拉闊文化 拉近距離
Joyful Learning for Inclusive Community

賽馬會
友趣學中文
C-for-Chinese@JC
拉闊文化拉近距離
Joyful Learning for Inclusive Community

K2
3

PARENT GUIDE
K2 家長用書
3

看醫生

看醫生
Doctor's Visit

Doctor's Visit
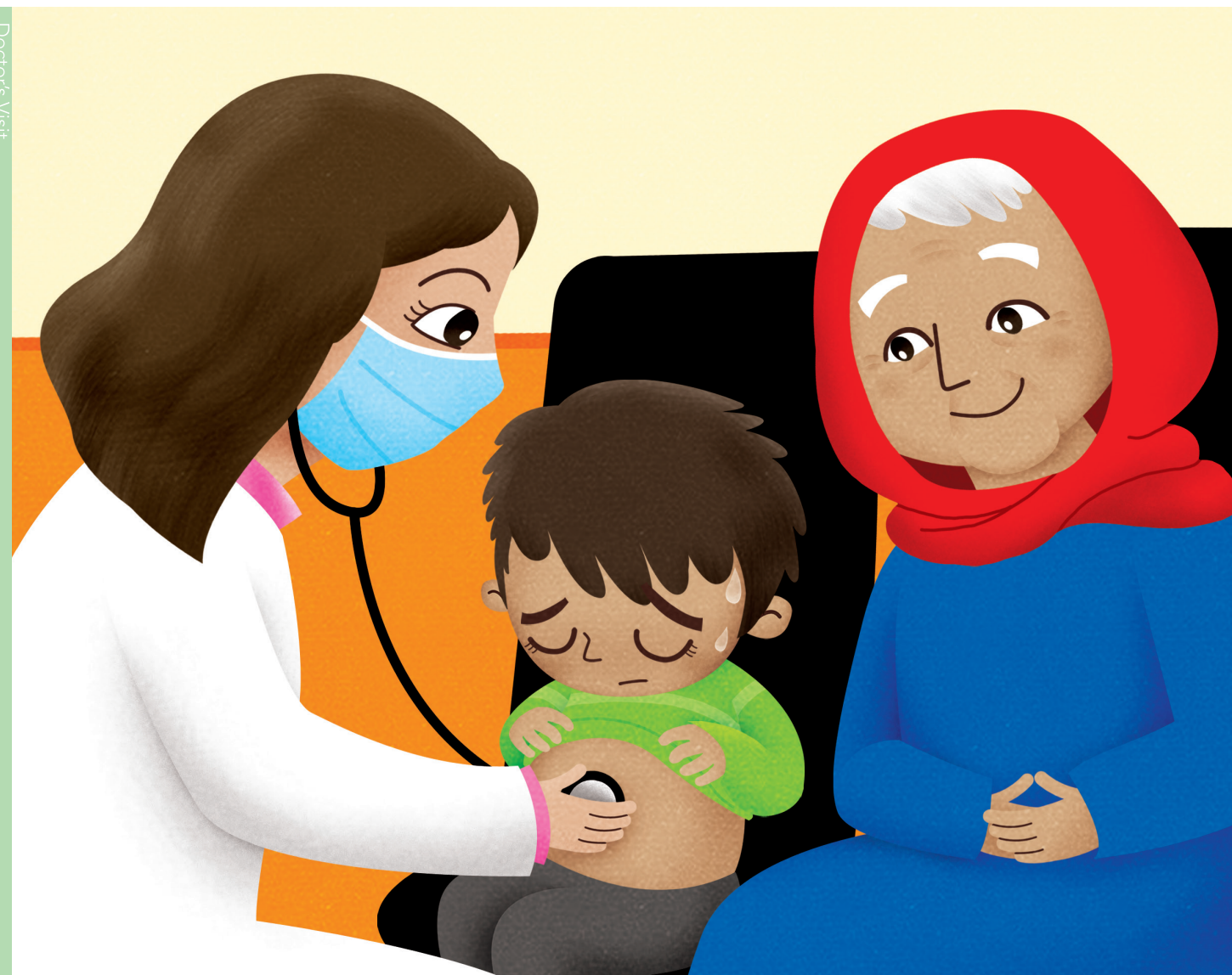
目 錄　Content

頁面說明 User Guide

故事書圖畫
A page from the story book

粵語拼音
Cantonese romanization

ngoi6 po4 daai3 jat6 seon3 heoi3 hon3 ji1 sang1

重點字詞
Core Vocabulary

外婆帶日信去看醫生。

英文翻譯
English translation

Grandma takes Yash to a doctor.

和孩子一起讀 Reading with your child

指着書中的圖文，幫助孩子理解內容
Point to pictures or words to help your child understand the content

鼓勵孩子將故事與生活經驗相連
Assist your child to connect the story with real-life experience
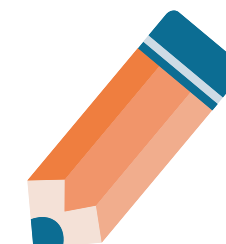
幫助擴展孩子的簡單回應，
引導他們複述內容
Help expand your child's response and ask to repeat it

以開放式提問鼓勵孩子思考、表達
Ask open-ended questions to encourage your child to think and express

正面評價孩子的回應
Give positive responses

利用空白地方寫下筆記
Jot down your notes on empty space

故事簡介 About the Story

《看醫生》是《賽馬會友趣學中文》故事教材系列的第九本圖書（共18本），對象是低班上學期的孩子。故事講述日信吃光了一大盒雪糕，肚子痛得要命，外婆立即帶他去看醫生，但是日信好擔心要打針！幸好他遇上了溫柔的護士、和氣的醫生，還有甜甜的藥水，原來看醫生也不是想像的那麼可怕嘛！

Doctor's Visit is the ninth of the 18 books in the "C-for-Chinese@JC" Teaching and Learning Resources series. It is designed for students in the first term of K2. The story is about Yash having a stomach ache after finishing a huge box of ice-cream. Grandma immediately takes him to visit a doctor, but Yash is very worried about injection! Luckily, he meets a gentle nurse, a friendly doctor and sweet medicine. Visiting a doctor is not as scary as he thought after all!

閱讀前 Before reading

請家長指着封面，與孩子一起猜想故事內容。

Point to the cover and make a guess about the story.

💡 你看過醫生嗎？看醫生的心情是怎樣的？
　　Have you visited a doctor before? How did you feel about it?

💡 你還記得自己為甚麼生病了嗎？
　　Do you still remember why you fell ill?

我的兒科診所 My paediatric clinic

很多小朋友都害怕看醫生，如果你是專門給小朋友治病的醫生，會怎樣設計你的診所，讓小朋友不會害怕呢？在牆上畫滿七彩繽紛的圖案？請小狗來當助手？把藥水都藏在朱古力豆裏面？一起來發揮想像力，創造屬於自己的兒科診所吧！

Many children are afraid of visiting the doctor. If you are a doctor who treats children, how will you design your clinic so that children will not be afraid? Paint colourful pictures on the walls? Hire a puppy assistant? Put liquid medicine in chocolates? Let your imagination run wild and create your own paediatric clinic!

兒科診所
Paediatric Clinic

閱讀中 During reading

家長先用母語說故事和討論內容，幫助孩子理解，引起興趣。之後可改用粵語，並鼓勵孩子以粵語表達。可以的話，請與孩子一起朗讀故事。

First, tell the story to your child in your native language and talk it over. Then retell it in Cantonese and encourage your child to speak in Cantonese. Read aloud with your child if possible.

筆記 Notes

jat1 daai6 hap6 syut3 gou1　　dou1 hek3 gwong1 liu5

一大盒雪糕，都吃光了？

Such a huge box of ice-cream, all finished?

aai1 aa1　　jat6 seon3 dik1 tou5 zi2 hou2 tung3 aa1

哎呀！日信的肚子好痛呀！

Oh no! Yash's tummy really hurts!

是誰一口氣吃光了雪糕？
Who finished the ice-cream in one go?

這樣吃東西好不好？為甚麼？
Is it good or bad to gorge like this? Why?

日信為甚麼肚子痛？
Why does Yash's tummy hurt?

你試過像日信一樣肚子痛嗎？當時你感覺肚子裏有甚麼東西？
Have you had a stomach ache like Yash before? What did you feel in your tummy?

ngoi6 po4 daai3 jat6 seon3 heoi3 hon3 ji1 sang1

外婆帶日信去看醫生。

Grandma takes Yash to a doctor.

jat6 seon3 jau5 dim2 hoi6 paa3　　ji1 sang1 wui5 daa2 zam1

日信有點害怕。醫生會打針！

Yash is a bit afraid. The doctor may give an injection!

ji1 sang1 zoi6 fong4 gaan1 leoi5　　mut6 jau5 ceot1 loi4

醫生在房間裏，沒有出來。

The doctor is in the room and does not come out.

wu6 si6 zing3 zoi6 man6 baak3 baak3　　nei5 giu3 sam6 mo1 ming4 zi6

護士正在問伯伯：「你叫甚麼名字？」

A nurse is asking a senior citizen, "What is your name?"

💡 外婆帶日信去了哪裏？你家附近也有這個地方嗎？
　　Where is Grandma taking Yash to? Do you have such a place near your home?

💡 你也像日信一樣害怕打針嗎？ 有沒有方法變得更勇敢？提示：打針時，試試分
　　散注意力，譬如唱唱歌、說說笑！
　　Are you afraid of injection like Yash? Are there any ways to make yourself braver?
　　Hint: When receiving an injection, try to distract yourself. Sing a song or crack a
　　joke can help!

💡 護士正在做甚麼呢？
　　What is the nurse doing?

💡 醫生為甚麼要待在房間裏？
　　Why does the doctor stay in a room?

baak3 baak3 ting3 bat1 dung2

伯 伯 聽 不 懂 。

The senior citizen does not understand.

hang6 hou2　　jat6 seon3 ho2 ji5　bong1 mong4

幸 好 ， 日 信 可 以 幫 忙 。

Luckily, Yash can help.

wu6　si6　jau6 man6　　　baak3 baak3 naa5 leoi5 bat1 syu1 fuk6

護 士 又 問 ：「 伯 伯 哪 裏 不 舒 服 ？」

The nurse asks, "How is the elder feeling?"

jat6　seon3 wui4 daap3　　　baak3 baak3 jau5 dim2 faat3 siu1　　waan4 kat1 sau3

日 信 回 答 ：「 伯 伯 有 點 發 燒 ， 還 咳 嗽 。」

Yash answers, "He has a slight fever and a cough too."

💡 日信可以怎樣幫忙？
How can Yash help?

💡 如果日信不在那裏，伯伯怎麼辦？
If Yash were not there, what could the senior citizen do?

💡 你試過發燒嗎？發燒是甚麼感覺？
Have you had a fever before? How did it feel?

💡 你試過咳嗽嗎？咳嗽時應該怎樣做？提示：用紙巾掩着口鼻，避免飛沫傳播疾病。
Have you had a cough before? What should we do when we cough? Hint: Cover your mouth and nose with a tissue paper to avoid transmission by respiratory droplets.

wu6 si6 lin4 mong4 kap1 baak3 baak3 taam3 jit6

護士連忙給伯伯探熱。

The nurse quickly checks the senior citizen's temperature.

leon4 dou3 jat6 seon3 liu5　　taa1 coeng2 zoek6 syut3　　　ngo5 giu3 haa6 jat6 seon3

輪到日信了，他搶着說：「我叫夏日信。」

It's Yash's turn and he rushes to say, "My name is Ali Yash."

wu6 si6 man6　　　　nei5 naa5 leoi5 bat1 syu1 fuk6

護士問：「你哪裏不舒服？」

The nurse asks, "How are you feeling?"

jat6 seon3 siu2 sing1 syut3　　　ngo5 dik1 tou5 zi2 tung3

日信小聲說：「我的肚子痛。」

Yash whispers, "My tummy hurts."

量體溫 Take a temperature

在家裏，你會用哪些工具來量體溫呢？請你拿來替大家檢查一下，看看誰的體溫最高？你也可以化身護士，替心愛的洋娃娃或機器人量體溫啊！

Which gadget do you use to check your body temperature at home? Please use it to check the temperatures of your family. Who has the highest temperature? You can also play as a nurse and measure the temperatures of your dolls or robots!

為甚麽日信要小聲說話？
Why does Yash whisper?
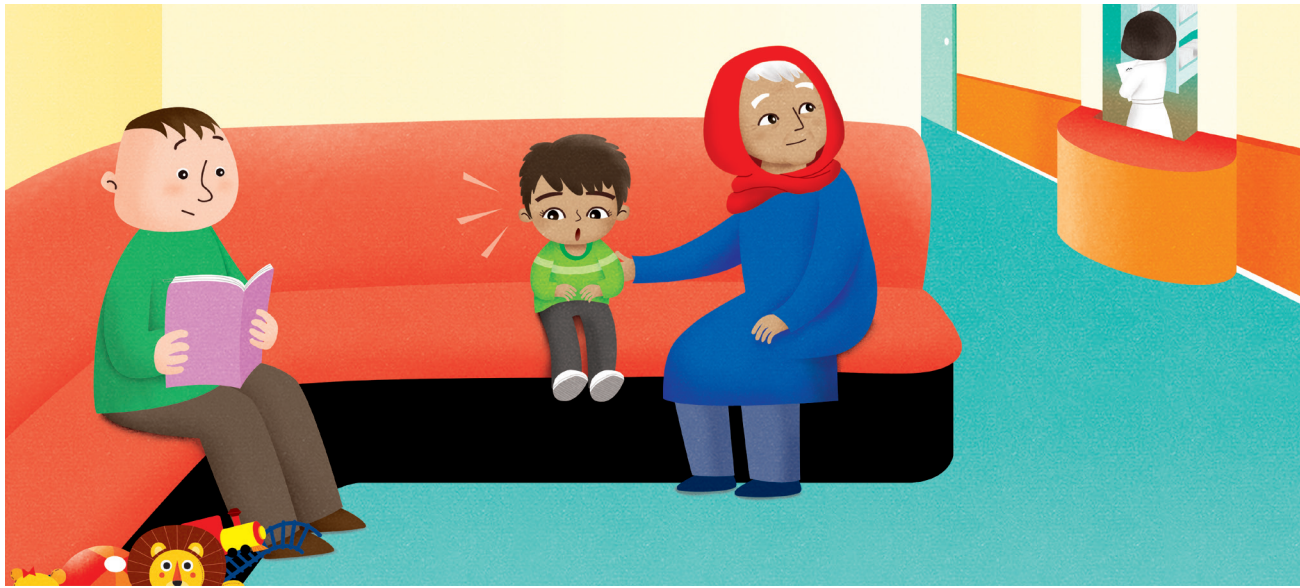
dang1 gei3 jyun4 liu5　　ngoi6 po4 wo4 jat6 seon3 zo6 haa6 loi4

登記完了，外婆和日信坐下來，

After registration, Yash sits down with his grandma,

dang2 wu6　si6　giu3 ming4 zi6

等護士叫名字。

and they wait for the nurse to call his name.

ze2 leoi5 jau5 han2 do1 wun6 geoi6

這裏有很多玩具。

There are many toys.

jat6 seon3 wun6 zoek6 siu2　fo2　ce1

日信玩着小火車，

Yash plays with a small train

zau6 bat1 naa5 mo1 hoi6 paa3 liu5

就不那麼害怕了。

and feels less afraid.

baak3 baak3 hon3 jyun4　ji1　sang1　　ceot1 loi4　liu5
伯 伯 看 完 醫 生 ， 出 來 了 。
The senior citizen comes out after meeting the doctor.

wu6　si6　syut3　　　haa6 jat1 wai2　　haa6 jat6 seon3
護 士 說 ：「 下 一 位 ， 夏 日 信 ！」
The nurse calls, "Next up, Ali Yash!"

　ji1　sang1 hon3 soeng5 heoi3 han2 wo4　hei3
醫 生 看 上 去 很 和 氣 ，
The doctor looks friendly,

jaa5 mut6　jau5　naa4 zoek6 zam1 tung2
也 沒 有 拿 着 針 筒 。
and she does not have a syringe in her hand.

gang3 hou2 dik1　si6　　　ji1　sang1 wui5 syut3 ngoi6 po4　dik1 waa6
更 好 的 是 ， 醫 生 會 說 外 婆 的 話 ！
Even better is that the doctor can speak Grandma's language!

ji1 sang1 man6 jat6 seon3　　nei5 naa5 leoi5 bat1 syu1 fuk6 aa1
醫 生 問 日 信 ：「 你 哪 裏 不 舒 服 呀 ？」
The doctor asks Yash, "How are you feeling?"

jat6 seon3 syut3　　ngo5 dik1 tou5 zi2 tung3　ho2 si6 bat1 jung6 daa2 zam1
日 信 說 ：「 我 的 肚 子 痛 ， 可 是 不 用 打 針 。」
Yash says, "My tummy hurts, but I don't need an injection."

ji1 sang1 kap1 jat6 seon3 gim2 caa4 san1 tai2
醫 生 給 日 信 檢 查 身 體 ，
The doctor gives Yash a check-up

jau6 man6　　nei5 hek3 liu5 sam6 mo1
又 問 ：「 你 吃 了 甚 麼 ？」
and asks, "What have you eaten?"

jat6 seon3 dai1 zoek6 tau4　　bat1 hang2 daap3
日 信 低 着 頭 ， 不 肯 答 。
Yash looks down and does not answer.

💡 你會跟醫生說自己哪裏不舒服嗎？還是由爸爸媽媽代答？
Will you tell your doctor what is wrong with you? Does your dad or mum answer for you?

💡 醫生怎樣給日信檢查身體？
How does the doctor give Yash a check-up?

💡 日信為甚麼低下頭不答話？
Why does Yash look down and not answer?

ngoi6 po4 gou3 sou3 ji1 sang1　　taa1 tau1 hek3 liu5 jat1 daai6 hap6 syut3 gou1
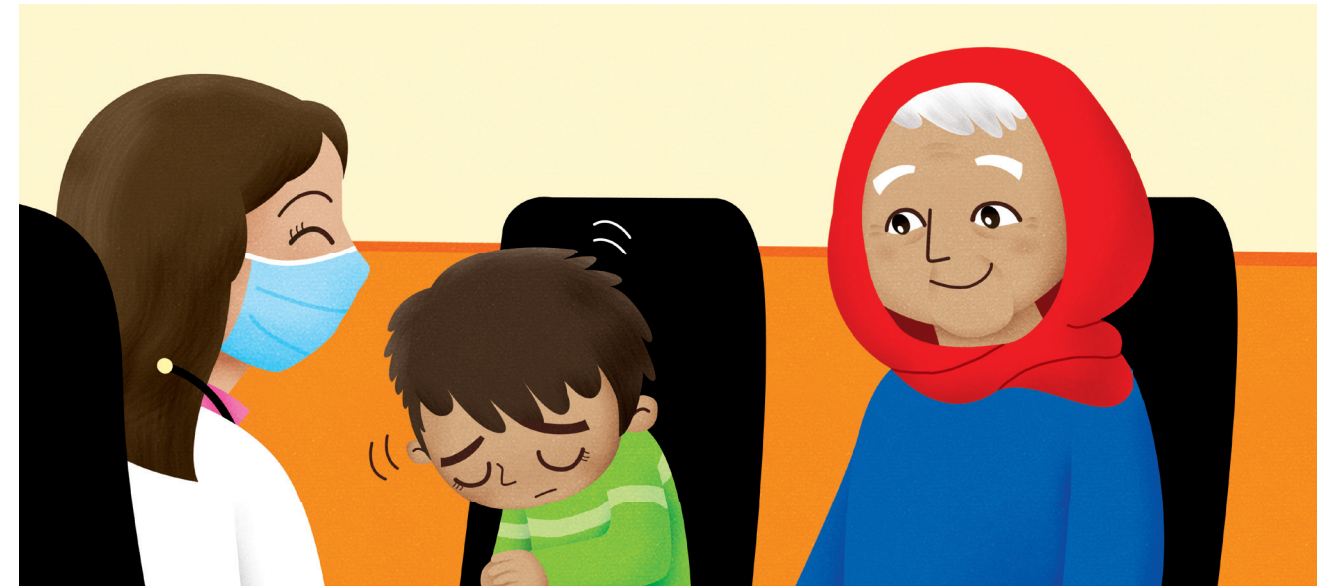外婆告訴醫生：「他偷吃了一大盒雪糕。」
Grandma tells the doctor, "He ate a huge box of ice-cream sneakily."

aa3　　jyun4 loi4 ngoi6 po4 zi1 dou6 liu5
啊！原來外婆知道了！
Oh! Grandma knows!

ji1 sang1 syut3　　syut3 gou1 han2 hou2 hek3
醫生說：「雪糕很好吃，
The doctor says, "Ice-cream tastes good,

ho2 si6 bat1 nang4 hek3 taai3 do1
可是不能吃太多。」
but we cannot have too much."

jat6 seon3 dim2 dim2 tau4
日信點點頭。
Yash nods.

💡 日信為甚麼這麼驚訝呢？
Why is Yash so surprised?

💡 如果你是日信，你會怎樣做？
What would you do if you were Yash?

💡 有甚麼食物是很好吃，但不能吃太多的呢？為甚麼？
What food tastes good but cannot be eaten too much? Why?

💡 你最喜歡吃甚麼？試過一口氣吃下很多很多嗎？
What is your favourite food? Have you ever eaten a lot of them in one go?
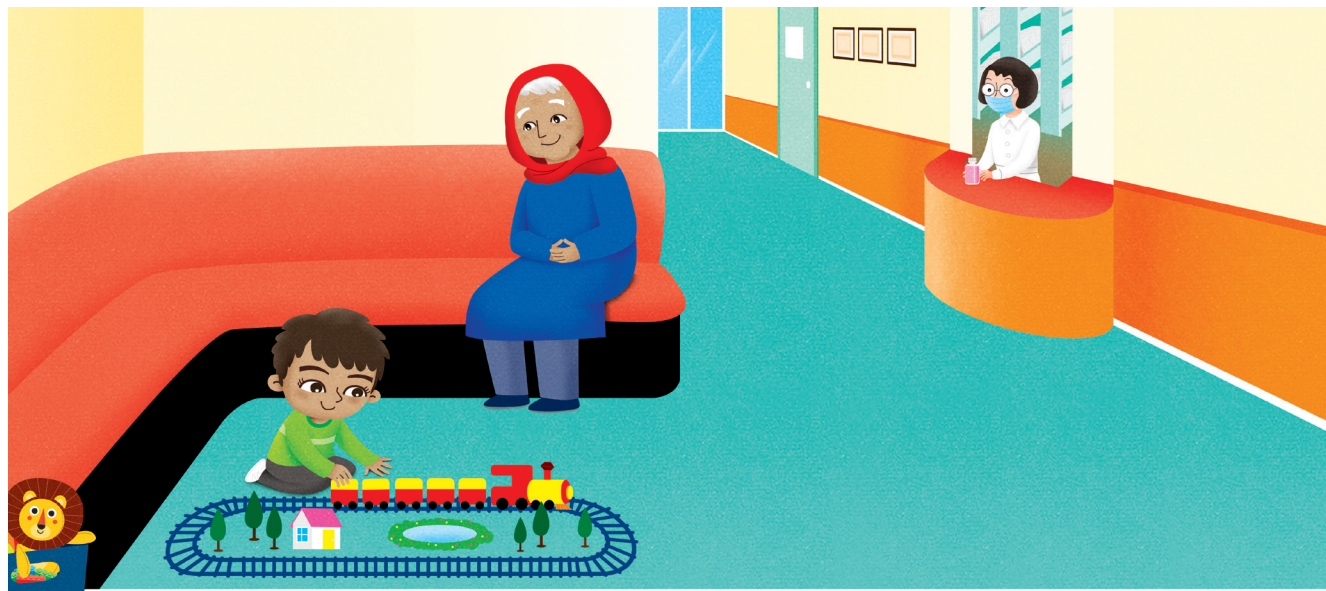
hon3 jyun4 liu5 ji1 sang1   waan4 jiu3 naa4 joek6

看完了醫生，還要拿藥。

After seeing the doctor, they need to collect the medicine.

dang2 hau6 dik1 si4 hau6   jat6 seon3 jau6 heoi3 wun6 siu2 fo2 ce1

等候的時候，日信又去玩小火車。

Yash plays with the small train again while waiting.

wui4 dou3 gaa1 leoi5   jat6 seon3 bat1 hang2 hek3 joek6

回到家裏，日信不肯吃藥。

When they are home, Yash refuses to take his medicine.

ngoi6 po4 syut3   hek3 liu5 joek6   beng6 coi4 hou2 dak1 faai3

外婆說：「吃了藥，病才好得快！」

Grandma says, "Drink it, so that you can recover quickly!"

💡 日信的臉上是甚麼表情？跟他剛踏進診所時有甚麼不同？為甚麼？
　　What is the expression on Yash's face? How is it different from the look when he first stepped into the clinic? Why?

💡 日信為甚麼不肯吃藥？
　　Why does Yash refuse to take the medicine?

💡 如果你是外婆，你會怎樣做？
　　If you were Grandma, what would you do?

ji2
咦？
Oh?

tim4 tim4 dik1　　si6 cou2 mui4 dik1 mei6 dou6
甜 甜 的 ， 是 草 莓 的 味 道 ！
So sweet, it's strawberry flavour!

💡 你喝過草莓味道的藥水嗎？你還嚐過哪些味道的藥水？
Have you had strawberry flavoured liquid medicine before? What other flavours have you tried?

💡 勇敢的小朋友都不怕喝藥水。你是勇敢的小朋友嗎？
Brave children are not afraid of drinking medicine. Are you brave?

閱讀後　After reading

把學到的應用在生活上，鞏固並延伸學習。
Practise and extend what has been learnt.

玩具醫生　Doctor of toys

家中有沒有「生了病」的布偶、玩具車、電動機器人？模仿書中的護士姐姐，先替「病人」登記，然後請「醫生」（爸爸或媽媽）為病人診治。有需要的話，你也可以幫忙「餵藥」和「打針」啊！

Are any of your dolls, toy cars, or electronic robots sick? Imitate the nurse in the book. Register your "patient" and ask the "doctor" (Dad or Mum) to treat them. You can also help with "feeding medicine" or "giving injection" if need be.

口罩設計師 Mask designer

患病時戴上口罩，可以有效減低傳播的危險，保護自己和其他人。家長可以與孩子上網搜集各種口罩設計，順道介紹它的功用和正確的佩戴方式，一起設計獨一無二的口罩。

Wear a mask when you are ill can effectively reduce the risk of transmission, so that you can protect yourself and others. Research online with your child different face mask designs, introduce the functions and the correct way to wear them. Design with your child a unique mask.

文化回應 Cultural Response

在印度看醫生，進診室前要先脫鞋，以示尊敬。你在外地看過醫生嗎？跟香港有甚麼不同？

In India, before meeting the doctor in the consultation room, you need to take off your shoes to show respect. Have you visited a doctor in other countries? How was it different from that in Hong Kong?

齊來學中文 Let's learn Chinese

疒 → 疒 → 疒

你認得疒這個部件嗎？原來它代表一個人不舒服，要靠在床上休息。很多身體不適的字詞都用上疒部件，就像病和痛，都是令人苦惱的事。我們要注意飲食、多運動，保持身體健康，才能遠離病痛。

Can you recognise the component 疒? It represents an unwell person who leans on bed to rest. 疒 is the component of many Chinese characters related to physical illness, e.g. annoying conditions like disease (病) and pain (痛). Eat well and exercise often to stay healthy and away from diseases and pain.

詞語表 Glossary

痛	hurt/pain
醫生	doctor
害怕	afraid
打針	give an injection
護士	nurse
不舒服	feeling unwell
發燒	fever
咳嗽	cough
探熱	take body temperature
登記	register
檢查	check-up
藥	medicine
病	sick/ill

《看醫生》家長用書

本書配合故事書《看醫生》使用，由「賽馬會友趣學中文」計劃製作。

「賽馬會友趣學中文」計劃由香港賽馬會慈善信託基金策劃及捐助，並由本地三間大學及兩間非政府組織聯合策動。本計劃為期五年，自2016年起透過「家庭、社區、學校」的結合，以及實證為本的創新模式，營造具文化回應、愉快而有意義及高效的教與學情境，以強化非華語幼兒中文能力的發展，從而讓他們更順利地銜接小學的學習生活，並促進社會共融。