

## Junior High School Lesson Plan

Teacher	Sally Chen	Worksheet	6
School	Junior High School	Grade Level	Year 8
Subject	Health Education	Lesson/mins	1/45mins
Learning Objectives	Chronic Disease: Cancer 慢性病癌症 High Blood Pressure. 高血壓		
Ss's Prior Knowledge	<ol style="list-style-type: none"> <li>1.Students can practice the vocabulary as require</li> <li>2.Students understood how pregnancy changes a woman's body</li> <li>3.Students understood a pregnant woman needs.</li> </ol>		
Ss' Learning Profile (for Differentiation Purposes)	<ol style="list-style-type: none"> <li>1.Students will be able to practice the vocabulary as required</li> <li>2.Students will be able to know "What is Chronic Diseases?"</li> <li>3.Students will be able to know "What are the most common chronic diseases in Taiwan?"</li> <li>4.Students will be able to know"High Blood Pressure".</li> <li>5.Students will be able to know "What your BP numbers mean".</li> <li>6.Students will be able to know the "Lifestyle change for high blood Pressure"</li> <li>7.Students will be able to know the "Sign and Symptom"</li> </ol>		
Teaching Materials or Contents	<p>Teaching Materials</p> <ol style="list-style-type: none"> <li>1.Apple TV</li> <li>2.Iphone</li> <li>3.Keynote</li> <li>4.Worksheet</li> </ol> <p>Contents (S.O.P.)</p> <ol style="list-style-type: none"> <li>1.Riddle 猜謎</li> <li>2.Thinking Question 想一想</li> <li>3.Introduction: Pregnant Woman</li> <li>4.Activity I: Crossword</li> <li>5.Activity II: Word Search Puzzles</li> <li>6.Review Questions 複習問答</li> <li>7.Useful Expression 常用表達句型</li> </ol>		

## Junior High School

Steps	Activities 課程內容	Time 時間
1. Riddle	Where do vampires put their money? 吸血鬼把錢放在哪裡? Answer: In a blood bank 血庫	2 mins
2. Thinking Question	<p>What message do you get from the video? 進擊の高血壓 1:04</p>	3 mins
3. Introduce Fill in blanks	<p>What are the most common chronic diseases in Taiwan? 台灣最常見的慢性病是什麼?</p> <p><b>A. High Blood Pressure 高血壓</b></p> <p>For most people, healthy blood pressure is about 120/80 mm Hg. 對於大多數人來說，健康的血壓約為120/80毫米汞柱。</p> <ol style="list-style-type: none"> <li>1. Low blood pressure is generally anything under 90mmHg systolic (The top number) or under 60 mmHg diastolic (the bottom number) 血壓通常指收縮壓在90毫米汞柱以下 (最高值) 或舒張壓在60毫米汞柱以下 (最低值)</li> <li>2. With hypotension, there is a low flow of blood through the body. This means the body may not be getting enough oxygen &amp; nutrients. 低血壓時，血液流經人體的流量很低。這意味著身體可能無法獲取足夠的氧氣和營養。</li> <li>3. Most hypotension is either mild or temporary. 大多數低血壓是輕度或暫時性的。</li> <li>4. If blood pressure gets very low or stays too low for too long, it can be life threatening. This is called shock. 如果血壓變得非常低或持續太長時間太低，可能會危及生命。這稱為休克 (極度低血壓)</li> <li>5. Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely. 隨著時間的流逝，高血壓和高血壓會削弱您的心臟，血管和腎臟，並更容易導致中風或心臟病發作。</li> </ol>	10 mins

## Junior High School

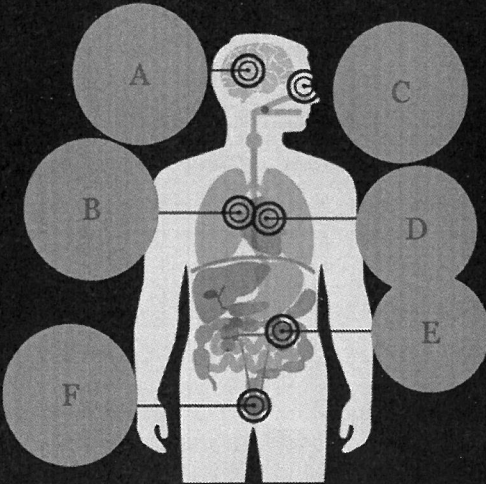
|||||S

### B. Know what your BP numbers mean 知道您的血壓數字意味著什麼

1. Blood pressure is the force of our blood moving against the walls of your arteries. It's expressed as \_\_\_\_\_.(血壓是我們的血液在您的動脈壁上移動的力量。表示為兩個號碼)
2. Top Number (上面的號碼) \_\_\_\_\_ The pressure or force in the arteries when the heartbeats 心跳時動脈中的壓力或力量。
3. Bottom Number (下面的號碼) 舒張壓 The pressure measured between heart beats 兩次心跳之間測得的壓力

Blood Pressure Category 血壓類別	Systolic 收縮期(mmHg)		Diastolic 舒張壓 (mmHg)
Normal 正常	<120	&	<80
Elevated 高血壓前期	120-129	&	<80
Hypertension Stage 1 一級高血壓	130-139	or	80-89
Hypertension Stage 2 二級高血壓	140+	or	90+
Hypertensive Crisis 三級高血壓	180+	&/or	120+

### 4. Activity I: Crossword



A. STROKE 中風

B. HEART DISEASE 心臟疾病

C. VISION LOSS 視力減退

D. HEART ATTACK 心臟病

E. KIDNEY DISEASE 腎臟病

F. SEXUAL DYSFUNCTION 性功能障礙

10  
mins

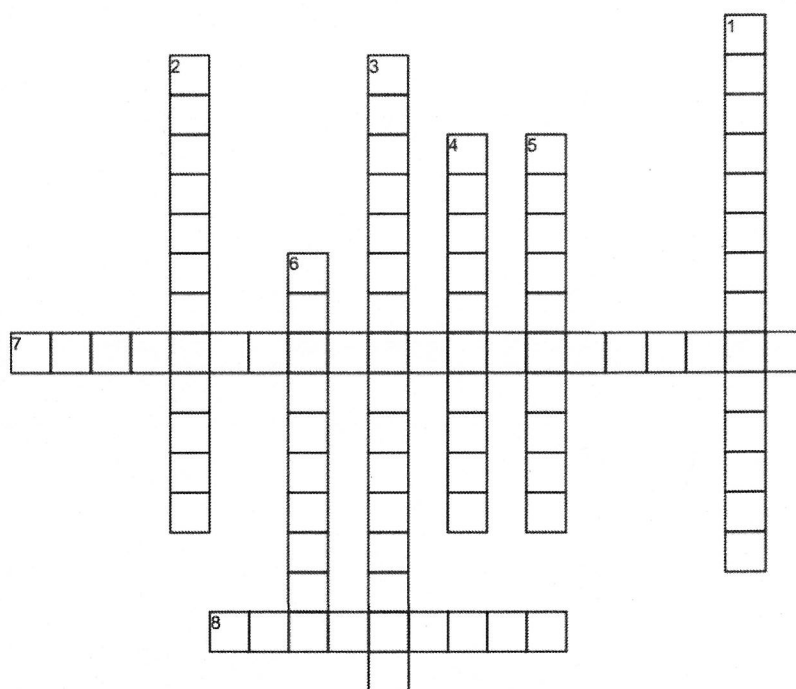
## Junior High School

1. *Get moving* (動起來)
2. *Focus on Nutrition* (專注營養)
3. *Cut the Salt* (減少鹽份)
4. *Take Your Meds* (服用藥物)
5. *Loose Weight* (減重)
6. *Don't Smoke* (不要抽煙)
7. *Cut Back Alcohol* (減少酒精)
8. *De-stress and Sleep well* (減輕壓力並保持良好的睡眠)

### Lifestyle change for high blood Pressure

1. *Get moving: With regular physical activity*
2. *Focus on Nutrition: By making healthy food choice and minding your portion sizes*
3. *Cut the Salt: Read food labels and aim for 1,500mg of sodium or less per day.*
4. *Take Your Meds: If you are prescribed medicine for high blood pressure, take it every day.*
5. *Lose Weight: Losing just 5 kg can make a big difference.*
6. *Cut Back Alcohol/ Don't Smoke: Not more than two drinks a day. If you smoke, STOP!!*
7. *De-stress and Sleep well: Relaxation can lower blood pressure, and quality sleep ups your energy.*

### High Blood Pressure



5. Activity II:

10 mins

## Junior High School

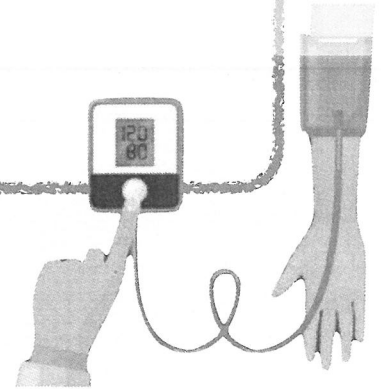
	<p>Across</p> <p>7. Relaxation can lower blood pressure, and quality sleep ups your energy. 心情放鬆可以降低血壓，良好的睡眠品質可以提升精神。</p> <p>8. With regular physical activity 有規律的運動</p> <p>Down</p> <p>1. Not more than two drinks a day. 每天不超過兩杯。如果你吸煙，那就停止！</p> <p>2. If you are prescribed medicine for high blood pressure, take it every day. 如果醫生有開給您高血壓的藥，請每天服用。</p> <p>3. By making healthy food choice and minding your portion sizes 選擇健康的食物並注意食物份量</p> <p>4. If you smoke, STOP! 請戒菸！</p> <p>5. Read food labels and aim for 1,500mg of sodium or less per day. 參閱食品標籤，最多每天攝入1,500mg鈉或更少。</p> <p>6. Losing just 5 kg can make a big difference. 減5公斤就可以帶來很大的不同。</p>	
<p>6. Quick review Checking for Understanding 總結</p>		<p>5 mins</p>
<p>A sentence a week 一週一句話</p>	<p>7. Useful Expression</p> <p>A stroke of luck 瞎猫碰到死耗子</p>	<p>5 mins</p>

## 1. Riddle:

Where do vampires put their money?

吸血鬼把錢放在哪裡？

Answer: \_\_\_\_\_.



## 2. Thinking Question:

What message do you get from the video? 你從影片中得到什麼訊息？

## 3. Introduction: Please fill in the blanks

### A. High Blood Pressure 高血壓

- For most people, healthy blood pressure is about \_\_\_\_\_ mm Hg. 對於大多數人來說，健康的血壓約為120/80毫米汞柱。
- Low blood pressure is generally anything under \_\_\_\_\_ mmHg systolic (The top number) or under \_\_\_\_\_ mmHg diastolic (the bottom number) 血壓通常指收縮壓在90毫米汞柱以下（最高值）或舒張壓在60毫米汞柱以下（最低值）
- With hypotension, there is a low flow of blood through the body. This means the body may not be getting enough \_\_\_\_\_ & \_\_\_\_\_. 低血壓時，血液流經人體的流量很低。這意味著身體可能無法獲取足夠的氧氣和營養。
- Most \_\_\_\_\_ is either mild or temporary. 大多數低血壓是輕度或暫時性的。
- If blood pressure gets very low or stays too low for too long, it can be life-threatening. This is called \_\_\_\_\_. 如果血壓變得非常低或持續太長時間太低，可能會危及生命。這稱為休克（極度低血壓） Over time, elevated and \_\_\_\_\_ can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely. 隨著時間的流逝，高血壓和高血壓會削弱您的心臟，血管和腎臟，並更容易導致中風或心臟病發作。

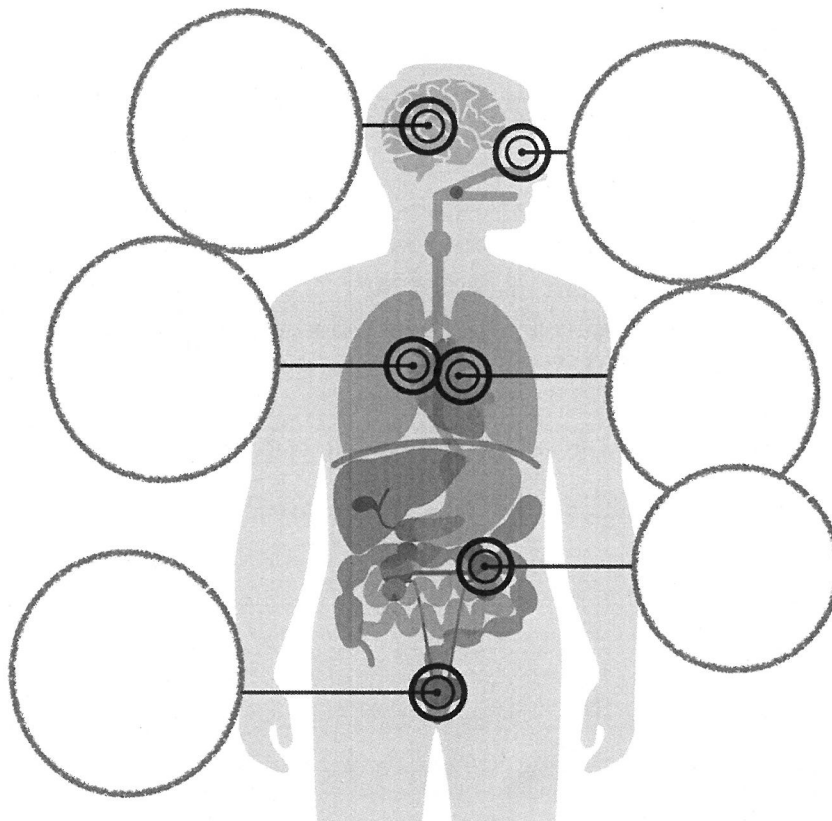
### B. Know what your BP numbers mean 知道您的血壓數字意味著什麼

- Blood pressure is the force of our blood moving against the walls of our arteries. It's expressed as \_\_\_\_\_. (血壓是我們的血液在您的動脈壁上移動的力量。表示為兩個號碼)
- Top Number (上面的號碼) \_\_\_\_\_ The pressure or force in the arteries when the heartbeats 心跳時動脈中的壓力或力量。
- Bottom Number (下面的號碼) 舒張壓 The pressure measured between heartbeats 兩次心跳之間測得的壓力

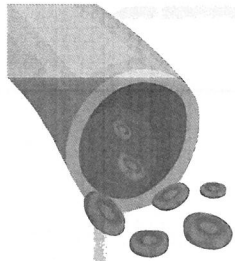
Blood Pressure Category 血壓類別	Systolic (mmHg) 收縮期		Diastolic (mmHg) 舒張壓
Normal 正常		&	
Elevated 高血壓前期		&	
Hypertension Stage 1 一級高血壓		or	
Hypertension Stage 2 二級高血壓		or	
Hypertensive Crisis 三級高血壓		&/or	

#### 4. Activity I: Signs and symptoms 醫學徵象

- A. Stroke 中風、B. Heart disease 心臟疾病、C. Vision Loss 視力減退、D. Heart Attack 心臟病、E. Kidney disease 腎臟病、F. Sexual Dysfunction 性功能障礙



## 5. Activity II: Lifestyle change for high blood Pressure



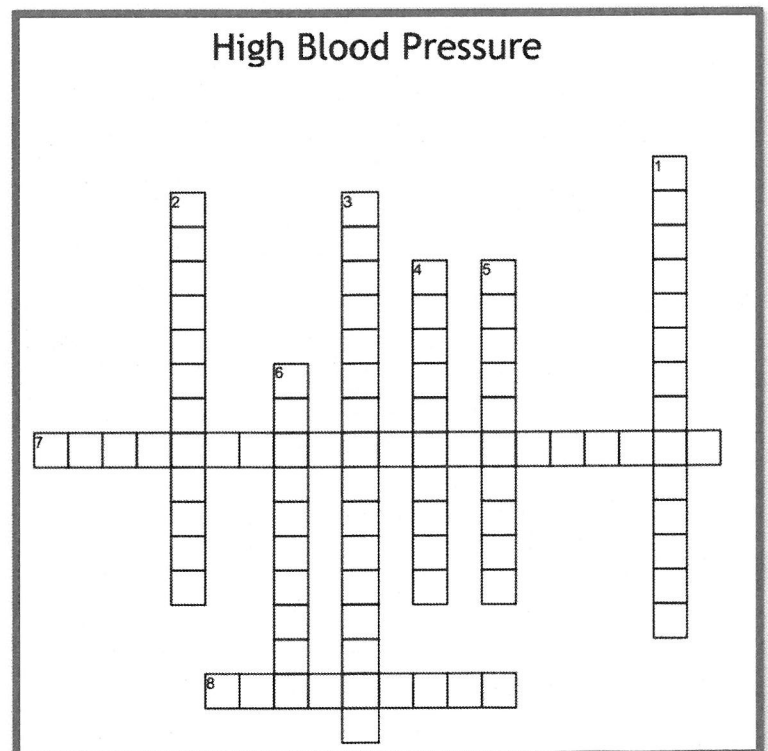
**Get moving** 動起來、**Focus on Nutrition** 專注營養、**Cut the Salt** 減少鹽份、**Take Your Meds** 服用藥物、**Lose Weight** 減重、**Don't Smoke** 不要抽煙、**Cut Back Alcohol** 減少酒精、**De-stress and Sleep well** 減輕壓力並保持良好的睡眠

### Across

7. Relaxation can lower blood pressure, and quality sleep ups your energy. 心情放鬆可以降低血壓，良好的睡眠品質可以提升精神。
8. With regular physical activity 有規律的運動

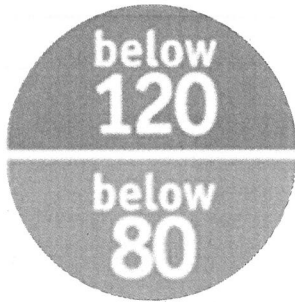
### Down

1. Not more than two drinks a day. 每天不超過兩杯。如果你吸煙，那就停止！
2. If you are prescribed medicine for high blood pressure, take it every day. 如果醫生有開給您高血壓的藥，請每天服用。
3. By making a healthy food choice and minding your portion sizes 選擇健康的食物並注意食物份量
4. If you smoke, STOP! 請戒菸！
5. Read food labels and aim for 1,500mg of sodium or less per day. 參閱食品標籤，最多每天攝入1,500mg鈉或更少。
6. Losing just 5 kg can make a big difference. 減5公斤就可以帶來很大的不同。

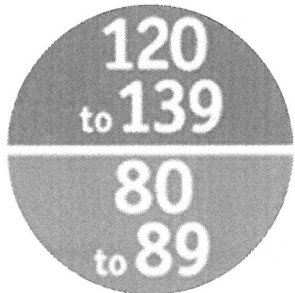




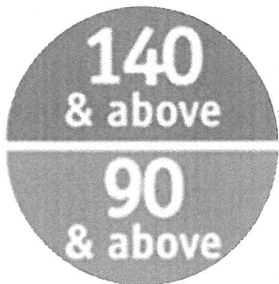
6. Quick review: Matching-Draw lines from picture to answers  
(連連看)



High  
高血壓



Normal  
正常



Elevated  
高血壓前期

7. Useful Expression:  
A stroke of luck  
瞎猫碰到死耗子