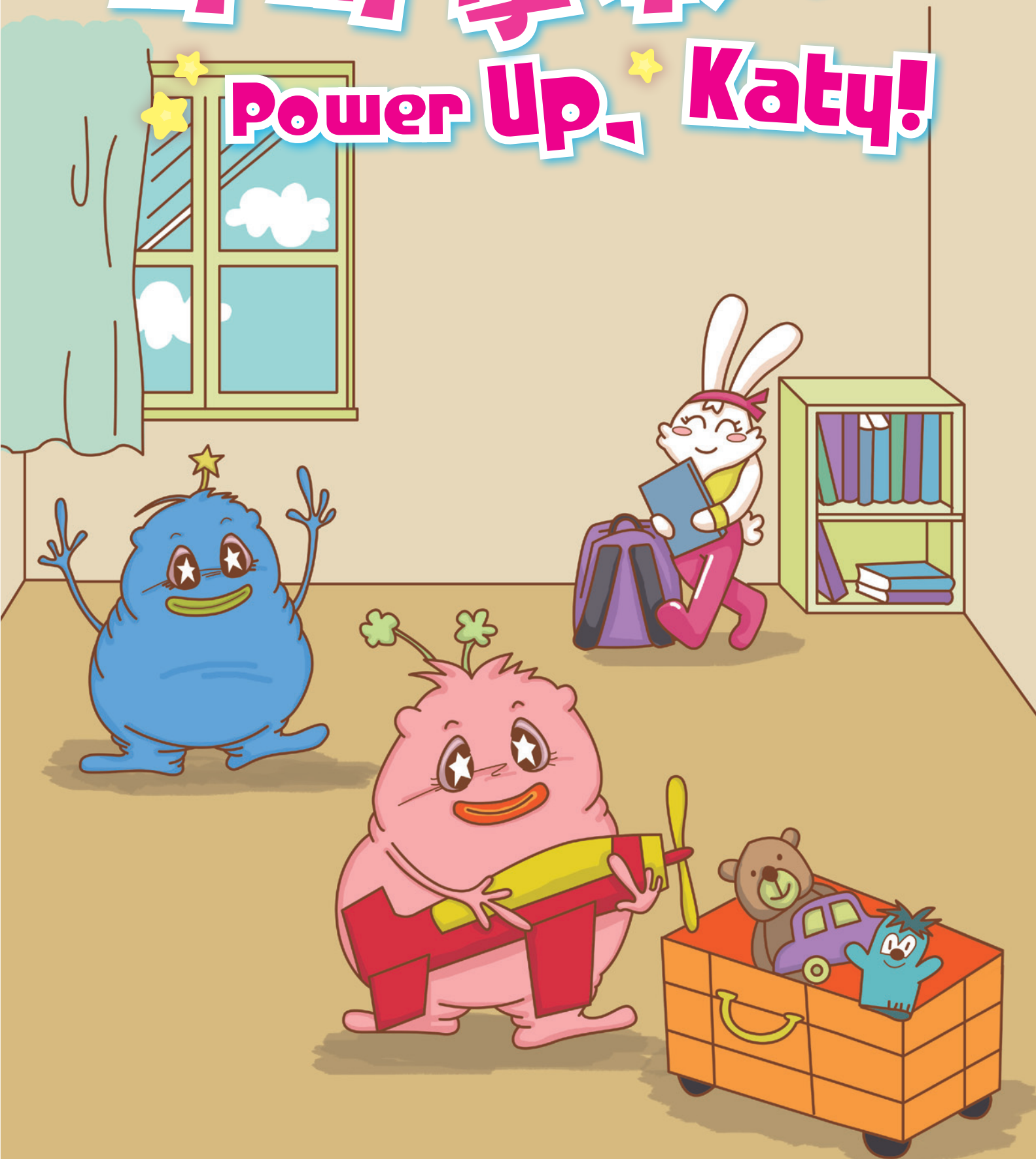
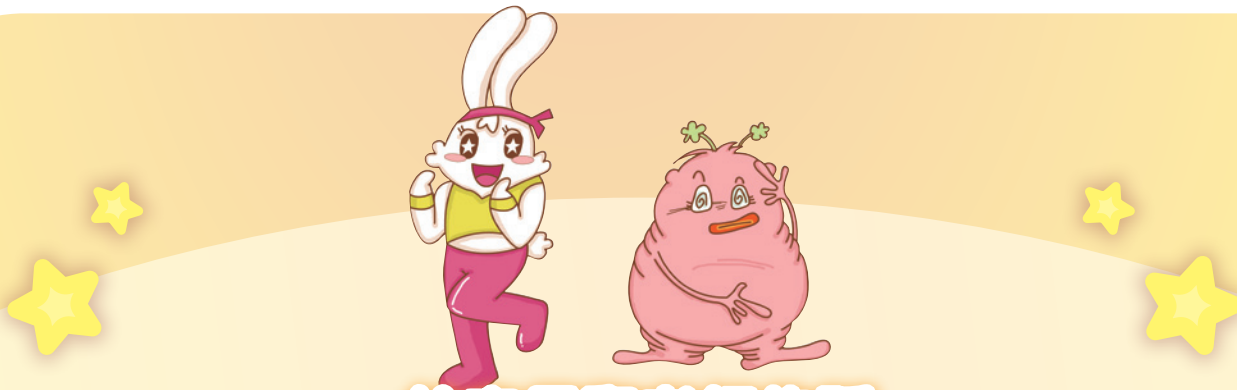


奇奇學本領

Power Up, Katy!





給家長和老師的話

「幼營喜動系列」故事圖書是衛生署「幼營喜動校園」計劃的其中一套健康教育刊物。首兩冊《蔬菜小超人任務》及《特特奇遇記》早前已經面世。最新一期《奇奇學本領》現隆重登場。

承接上冊故事主人翁「特特」於地球的奇遇，他的妹妹「奇奇」將於地球開展另一以「把體能活動融入生活」為主題的奇妙之旅！衛生署體能活動吉祥物「鍾意郁」亦會在本冊故事圖書中再次登場，向幼兒介紹如何在日常生活中增加體能活動量和提高自理能力。

家長和老師不妨跟幼兒一同閱讀圖書的內容，透過「奇奇」的經歷，鼓勵幼兒完成一件又一件她在故事中學會的事情，以加強與幼兒的互動和溝通，並提升幼兒的學習趣味。

編者

二零一四年十二月

To Parents and Teachers

The "StartSmart Series" is one of the health education material sets under the "StartSmart@school.hk" Campaign of the Department of Health. The first two storybooks — entitled *Vegetable Superkids' Mission* and *The Adventures of Teddy* — were published previously, and a new one entitled *Power Up, Katy!* is now available.

Continued from the preceding Teddy's adventure on Earth, Katy, sister of Teddy, will start another amazing adventure on Earth with the theme "incorporate physical activity in daily life"! The physical activity mascot of the Department of Health, "Sporty Bunny", will appear in this storybook again and teach children on how to increase the amount of physical activity in their daily lives and how to practise self-care.

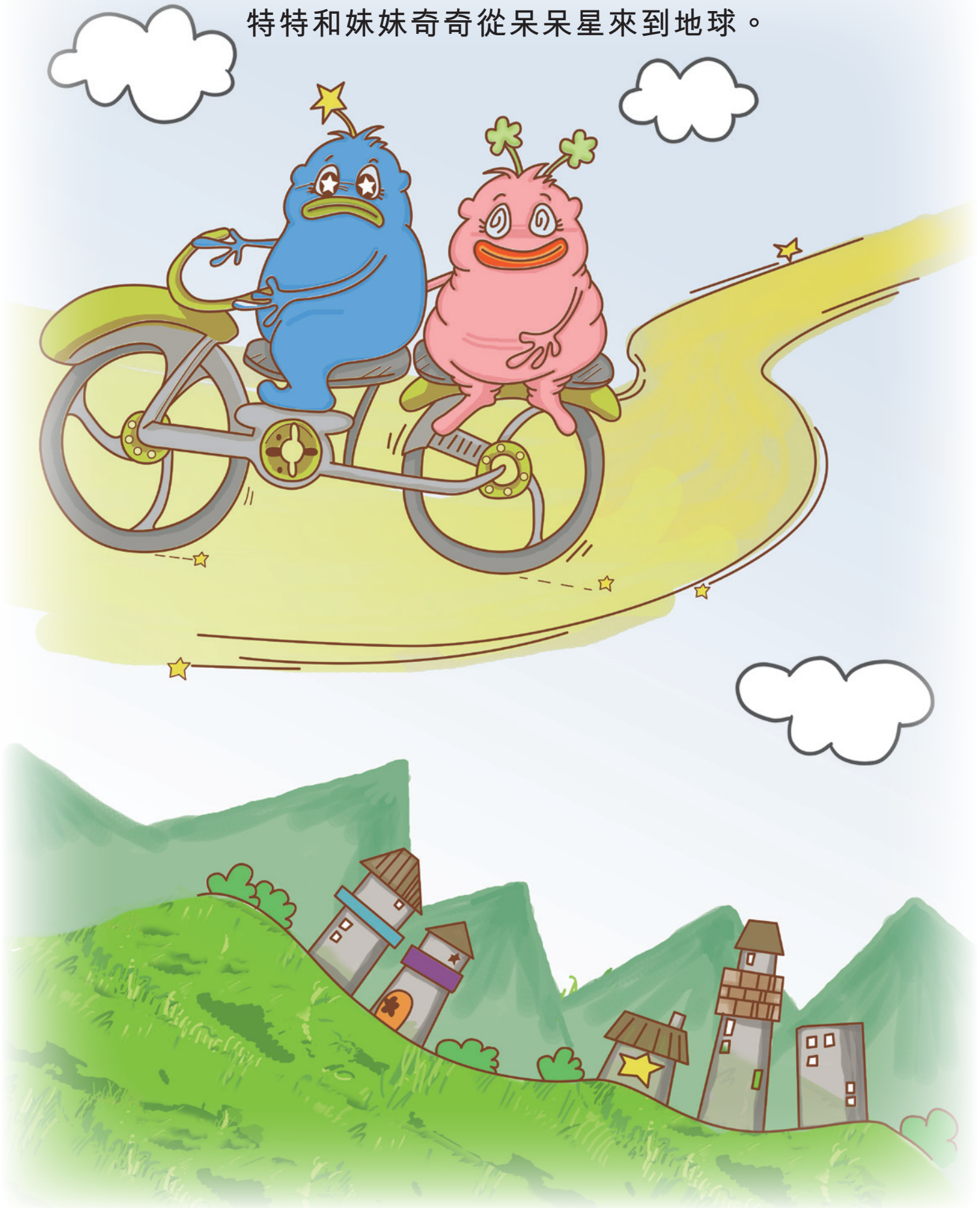
Parents and teachers are advised to read this storybook together with their children and encourage them to do the tasks that Katy learns in the book. This will not only enhance interactive communication with children, but also make learning a lot more interesting for them.

Editor

December 2014



特特和妹妹奇奇從呆呆星來到地球。



Teddy and his sister Katy land on Earth from Planet InActive.

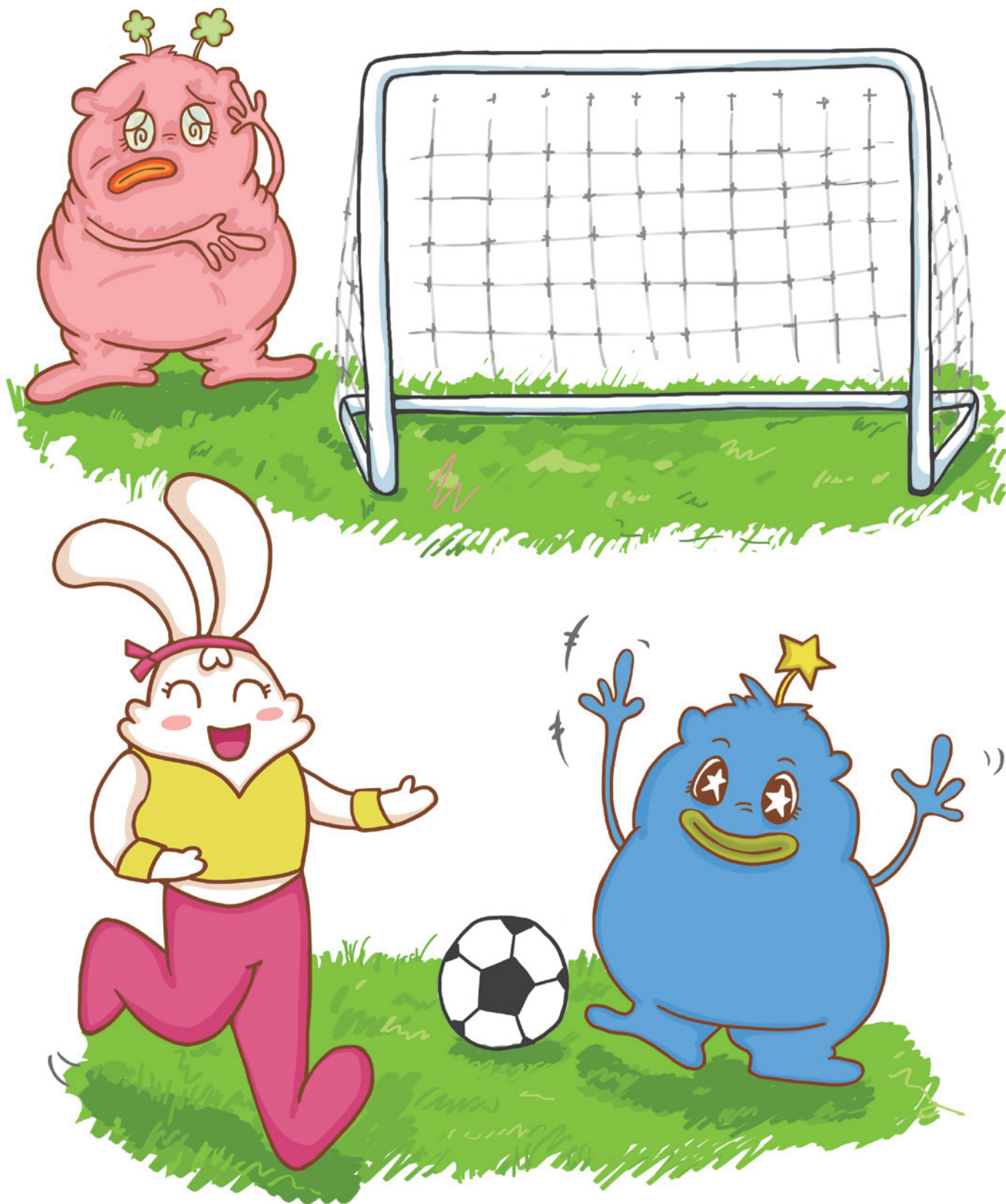
鍾意郁說：「很高興你來探訪我啊！我們一起玩球吧！」



Sporty Bunny says, "Welcome, my friends! Let's play ball games!"



奇奇心想：「我好羡慕哥哥的靈活身手啊！」



Katy says to herself, "I wish I could be as nimble as my brother."

鍾意郁說：「那你為什麼不跟我們一起玩呢？」

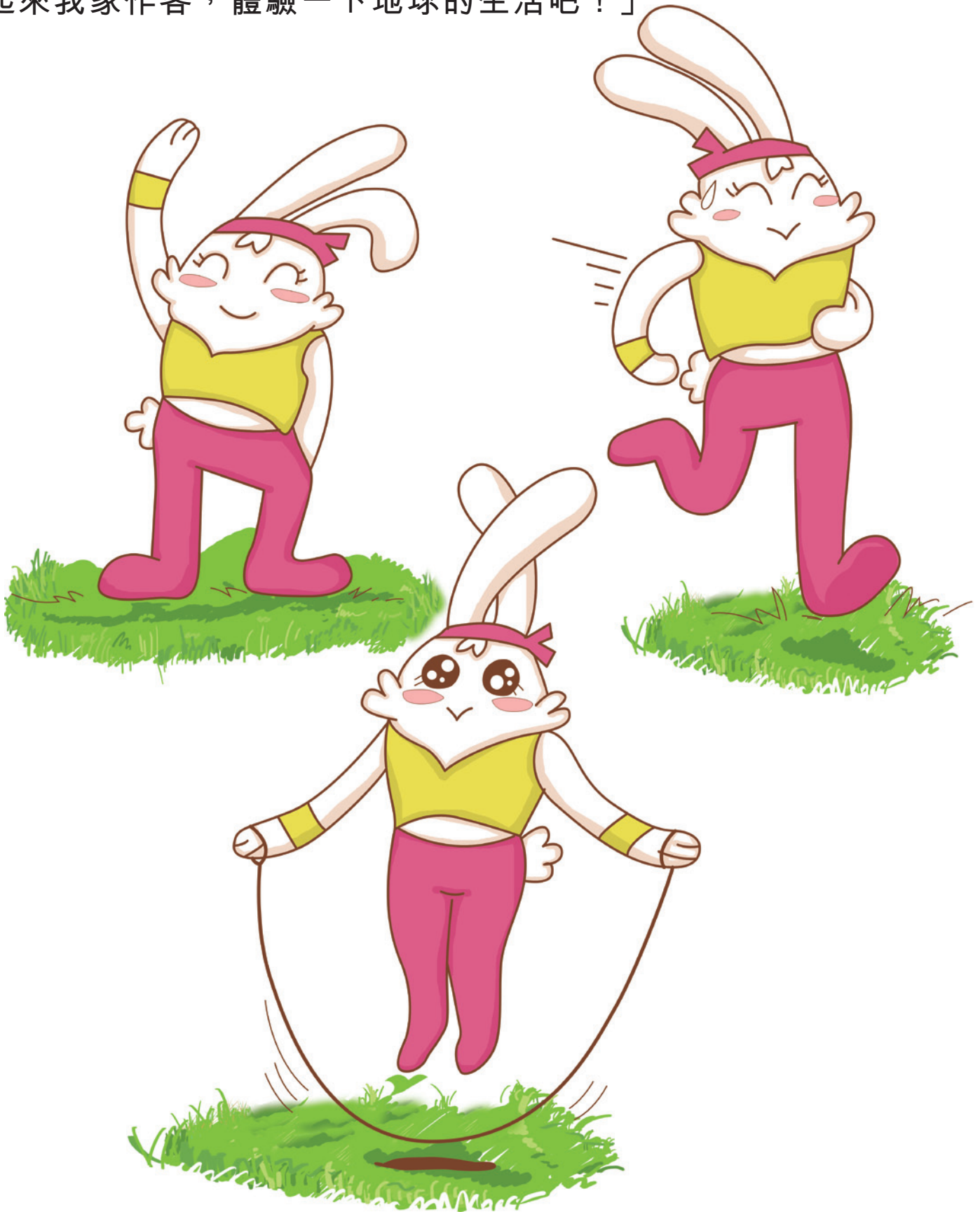
奇奇說：「我很想，但我怕我會累壞！」



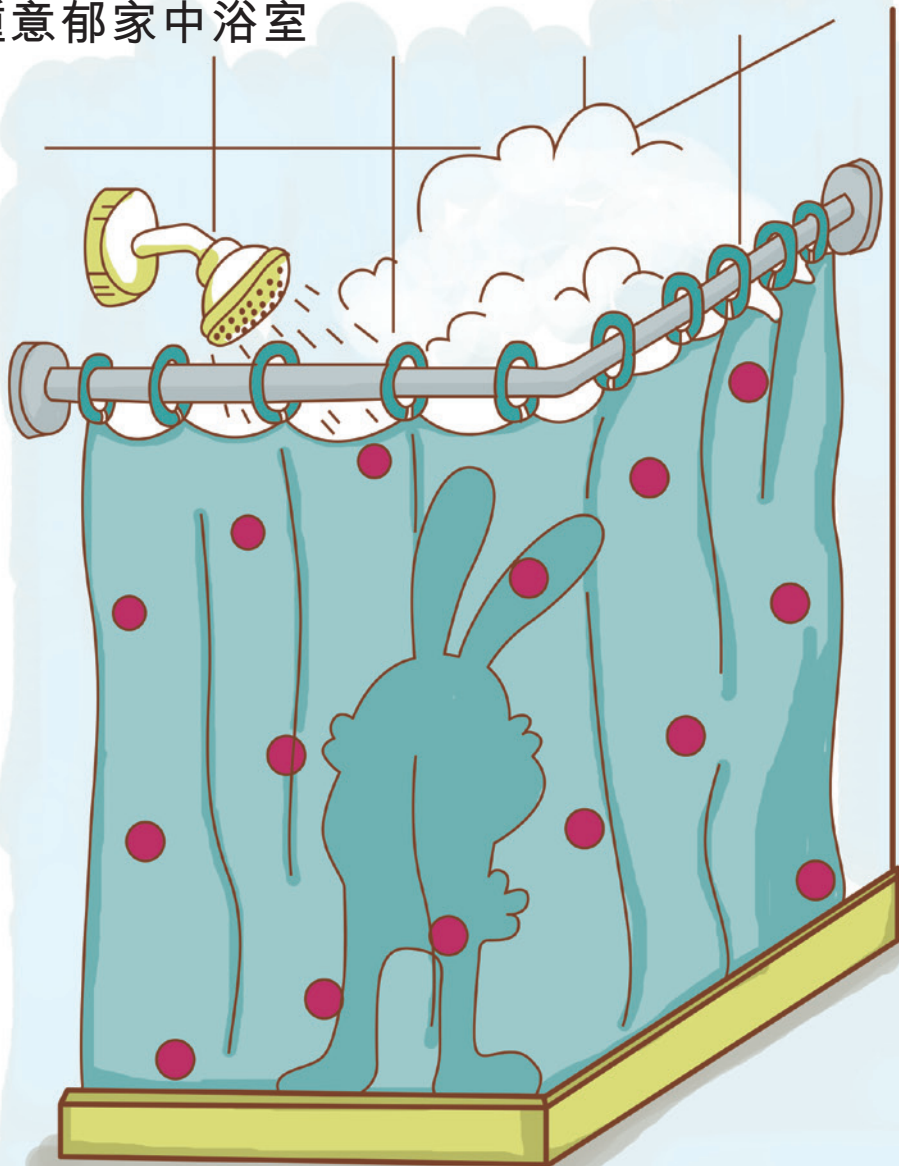
Sporty Bunny asks, "Why don't you play with us?"

Katy says, "I'd really love to, but I am afraid I will get too tired from the vigorous exercise!"

鍾意郁說：「哈哈，我整天在蹦蹦跳跳都不覺得累呢！因為我每天都習慣最少做三個小時的體能活動。不如你和哥哥一起來我家作客，體驗一下地球的生活吧！」



Sporty Bunny says, "But I never feel tired even after a full day of activity! I'm already used to moving around for at least three hours every day. Come visit me with your brother and get a taste of living on Earth!"



?



In the bathroom of Sporty Bunny's flat



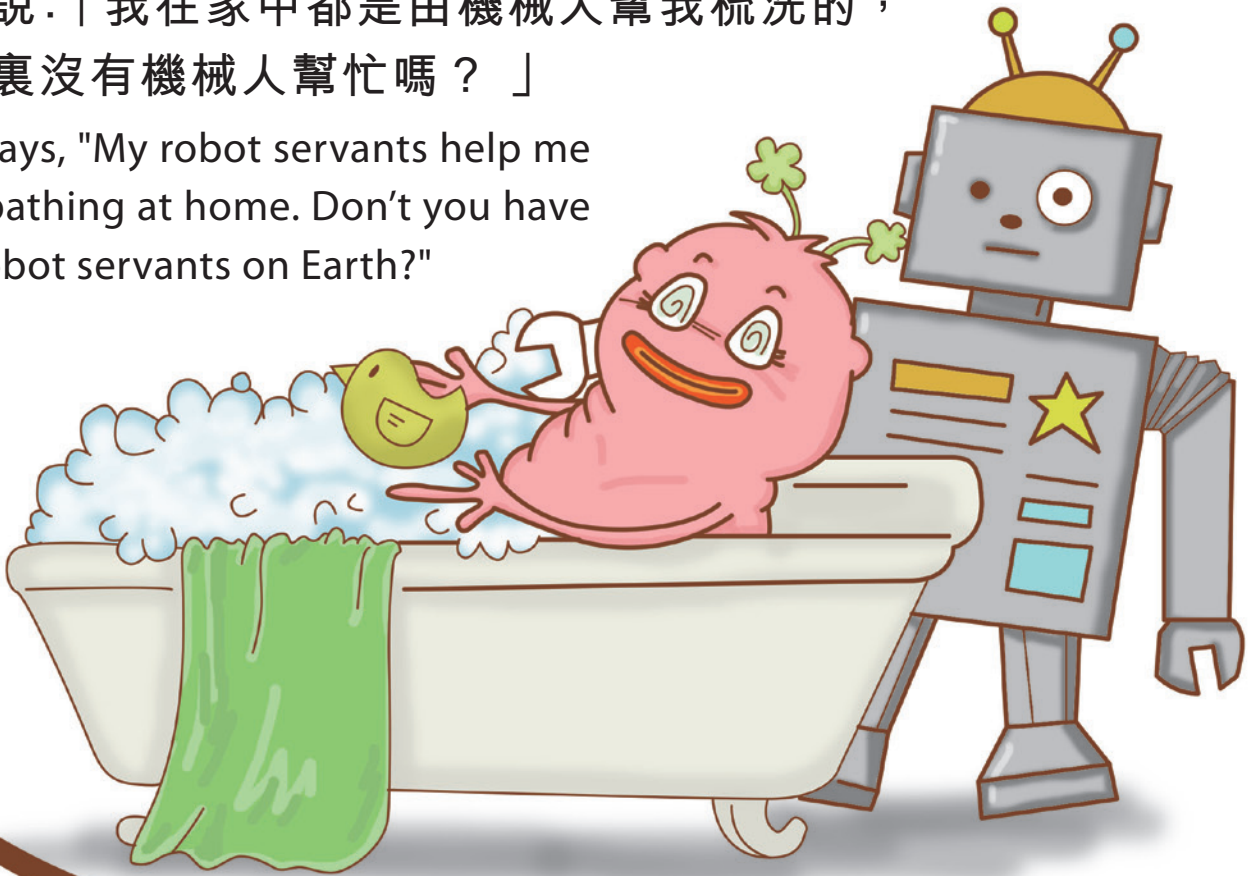
鍾意郁說：「奇奇，你都梳洗一下吧！」



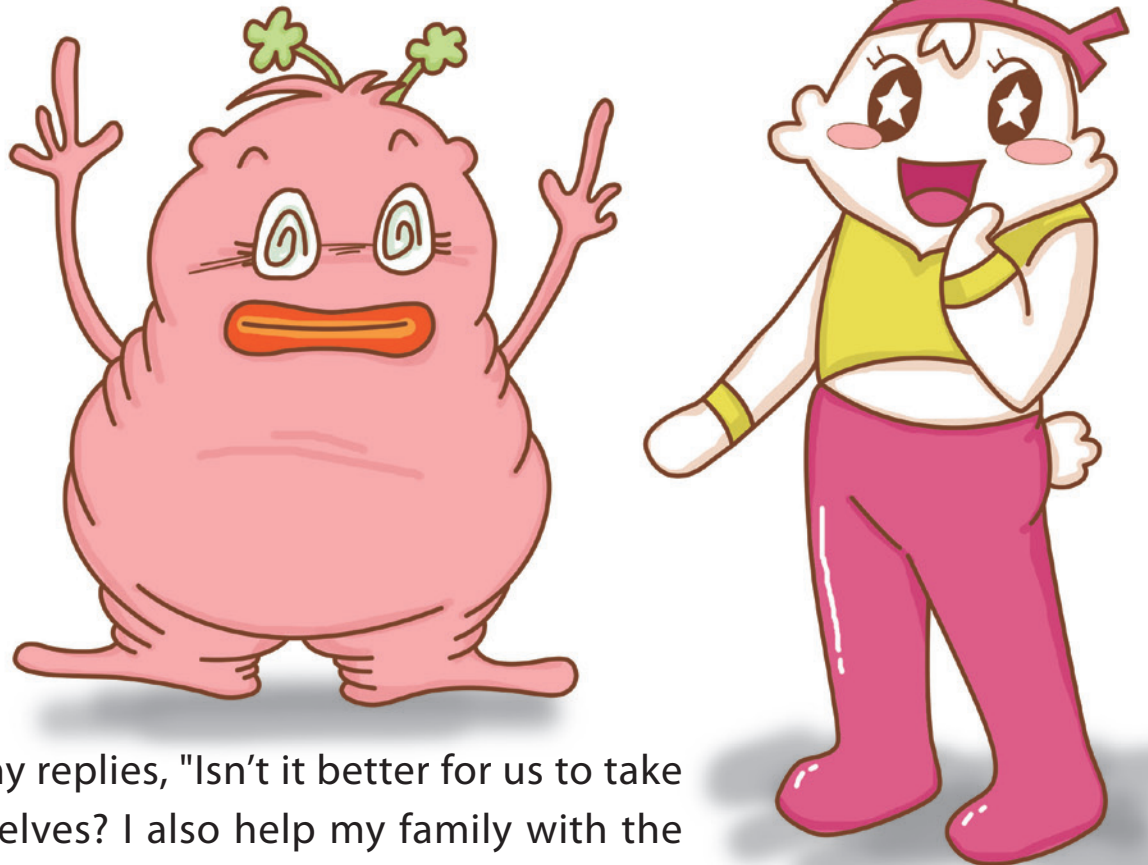
Sporty Bunny asks, "Katy, would you like to freshen up?"

奇奇說：「我在家中都是由機械人幫我梳洗的，
你家裏沒有機械人幫忙嗎？」

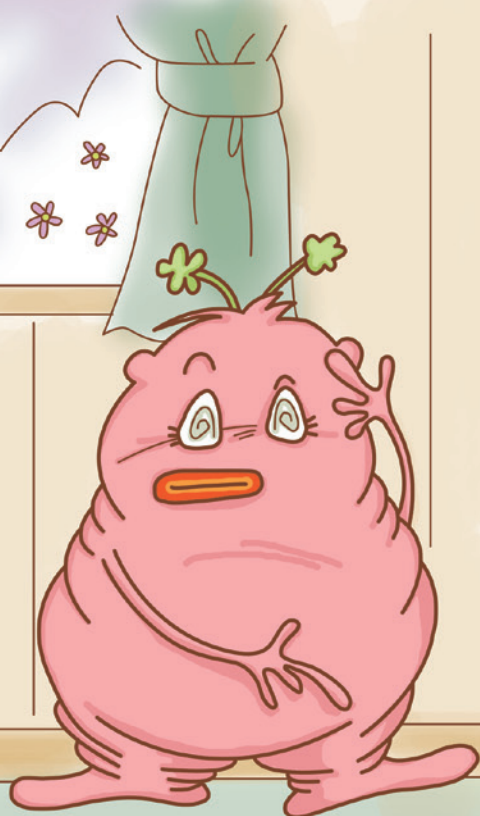
Katy says, "My robot servants help me
with bathing at home. Don't you have
any robot servants on Earth?"



鍾意郁說：「我們懂得照顧自己不是更好嗎？
而且我還會幫忙做家務呢。」



Sporty Bunny replies, "Isn't it better for us to take
care of ourselves? I also help my family with the
housework."



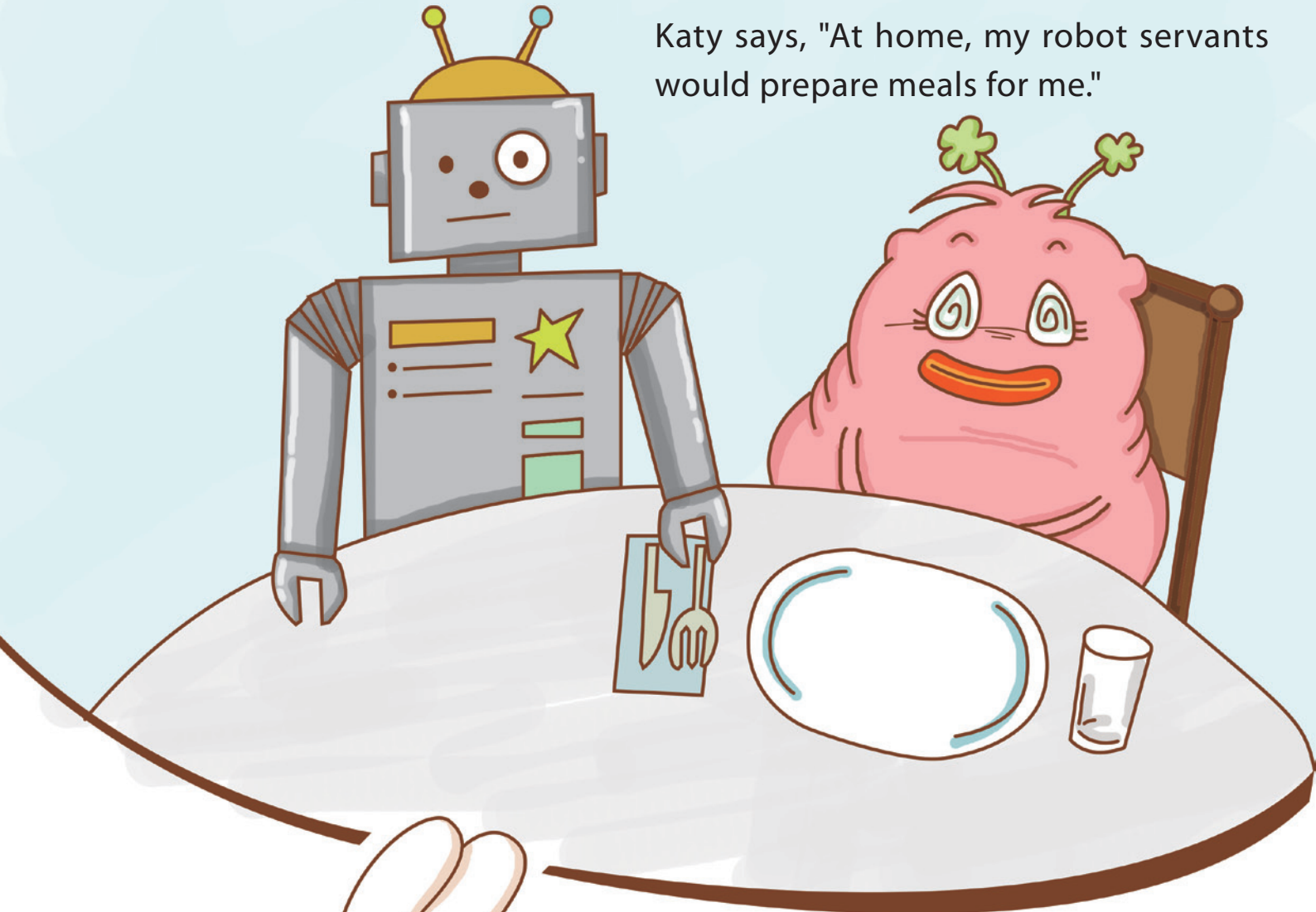
鍾意郁熱情地說：「奇奇，你都來幫手預備晚飯吧！」



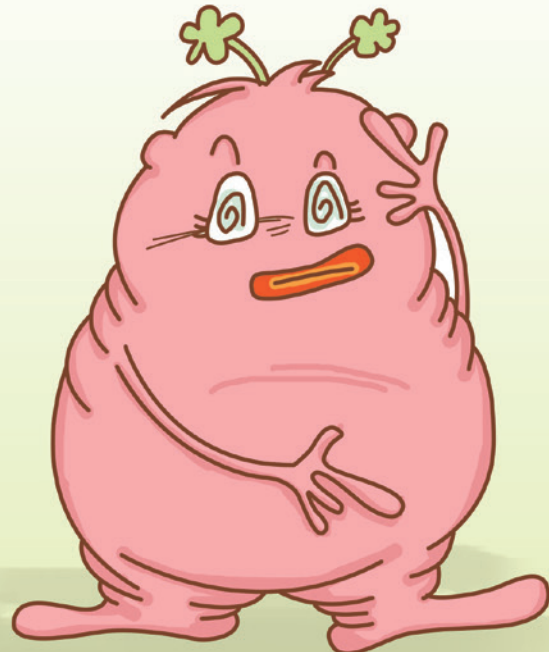
Sporty Bunny says enthusiastically, "Katy, come and lend us a hand to prepare dinner!"

奇奇說：「我在家裏用餐前，都是由機械人打點的。」


Katy says, "At home, my robot servants would prepare meals for me."




鍾意郁說：「我們懂得照顧自己不是更好嗎？我還會幫媽媽製作簡單的食物呢。我們都喜歡親手做食物呀。」



Sporty Bunny replies, "Isn't it better for us to take care of ourselves? I even help my mum with some simple dishes. We all love making our own food!"



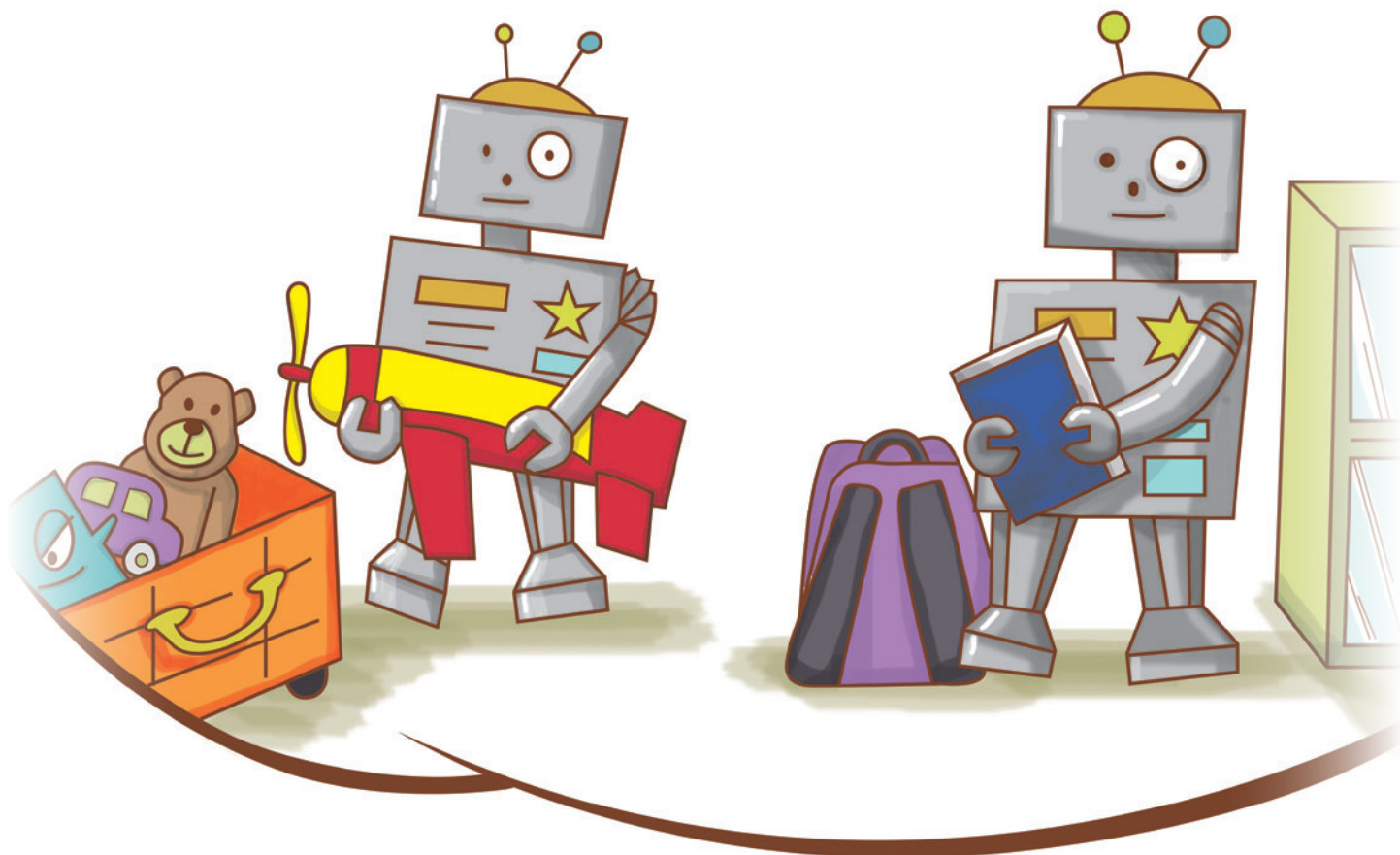
鍾意郁熱情地說：「奇奇，你都來一起收拾玩具吧！」



Sporty Bunny says enthusiastically, "Katy, let's tidy up all the toys!"

奇奇說：「我在家裏的時候，都是叫機械人幫忙收拾玩具的啊。」

Katy says, "At home, my robot servants would tidy things up."



鍾意郁說：「我們懂得照顧自己不是更好嗎？讓我們一同做個整齊、清潔的孩子吧！」



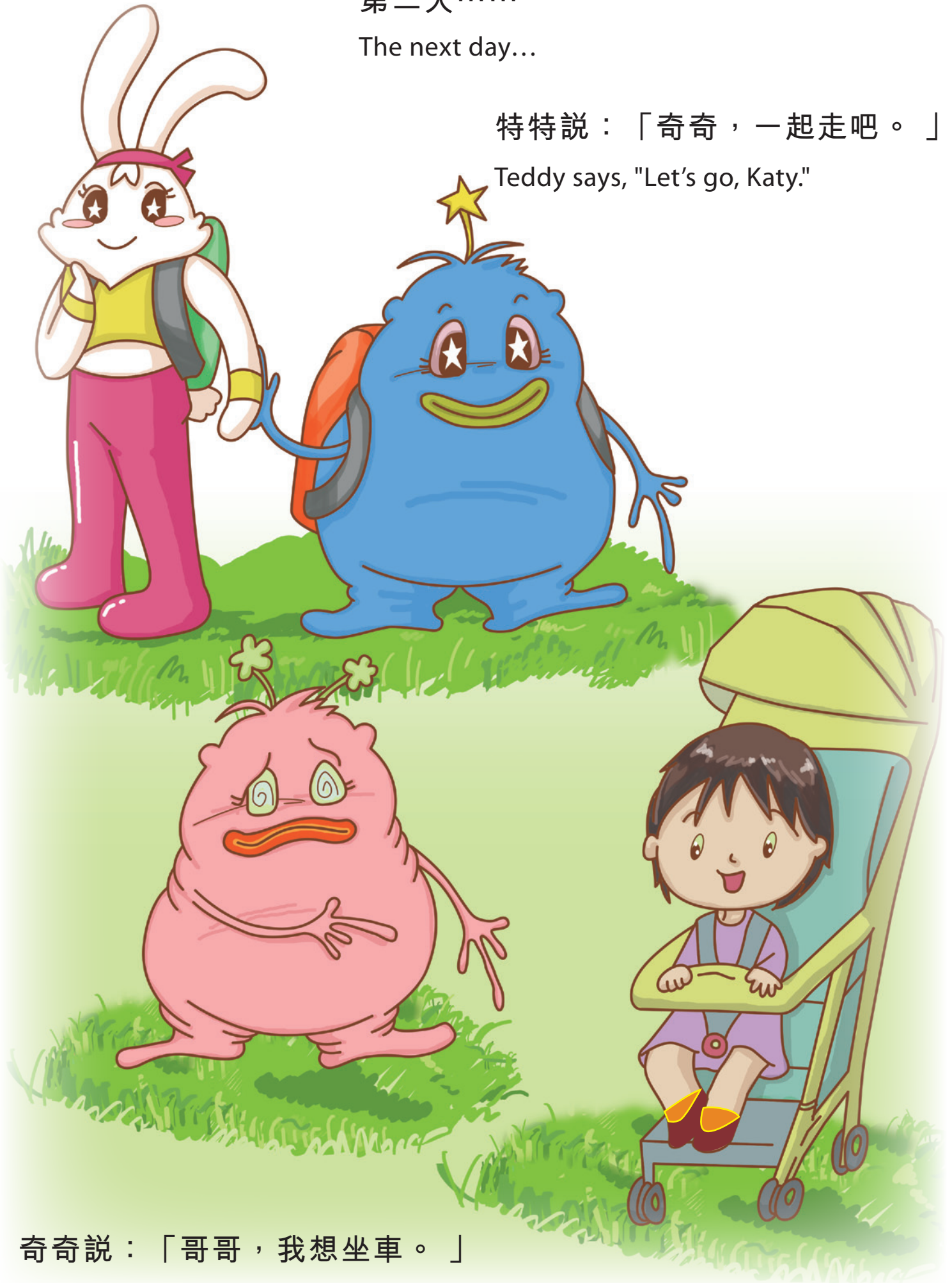
Sporty Bunny says, "Isn't it better for us to take care of ourselves? Let's all get clean and tidy!"

第二天……

The next day...

特特說：「奇奇，一起走吧。」

Teddy says, "Let's go, Katy."



奇奇說：「哥哥，我想坐車。」

Katy says, "Teddy, I want to be carried in a pushchair."

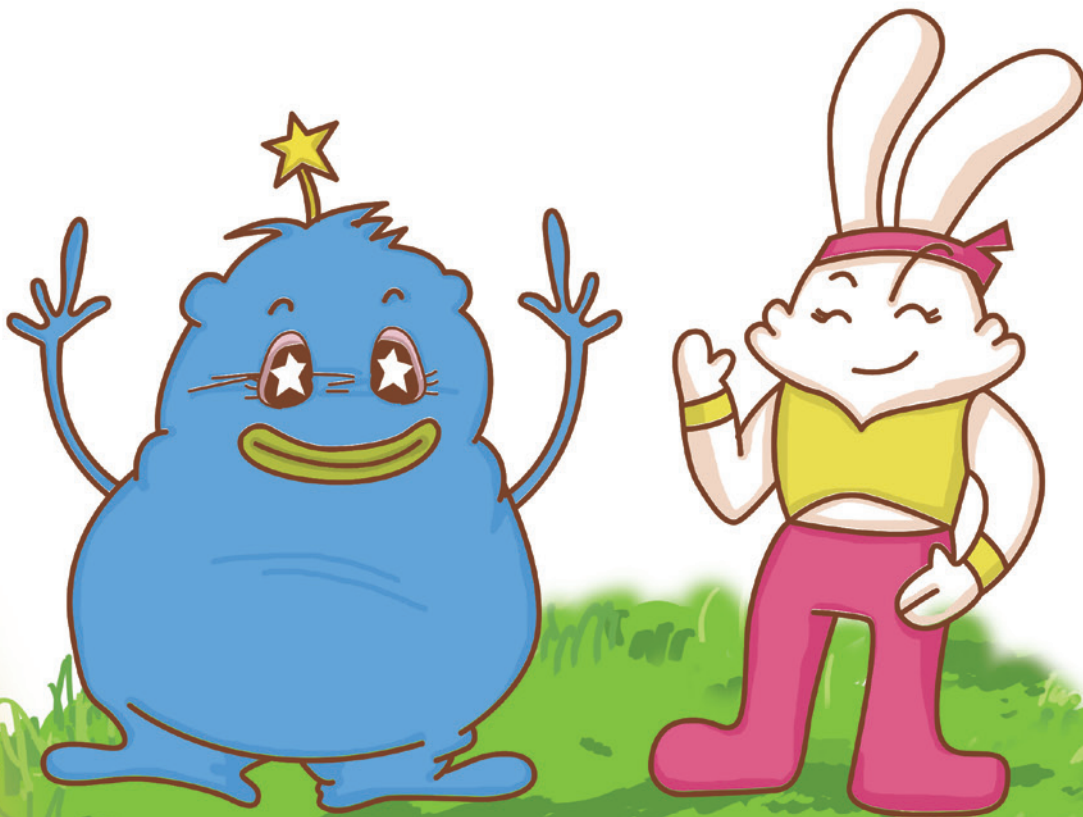
鍾意郁說：「我平時都是自己走路的，不用坐嬰兒車。」

Sporty Bunny says, "I usually walk by myself. I don't need a pushchair."



鍾意郁和特特異口同聲說：「奇奇，你做得好！」

Both Sporty Bunny and Teddy say together, "Katy, you can do it!"



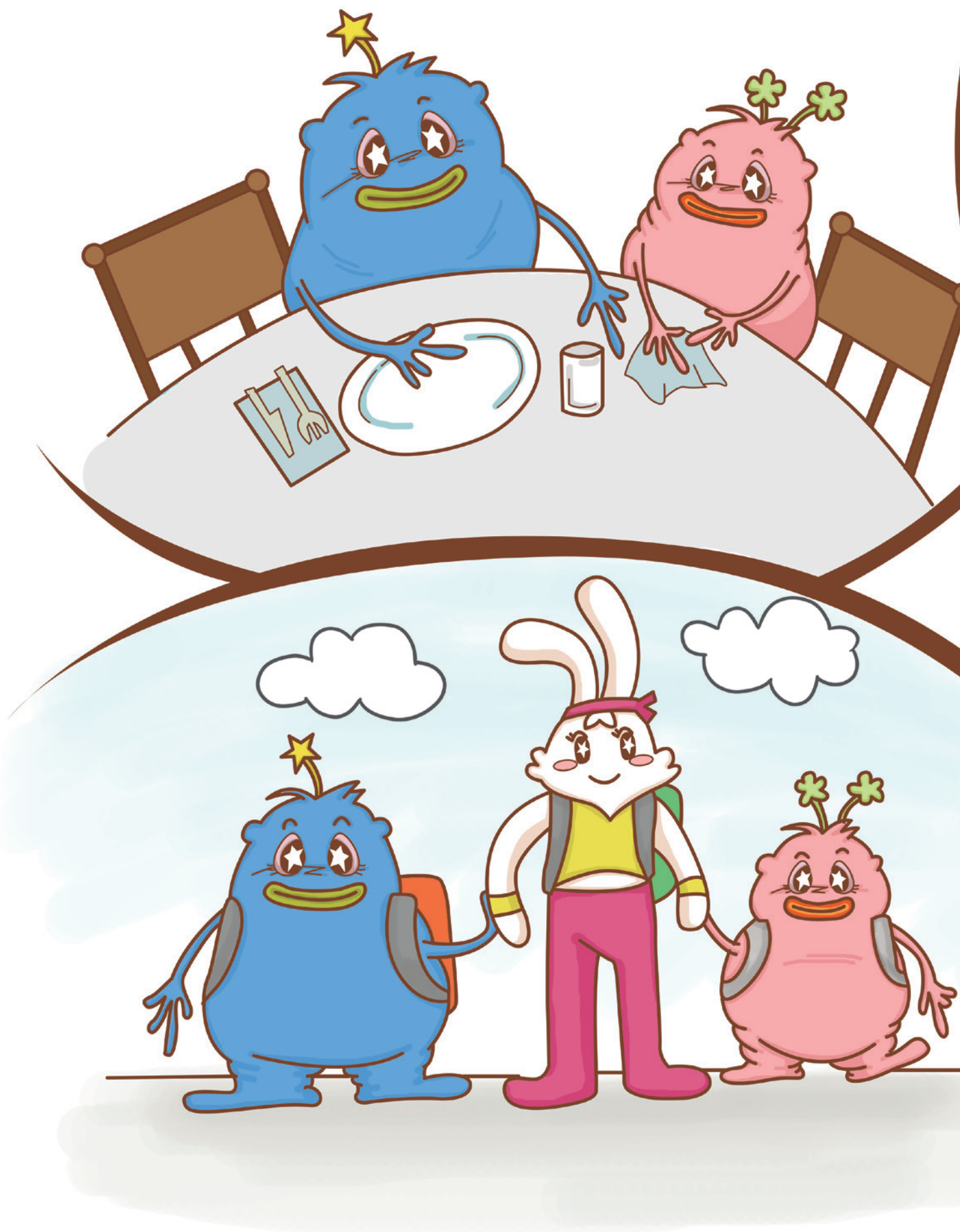
奇奇說：「多謝你們的鼓勵。
我會努力嘗試的！」

Katy replies, "Thank you for
the encouragement. Okay, I
will try my best!"



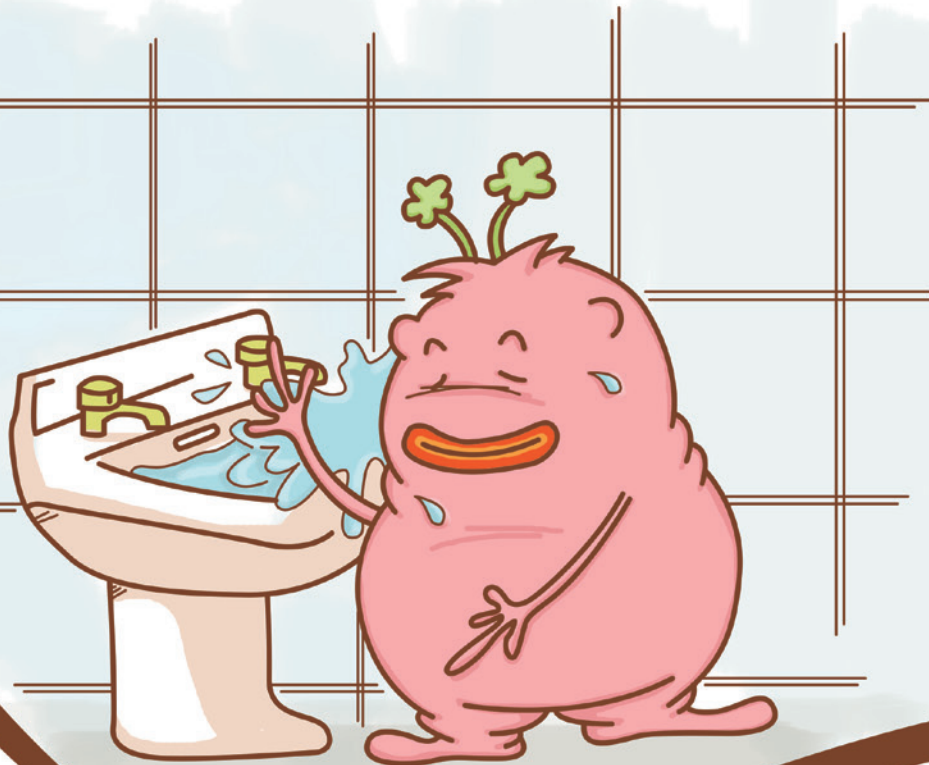
鍾意郁說：「奇奇，你在地球生活的這幾天過得愉快嗎？」

奇奇說：「很愉快啊！我還學會了很多東西呢！」



Sporty Bunny asks, "Katy, did you enjoy yourself on Earth during the last few days?"

Katy replies, "Definitely! I have learned a lot too."





鍾意郁說：「多走多動，做三小時體能活動一點也不難啊！」



Sporty Bunny says, "Get up and move around - it's easy to get three hours of physical activity!"



特特說：「鍾意郁，多謝你的幫忙和提示，原來每天累積三小時體能活動是很容易的呢！妹妹，不如我們一起騎飛天自行車回呆呆星，馬上跟我們的朋友多做體能活動，令身體更強健吧！」

Teddy says, "Thank you very much, Sporty Bunny! I never knew that it could be so easy to get three hours of physical activity each day. Katy, let's cycle all the way back to Planet InActive and move around with our friends more often. This helps us grow stronger!"



後記

多做體能活動有助幼兒健康成長。大家可從日常生活入手，讓幼兒養成多做體能活動的健康習慣。家長和老師不妨參考以下的小貼士：

- 鼓勵幼兒完成較容易的自理工作，例如穿衣服、梳洗等
- 讓幼兒幫忙做簡單家務，例如收拾玩具、遞碗筷等
- 平日爭取做體能活動的機會，例如多使用樓梯、出入時多步行、減少使用嬰兒車等
- 以體能活動，例如跳舞、到公園遊玩等代替屏幕時間

衛生署「幼營喜動校園」計劃專題網頁 (<http://www.startsmart.gov.hk>) 已上載了相關的健康教育資訊，供家長和老師參考。

Epilogue

Physical activity helps children grow healthily. You can start by engaging them in daily routines to help them develop an active lifestyle. Below are some tips for parents and teachers:

- Encourage children to finish simple self-care tasks, e.g. getting dressed, freshening up, etc.
- Let children help with simple housework, e.g. tidying up toys, setting the table, etc.
- Make physical activity part of children's daily lives, e.g. ask them to take the stairs, walk more often, use the pushchair less often, etc.
- Replace their screen time with physical activity, such as dancing, playing in the park, etc.

For other related health education resources, please refer to the thematic website of the "StartSmart@school.hk" Campaign of the Department of Health (<http://www.startsmart.gov.hk>).





衛生署
Department of Health