

健康饮食 Healthy eating

学习内容 Contents

沟通 Communication

说说食物

Talk about food

提供健康饮食的建议

Give suggestions on
healthy eating

生词 New words

★ 鸡蛋	egg
★ 三明治	sandwich
★ 蔬菜	vegetable
★ 米饭	rice
★ 饿	hungry
★ 饼干	biscuit
★ 巧克力	chocolate
★ 别	do not
薯条	potato chip
薯片	potato crisp
汉堡包	hamburger
冰淇淋	ice cream
这些	these

句式 Sentence patterns

多吃蔬菜、水果，多喝水。

Eat more vegetables and fruit. Drink more water.

别吃太多汉堡包。

Do not eat too many hamburgers.



文化 Cultures

汉字“菜”的演变

The evolution of the
Chinese character 菜

跨学科学习 Project

认识健康饮食，设计健康菜单

Learn about healthy diets and
design a healthy menu



Get ready

- 1 Do you enjoy eating?
- 2 What is your favourite food?
- 3 Do you think you have a healthy diet?

