

教案設計

服務學校	新北市重慶國中	設計者	張詩豔(英語)
領域/科目	語文/英語、科技/資訊科技、健體/健教、藝文/視覺藝術、表演藝術	實施年級	七、八年級
單元名稱	食在板橋	總節數	至少 6 節課
行動載具作業系統	<input type="checkbox"/> Android 系統 <input checked="" type="checkbox"/> Chrome 系統 <input checked="" type="checkbox"/> iOS 系統 <input checked="" type="checkbox"/> Windows 系統		
設計依據			
學習重點	學習表現	1. 經由課程了解食物六大類營養素，認識板橋滷味夜市美食，學會健康飲食。 2. 創作滷味夜市美食相關繪本，代表班級參賽。	核心素養 英-J-A2 英-J-B1 英-J-B2 英-J-C2 英-J-C3 科-J-A2 健體-J-A2 藝-J-A3 藝-J-B2
	學習內容	1. 藉由因材網影片資源以及 epic 線上圖書平台相關繪本了解食物六大類營養素。 2. 觀看繪本創作歷程簡報與讀者劇場比賽影片觀摩學習	
議題融入	實質內涵	閱 J9 樂於參與閱讀相關的學習活動，並與他人交流。 科 J6 具有正確的科技價值觀，並適當的選用科技產品。	
	所融入之學習重點	英語：5-IV-2 Ae-IV-8 資訊科技：運 p-IV-2 資 H-IV-2	
與其他領域/科目的連結	科技領域(資訊科技)、健體領域(健教)、藝文領域(視覺藝術、表演藝術)		
教材來源	翰林版 B2U4 How Much Flour Do You Need? 翰林版 B4U1 The Steak Looks Yummy		
教學設備/資源	iPad、電腦		
使用軟體、數位資源或 APP 內容	因材網影片資源 Healthy Eating, Healthy Diet、epic 線上圖書平台繪本 What's on My Plate?、Kahoot、網路讀者劇場比賽影片。		
學習目標			
1. 學生了解因材網和食物金字塔相關的影片內容。 2. 閱讀 epic 線上圖書平台相關繪本，了解食物六大類營養素。 3. 評估滷味夜市美食所包含的營養素，創作滷味夜市美食相關繪本。			

教學活動設計

教學活動內容及實施方式	時間 (分鐘)	使用軟體、數位資源或 APP 內容
<p>(第一節課)</p> <p>1. 引起動機： 讓學生觀看因材網影片 6-III-6-06-06 Healthy Eating，了解食物六大類營養素，6-III-4-05-03 Healthy Diet，了解食物金字塔內容。</p> <p>2. 發展活動： 教師讓學生四人一組討論影片內容，書寫學習單。</p> <p>3. 總結活動： 檢討影片內容學習單，訂正答案。</p>	<p>20 (20)</p> <p>15 (35)</p> <p>10 (45)</p>	<p>因材網影片資源</p> <p>學習單</p> <p>學習單</p>
<p>(第二節課)</p> <p>1. 引起動機： 讓學生觀看 epic 線上圖書平台繪本 What's on My Plate? 瞭解食物營養素。</p> <p>2. 發展活動： 教師讓學生四人一組討論繪本內容，書寫閱讀理解學習單。</p> <p>3. 總結活動： 教師讓學生玩 Kahoot 進行閱讀理解測驗活動。</p>	<p>15 (15)</p> <p>15 (30)</p> <p>15 (45)</p>	<p>epic 線上圖書平台繪本 What's on My Plate?</p> <p>學習單</p> <p>Kahoot</p>
<p>(第三節課)</p> <p>1. 引起動機： 介紹板橋滷味夜市的美食，讓學生上網搜尋相關資訊。</p> <p>2. 發展活動： 發下滷味夜市美食學習單，讓學生討論所包含的營養素。</p> <p>3. 總結活動： 引導學生如何選擇兼具美味與健康的飲食。</p>	<p>15 (15)</p> <p>20 (35)</p> <p>10 (45)</p>	<p>學習單</p>
<p>(第四節課)</p> <p>1. 引起動機：</p>		

<p>帶讀與夜市美食相關的繪本~ Welcome to Taiwan。</p>	15 (15)	繪本 Welcome to Taiwan
<p>2. 發展活動： 教師讓學生四人一組討論繪本內容，書寫閱讀理解學習單。</p>	15 (30)	學習單
<p>3. 總結活動： 教師讓學生玩 Kahoot 進行閱讀理解測驗活動。</p>	15 (45)	Kahoot
(第五節課)		
<p>1. 引起動機： 教師以簡報說明繪本創作歷程，包含哪些階段與內容。</p>	10 (10)	繪本創作歷程簡報
<p>2. 發展活動： 教導學生進行滄雅夜市主題繪本創作，書寫相關的學習單。</p>	20 (30)	學習單
<p>3. 總結活動： 學生依循教師的指導完成繪本創作。</p>	15 (45)	
(第六節課)		
<p>1. 引起動機： 學生的繪本作品進入市賽，引導學生運用「讀者劇場」的方式參與複賽，帶學生觀摩相關影片。</p>	10 (10)	網路讀者劇場比賽影片
<p>2. 發展活動： 教導學生如何將繪本故事改寫成讀者劇場劇本。</p>	20 (30)	繪本
<p>3. 總結活動： 教師教導學生進行讀者劇場排練，並錄製影片參賽。</p>	15 (45)	讀者劇場劇本



說明：學生觀看因材網的影片資源，書寫學習單。



說明：學生觀看 epic 線上圖書平台繪本 What's on My Plate?, 書寫學習單。



說明：學生玩繪本閱讀理解 Kahoot。

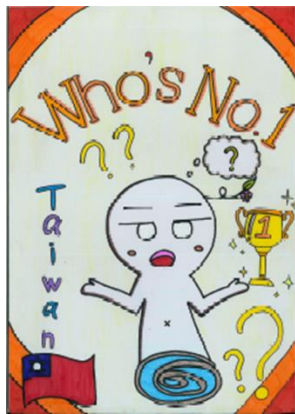


說明：學生書寫板橋滷味夜市美食營養素學習單。

教學
成果



說明：學生進行英文繪本創作。



說明：學生的英文繪本作品獲選參加新北市英文繪本複賽。



說明：學生排練讀者劇場。



說明：學生參加新北市英文繪本複賽獲得佳績。

<p>教學心得 與省思</p>	<p>課程設計構想：帶著學生從七下開始實施這個課程，引導學生觀看因材網和食物金字塔相關的影片以及閱讀 epic 線上圖書平台相關繪本，了解食物六大類營養素；書寫學習單並且運用 Kahoot 進行閱讀理解測驗競賽。讓學生練習評估板橋滷味夜市美食所包含的營養素，書寫學習單，以學習挑選對健康有益的食物。學生也學習創作與板橋滷味夜市相關的繪本，以讀者劇場的方式代表班級參賽。</p> <p>課程實施心得：學校智慧學習社群每一年所實施的跨領域主題式課程都很生活化，結合在地特色與資源，讓學生們能更多瞭解家鄉的美好，並將在地文化對外分享以發揚光大，讓更多人能夠接觸並實際體驗，我覺得這樣的學習活動十分有意義。</p> <p>課程實施省思：希望我們的社群能繼續實施課程的活化，整合在地特色與資源，發展永續實踐的課程，讓學生能落實於生活中，以達到「生活即教育，教育即生活」的理想。</p>
<p>參考資料</p>	<ol style="list-style-type: none"> 1. 因材網影片資源 Healthy Eating, Healthly Diet 2. epic 線上圖書平台繪本 What's on My Plate? 3. 網路讀者劇場比賽影片。
<p>附錄</p>	<p>學習單</p>

Book2 Unit4 How Much Flour Do You Need?

Alice Chang

Class:

No.:

Name:

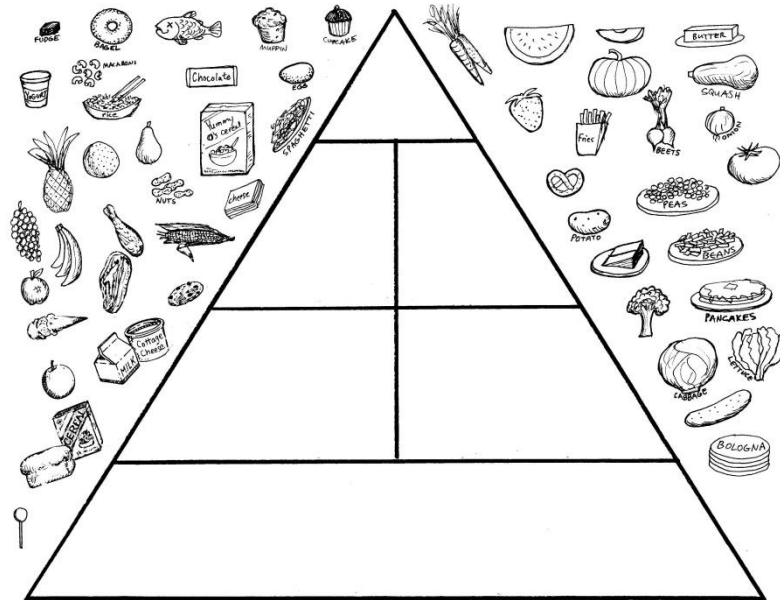
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★ 因材網影片學習單：《6-III-6-06-06 Healthy Eating》

一、Complete the Food Pyramid.

(a portion of food is the amount of food you usually eat at one time)

The Oil, Fat, and Sugar Group	The Protein Group	The Dairy Group	The Fruit Group	The Vegetable Group	The Grain Group
occasionally	3~4 portions	4 portions	3~4 portions	3~4 portions	6~ 11 portions



二、List the food that belongs to the main food groups. (list at least two items)

1. List the food that belongs to the oil, fat, and sugar group.

2. List the food that belongs to the protein group.

3. List the food that belongs to the dairy group.

4. List the food that belongs to the fruit group.

5. List the food that belongs to the vegetable group.

6. List the food that belongs to the grain group.

Book2 Unit4 How Much Flour Do You Need?

Alice Chang

Class:

No.:

Name:

Date:

★ 因材網影片學習單：《6-III-4-05-03 Healthy Diet》

一、Match : match the food to the right nutrients.

1. rice	2. noodles	3. lettuce	4. peas	5. chicken	6. fish
7. grapes	8. apple	9. bread	10. steak	11. ham	12. kiwi
13. candy	14. carrot	15. onion	16. pear	17. yogurt	18. milk

二、Choose the correct answer.

- Which nutrient does beef belong to?
(A) Protein. (B) Dairy. (C) Vegetables. (D) Grains.
- Which nutrient do bananas belong to?
(A) Dairy. (B) Grains. (C) Fruit. (D) Protein.
- Which nutrient do eggs belong to?
(A) Grains. (B) Fruit. (C) Protein. (D) Fat.
- Which nutrient does cheese belong to?
(A) Vegetables. (B) Fruit. (C) Grains. (D) Dairy.
- Which nutrient does tofu belong to?
(A) Protein. (B) Dairy. (C) Fruit. (D) Grains.



Book2 Unit4 How Much Flour Do You Need?

Alice Chang

Class:

No.:

Name:

Date:

★ 閱讀理解選擇：《What's on My Plate?》

1. What gives our bodies nutrients?
(A) Money. (B) Time. (C) Food. (D) Diseases.
2. _____ help people stay healthy.
(A) Cake (B) Candy (C) Cookies (D) Nutrients
3. There are _____ main food groups.
(A) five (B) four (C) three (D) two
4. Bananas and blueberries are _____.
(A) vegetables (B) fruits (C) protein (D) grains
5. How many grams of fruit should you eat every day?
(A) 150 to 225 grams. (B) 350 to 425 grams. (C) 50 to 75 grams.
(D) 500 to 650 grams.
6. Broccoli and peas are _____.
(A) fruits (B) vegetables (C) grains (D) protein
7. How many grams of vegetables should you eat every day?
(A) 100 grams. (B) 50 grams. (C) 225 grams. (D) 400 grams.
8. Wheat, oats, and rice are _____.
(A) protein (B) vegetables (C) fruits (D) grains
9. Brown rice is _____.
(A) whole grains (B) refined grains (C) fruits (D) vegetables
10. How many grams of grain foods should you eat every day?
(A) 42 grams. (B) 142 grams. (C) 342 grams. (D) 542 grams.
11. Meat and eggs have lots of _____.
(A) grains (B) vegetables (C) protein (D) fruits
12. _____ is good meat to eat.



(A) Beef (B) Pork (C) Mutton (D) Chicken

13. Nuts and beans have protein which comes from _____.

(A) plants (B) animals (C) earth (D) water

14. How many grams of high-protein foods do you need every day?

(A) 13 grams. (B) 113 grams. (C) 313 grams. (D) 513 grams.

15. Dairy foods have _____ which makes bones grow strong.

(A) calcium (B) fat (C) sugar (D) water

16. _____ is used to make yogurt and cheese.

(A) plants (B) milk (C) earth (D) water

17. How many milliliters of dairy do you need every day?

(A) 591 milliliters. (B) 91 milliliters. (C) 291 milliliters. (D) 391 milliliters.

18. Candy and soda have lots of _____.

(A) meat (B) sugar (C) protein (D) calcium

19. French fries and ice cream have lots of _____.

(A) fat (B) meat (C) vegetables (D) water

20. Besides dairy foods, _____ is/ are also a great way to get calcium.

(A) leafy green veggies (B) salt (C) tea (D) coffee

Book2 Unit4 How Much Flour Do You Need?

Alice Chang

Class:

No.:

Name:

Date:

★ 板橋滷雅夜市美食營養素學習單：Check out the nutrients that the street food has.



- fat, oil and sugar dairy
- protein vegetable
- fruit grain

(胖老闆旗魚黑輪→swordfish tempura)



- fat, oil and sugar dairy
- protein vegetable
- fruit grain

(好多味香腸→Taiwanese sausage with sticky rice)



- fat, oil and sugar dairy
- protein vegetable
- fruit grain

(蚵仔之家→oyster noodles)



- fat, oil and sugar dairy
- protein vegetable
- fruit grain

(楊記東山鴨頭→Dongshan duck head)



- fat, oil and sugar dairy
- protein vegetable
- fruit grain

(麥木瓜牛奶→papaya milk)



fat, oil and sugar dairy

protein vegetable

fruit grain

((眼鏡仔豬血湯→pig's blood soup)



fat, oil and sugar dairy

protein vegetable

fruit grain

(王記好吃麻油雞→sesame oil chicken soup)



fat, oil and sugar dairy

protein vegetable

fruit grain

(許記藥膳食補之家→ribs stewed in medicinal herbs)



fat, oil and sugar dairy

protein vegetable

fruit grain

(板橋小籠包→xiaolongbao)



fat, oil and sugar dairy

protein vegetable

fruit grain

(懷念排骨酥湯→crispy spare rib soup)

Book4 Unit1 The Steak Looks Yummy (Worksheet)

Class:

No.:

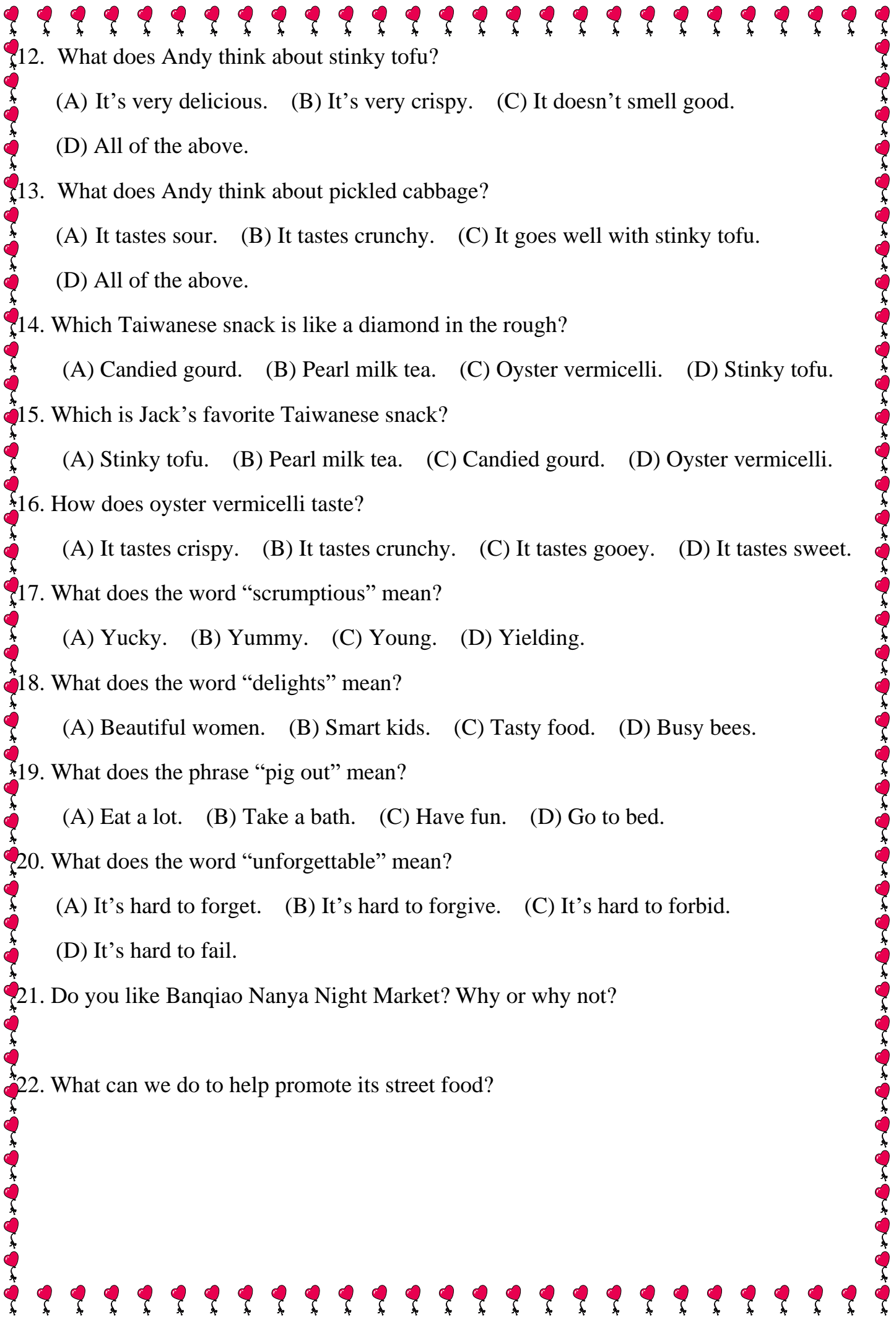
Name:

Date:

Alice Chang

★ 閱讀理解選擇：《Welcome to Taiwan!》

1. Who is the main character in “Welcome to Taiwan!”?
(A) Jack. (B) Andy. (C) Judy. (D) Amy.
2. Andy is an exchange student from _____.
(A) The UK. (B) The USA. (C) Canada. (D) Japan.
3. Who is interested in everything in Taiwan, especially the food?
(A) Amy. (B) Jack. (C) Andy. (D) Judy.
4. Who comes from Taiwan?
(A) Andy. (B) Amy. (C) Judy. (D) Jack.
5. Who took Andy to the night market?
(A) Jack. (B) Judy. (C) Amy. (D) Angela.
6. What Taiwanese snack did Andy see in the night market?
(A) Pearl milk tea. (B) Candied gourd. (C) Stinky tofu. (D) All of the above.
7. Which Taiwanese snack smells strange to Andy?
(A) Candied gourd. (B) Pearl milk tea. (C) Oyster vermicelli. (D) Stinky tofu.
8. Which Taiwanese snack is made of fermented tofu that’s deep fried?
(A) Stinky tofu. (B) Pearl milk tea. (C) Candied gourd. (D) Oyster vermicelli.
9. Stinky tofu usually comes with _____.
(A) Pickled cabbage. (B) Sweet and salty sauce. (C) Chili sauce. (D) All of the above.
10. The most famous stinky tofu is from _____.
(A) Pinglin. (B) Shengkeng. (C) Wulai. (D) Jiufen.
11. Why is the tofu of Shengkeng so famous?
(A) Because the water in Shengkeng is clean and contains no iron.
(B) Because the people there make tofu in the way of the ancients.
(C) Because the people there make tofu without adding plaster powder.
(D) All of the above.



12. What does Andy think about stinky tofu?
(A) It's very delicious. (B) It's very crispy. (C) It doesn't smell good.
(D) All of the above.
13. What does Andy think about pickled cabbage?
(A) It tastes sour. (B) It tastes crunchy. (C) It goes well with stinky tofu.
(D) All of the above.
14. Which Taiwanese snack is like a diamond in the rough?
(A) Candied gourd. (B) Pearl milk tea. (C) Oyster vermicelli. (D) Stinky tofu.
15. Which is Jack's favorite Taiwanese snack?
(A) Stinky tofu. (B) Pearl milk tea. (C) Candied gourd. (D) Oyster vermicelli.
16. How does oyster vermicelli taste?
(A) It tastes crispy. (B) It tastes crunchy. (C) It tastes gooey. (D) It tastes sweet.
17. What does the word "scrumptious" mean?
(A) Yucky. (B) Yummy. (C) Young. (D) Yielding.
18. What does the word "delights" mean?
(A) Beautiful women. (B) Smart kids. (C) Tasty food. (D) Busy bees.
19. What does the phrase "pig out" mean?
(A) Eat a lot. (B) Take a bath. (C) Have fun. (D) Go to bed.
20. What does the word "unforgettable" mean?
(A) It's hard to forget. (B) It's hard to forgive. (C) It's hard to forbid.
(D) It's hard to fail.
21. Do you like Banqiao Nanya Night Market? Why or why not?
22. What can we do to help promote its street food?



繪本故事《Who is No.1?》

P1. Amy and her family went to Banqiao Nanya Night Market. Amy saw a lot of delicious street food, and she was very excited. The tasty street food smelt so good. There were many street food stands on the street, and the street was crowded with people.

P2. Suddenly, Amy was stopped by all of the street food. They surrounded Amy, and started to talk. “Hey, lady, you are our one hundredth customer today. We want you to vote for the No.1 street food in this night market. Choose the best from us. We want to know who is No.1?” said all of the street food.

P3. “OK, I can do that. However, all of you should introduce yourselves first. Let me know what’s special in you.” said Amy interestedly. “That’s all right. We are going to introduce ourselves one by one.” said all of the street food obediently. All of the street food lined up, waiting for their own presentation.


P4. “Hello, everybody. I am candidate No.1, swordfish tempura. I am made of swordfish paste. There is a boiled egg inside me. You can eat with sweet chili sauce. I am yummy and nutritious. You should try once because I taste really good.” said swordfish tempura persuasively. “Therefore, vote for me, vote for me.”

P5. “Hello, everybody. I am candidate No.2, Taiwanese sausage with sticky rice. I am made of sausage and glutinous rice. Put the sausage inside the glutinous rice. I am very chewy. You can eat with shallots and garlic, or some coriander. It will taste better.” said Taiwanese sausage with sticky rice seriously. “Therefore, vote for me, vote for me.”

P6. “Hello, everybody. I am candidate No.3, oyster noodles. I am made of fresh oysters and oil noodles. I have a younger brother, oyster fritters, that is, fried oysters. We all taste very delicious. You can eat with coriander and pepper. It will taste yummier.” said oyster noodles talkatively. “Therefore, vote for me, vote for me.”

P7. “Hello, everybody. I am candidate No.4, Dongshan duck head. I am made of fried braised food. I taste very chewy and crispy. You can eat with shallots and garlic, or some pepper. They really go with fried braised food. You should try some, it’s really scrumptious.” said Dongshan duck head excitedly. “Therefore, vote for me, vote for me.”

P8. “Hello, everybody. I am candidate No.5, papaya milk. I am made of papaya and



milk. I taste sweet and smooth. You can drink with some sugar, and it will taste better. We make the papaya milk with the freshest fruit. Come try some and you won't regret it." said papaya milk confidently. "Therefore, vote for me, vote for me."

P9. "Hello, everybody. I am candidate No.6, pig's blood soup. I am made of pig's blood and intestines. I taste really chewy. You can eat with some shallots, and it will taste more delicious. We make the pig's blood soup with the freshest pig's blood and the cleanest intestines. You should try some, and it's really worthy." said pig's blood soup pleasantly. "Therefore, vote for me, vote for me."

P10. "Hello, everybody. I am candidate No.7, sesame oil chicken soup. I am made of stewed chicken with sesame oil. I smell really tempting. Do you want to try some? You can eat with some ginger and sweet chili sauce. It's really good to have a bowl of sesame oil chicken soup in the chilly winter. You will feel warmer after you eat it." said sesame oil chicken soup delightfully. "Therefore, vote for me, vote for me."

P11. "Hello, everybody. I am candidate No.8, ribs stewed in medicinal herbs. I am made of stewed ribs and medicinal herbs. I smell really special, right? You should try some. You will feel more energetic after you have it. It's really cozy to have a bowl of ribs stewed in medicinal herbs when you are tired." said ribs stewed in medicinal herbs cheerfully. "Therefore, vote for me, vote for me."

P12. "Hello, everybody. I am candidate No.9, xiaolongbao. I am made of steamed bun with pork stuffing inside. You can eat with some soy sauce. It will be more appetizing. Many Japanese like to eat xiaolongbao very much. They think it's very juicy and yummy. You can have a bite. Give it a try, and you will find its benefit." said xiaolongbao proudly. "Therefore, vote for me, vote for me."

P13. "Hello, everybody. I am candidate No.10, crispy spare rib soup. I am made of fried spare ribs with sesame oil. I taste crispy and chewy. You can eat with some sweet and chili sauce. It tastes really wonderful. It tastes more delicious when it's hot. Would you like to try some? You will want to have another bowl after you taste it." said crispy spare rib soup joyfully. "Therefore, vote for me, vote for me."

P14. "It's so hard to make a choice because you all have your own characteristics." said Amy hesitantly. "Pick me, pick me!" said all of the street food in the night market. "Hey, Amy, are you all right? Wake up!" said Amy's mother worriedly. "I had a weird dream. All of the street food in the night market came alive, and they wanted me to vote for the No.1." answered Amy. "Well, what's your choice?" asked Amy's mother. "Well, it's a secret, and I want to keep it to myself." said Amy mysteriously.



繪本故事《Who is No.1?》讀者劇場劇本

Narrator 1: Amy and her family went to Banqiao Nanya Night Market. Amy saw a lot of delicious street food, and she was very excited.

Narrator 2: Suddenly, Amy was stopped by all of the street food. They surrounded her and started to talk.

Street Food: Hey, lady, you are our one hundredth customer today. We want you to vote for the No.1 street food in this night market. Choose the best from us. We want to know who is No.1.

Amy: OK, I can do that. However, all of you should introduce yourselves first. Let me know what's special in you.

Street Food: That's all right. We are going to introduce ourselves one by one.

Narrator 1: All of the street food lined up, waiting for their own presentation.

Street Food 1: Hello, everybody. I am candidate No.1, swordfish tempura. I am made of swordfish paste. There is a boiled egg inside me. You should try once because I taste really good. Vote for me, vote for me.


Street Food 2: Hello, everybody. I am candidate No.2, Taiwanese sausage with sticky rice. I am made of sausage and glutinous rice. I am very chewy. Vote for me, vote for me.

Street Food 3: Hello, everybody. I am candidate No.3, oyster noodles. I am made of fresh oysters and oil noodles. I have a younger brother, oyster fritters, that is, fried oysters. We all taste very delicious. Vote for me, vote for me.

Street Food 4: Hello, everybody. I am candidate No.4, Dongshan duck head. I am made of fried braised food. I taste very chewy and crispy. You should try some, it's really scrumptious. Vote for me, vote for me.

Street Food 5: Hello, everybody. I am candidate No.5, papaya milk. I am made of papaya and milk. I taste sweet and smooth. Come try some and you won't regret it. Vote for me, vote for me.

Street Food 6: Hello, everybody. I am candidate No.6, pig's blood soup. I am made of



pig's blood and intestines. I taste really chewy. You should try some, and it's really worthy. Vote for me, vote for me.

Street Food 7: Hello, everybody. I am candidate No.7, sesame oil chicken soup. I am made of stewed chicken with sesame oil. I smell really tempting. It's really good to have a bowl of sesame oil chicken soup in the chilly winter. Vote for me, vote for me.

Street Food 8: Hello, everybody. I am candidate No.8, ribs stewed in medicinal herbs. I am made of stewed ribs and medicinal herbs. I smell really special, right? You should try some. You will feel more energetic after you have it. Vote for me, vote for me.

Street Food 9: Hello, everybody. I am candidate No.9, xiaolongbao. I am made of steamed bun with pork stuffing inside. You can have a bite. Give it a try, and you will find its benefit. Vote for me, vote for me.

Street Food 10: Hello, everybody. I am candidate No.10, crispy spare rib soup. I am made of fried spare ribs with sesame oil. I taste crispy and chewy. Would you like to try some? You will want to have another bowl after you taste it. Vote for me, vote for me.

Amy: It's so hard to make a choice because you all have your own characteristics.

Street Food: Pick me, pick me!

Amy's Mother: Hey, Amy, are you all right? Wake up!

Amy: I had a weird dream. All of the street food in the night market came alive, and they wanted me to vote for the No.1.

Amy's Mother: Well, what's your choice?

Amy: Well, it's a secret, and I want to keep it to myself.

The End