

# 家長日

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PARENT TEACHER CONFERENCE

# 科任教師 TEACHER VINCENT

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- 加拿大英屬哥倫比亞大學
- 三年教學經驗





► I am a

Lion

Peacock

Kangaroo

Owl



個人特質探索 LPKO

L

P

K

O

1.



Red



Blue



Black



White

2.



Rice



Noodles



Bread



Cookie

3.



Milk



Water



Juice



Cola

4.



Run



Walk



Sit



Jump

# 二重國小 ERCHONG ELEMENTARY

- 認識營養標示
- 比較不同飲食

**ERCHONG ELEMENTARY**

My name is \_\_\_\_\_.

I am in class \_\_\_\_\_.

**ME**

1. What is my weight?	I think I am _____ kg, but I am _____ kg.
2. How many calories do I need in a day?	I think I need _____ cal, but I need _____ cal.

Food A: \_\_\_\_\_

Nutrition Facts		
Serving size	____ gram	
Serving per container	____ serving(s)	
	Amount per serving	Every 100 gram
Calories	_____ kcal	_____ kcal
Protein	_____ gram	_____ gram
Fat	_____ gram	_____ gram
Saturated Fat	_____ gram	_____ gram
Trans Fat	_____ gram	_____ gram
Carbohydrate	_____ gram	_____ gram
Sugar	_____ gram	_____ gram
Sodium	_____ gram	_____ gram

Food B: \_\_\_\_\_

Nutrition Facts		
Serving size	____ gram	
Serving per container	____ serving(s)	
	Amount per serving	Every 100 gram

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# FOOD AND HEALTH



# 工作經歷 WORK EXPERIENCE

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- 淡江高中附設小學部
- 東海大學附設小學部



感謝 再會

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THANK YOU GOODBYE