li> <li>• The healthy eating pyramid shows the food we should eat.</li> <li>• Make sure you get a worksheet.</li> <li>• Write down the words, please.</li> <li>• Which food is (grains)? Draw it down.</li> </ul>
<p>第三節</p>	<p><b>【引起動機】</b> Pre-task</p> <p>1. Greeting</p> <p>Teacher greets the students and makes sure students are ready for the class.</p> <p>Teacher goes through the agenda with students.</p> <p>2 Review Healthy Eating Pyramid.</p> <ul style="list-style-type: none"> <li>• Teacher invites students to talk about what are the food groups.</li> <li>• Review the healthy eating pyramid, food groups in the corresponding positions.</li> </ul> <p>3. What do you have every day?</p> <ul style="list-style-type: none"> <li>• Teacher invites students to share what they have for breakfast, lunch, and dinner.</li> <li>• Teacher leads students to think about it's healthy food or happy food.</li> </ul> <p><b>【發展活動】</b> Main-task</p> <p>1. The healthy meals</p> <ul style="list-style-type: none"> <li>• Teacher shares the story that my family, Sally had a stomachache, and the doctor said she needs to eat healthy food.</li> <li>• Teacher gives students worksheets and asks students to design the healthy meals for Sally.</li> <li>• Teacher provides word banks, picture dictionaries, and i-Pads for students in needs.</li> </ul> <p>2. Check the healthy eating pyramid.</p> <ul style="list-style-type: none"> <li>• Students check the meals they designed if they're</li> </ul>	<p>10'</p> <p>25'</p>	<p>PPT</p> <p>PPT worksheet (Appendix C)</p>	<ul style="list-style-type: none"> <li>• What do you have for (breakfast)?</li> <li>• Are burgers healthy food or happy food?</li> <li>• My daughter had a stomachache.</li> <li>• The doctor said she needs to eat healthy food.</li> <li>• I don't know what to do.</li> <li>• I need your help.</li> <li>• Please design three healthy meals for Sally.</li> <li>• You can write and draw pictures.</li> <li>• You can come here to check the picture dictionaries.</li> <li>• You can use i-Pads to google the words, too.</li> <li>• Do your meals include all the healthy food?</li> <li>• Check your healthy eating</li> </ul>

<p>healthy according to the healthy eating pyramid.</p> <p>3. Write your healthy meals for Sally!</p> <ul style="list-style-type: none"> <li>• Students do the leveled writing worksheets according to their design.</li> <li>• The early-finishers can do anchor activities that teacher provides or free-reading.</li> </ul> <p><b>【統整與總結】</b></p> <p>1. I try the meals for Sally!</p> <ul style="list-style-type: none"> <li>• Teacher encourages students to put the healthy meals into practice, and try to have the meals on the weekend.</li> <li>• After trying out, students can think about their design is healthy or not and write "My reflection".</li> </ul> <p>2. Homework</p> <ul style="list-style-type: none"> <li>• Students can draw the pictures or cut and stick the pictures from the DM that they collect from the supermarkets or magazines to complete the worksheets.</li> </ul>	5	<p>pyramid if your design has the food groups.</p>
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**附錄 (學習單或其他教學相關資料)**

**Appendix A:**

Write and draw

Class \_\_\_\_\_ No \_\_\_\_\_ Name \_\_\_\_\_

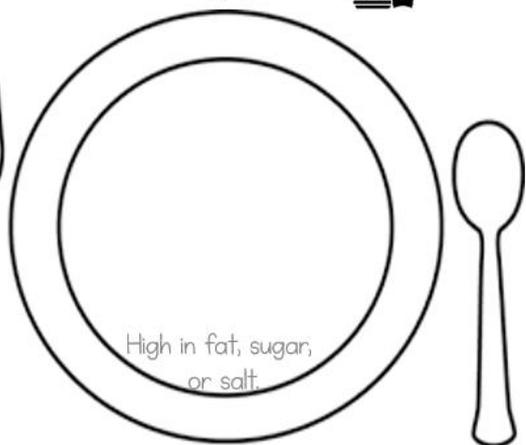
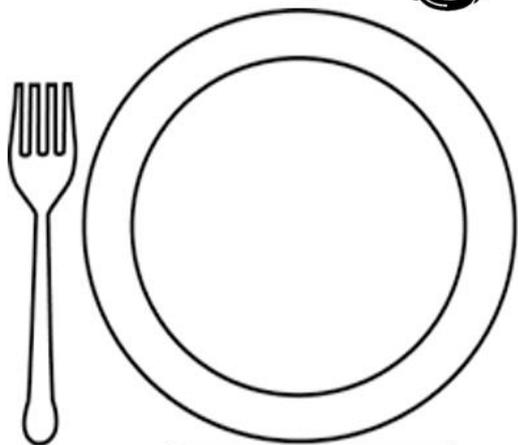
Healthy food and Happy food



rice / chips / bananas / milk / donuts / candy / vegetables / soda / burgers / chicken

Healthy food 

Happy food 



They're  good  
 bad for me.

They're  good  
 bad for me.

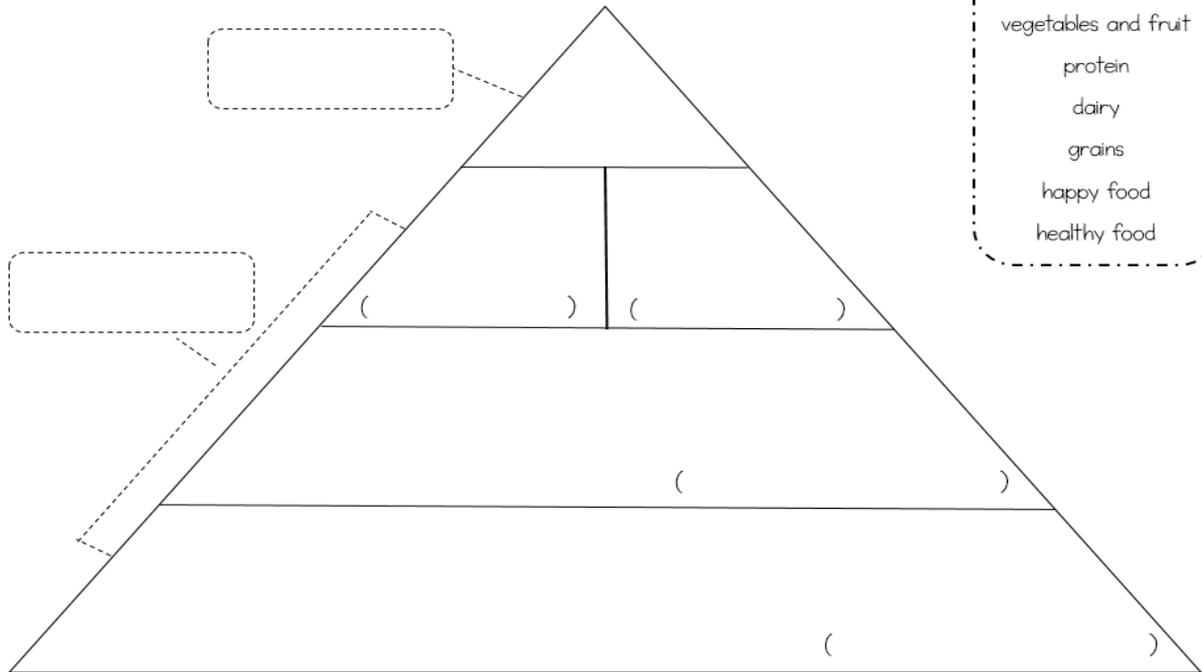
I want \_\_\_\_\_ Because \_\_\_\_\_

**Appendix B:**

Write and draw

Class \_\_\_\_\_ No \_\_\_\_\_ Name \_\_\_\_\_

Healthy Eating Pyramid for Children



**Appendix C:**

Write and draw

Class \_\_\_\_\_ No \_\_\_\_\_ Name \_\_\_\_\_

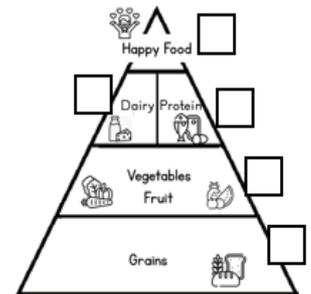
Part 1: Please design healthy three meals.

Part 2: Do you have healthy three meals. Please check(✓).

My Healthy Three Meals



Breakfast 	Lunch 	Dinner 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Part 3: Please write about your healthy three meals.

Part 4: How do you feel after you try the meals? 請試試自己所設計的菜單完成一日三餐，並且和我們分享你的感受!

Hi, I'm \_\_\_\_\_

For breakfast, I have \_\_\_\_\_ and \_\_\_\_\_

For lunch, I have \_\_\_\_\_ and \_\_\_\_\_

For dinner, I have \_\_\_\_\_ and \_\_\_\_\_

My three meals are \_\_\_\_\_

They're ( good / bad ) for me.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_