



我的身體好不好

生理福祉：

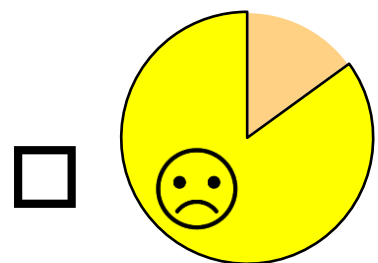
飲食

運動

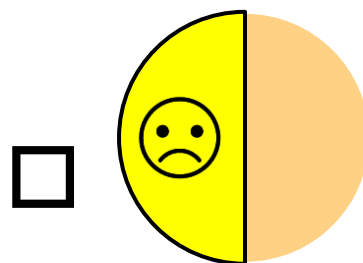
看醫生



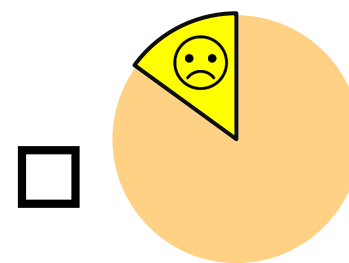
1.我的身體會不會痛？



常常會



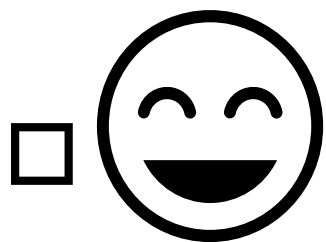
有時候



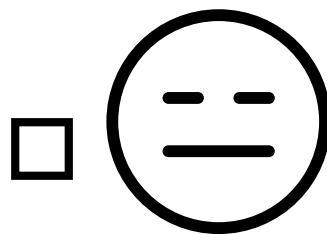
很少



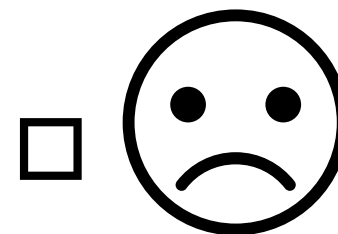
2.我喜歡自己的身體



喜歡



還好



不喜歡

連連看：吃太多對身體好不好



●水果



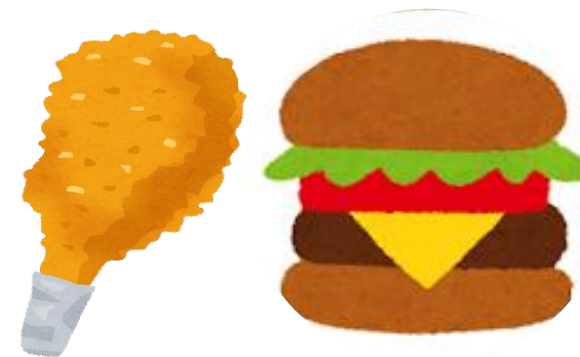
●香腸火腿



●蔬菜



●炸雞漢堡



連連看：吃太多對身體好不好



●牛奶



●可樂



●珍珠奶茶

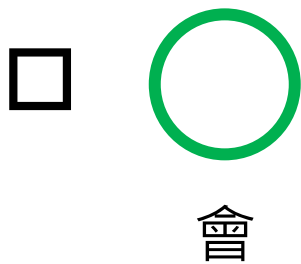


●白開水

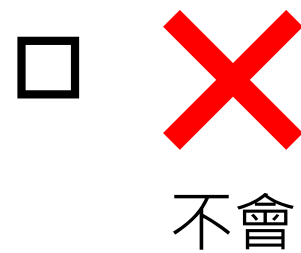




3.我會選對身體好的食物吃



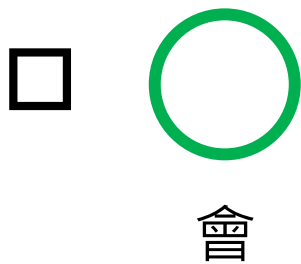
會



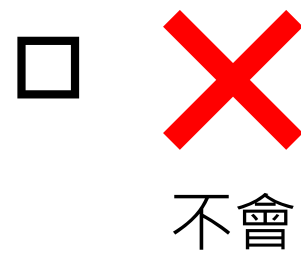
不會



4.我會去走路和做運動



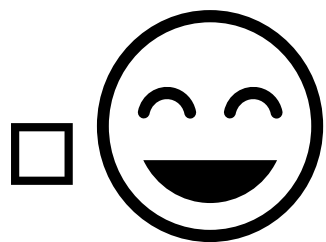
會



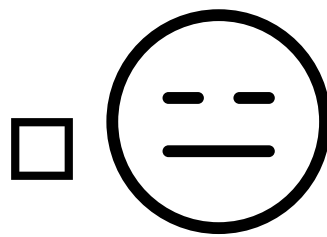
不會



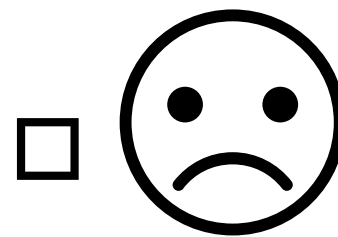
5. 樂朋護士帶我看醫生，
醫生、護士人好不好



好



還好



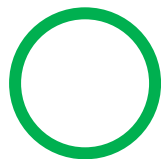
不好



6.看醫生時，

醫生有沒有跟我說

我生什麼病



☐有



☐沒有



7. 醫生跟我說生什麼病，

☐知道

☐不知道

我知道嗎