

# 良友之聲

Vox Amica Pictorial

## 脂肪叔叔不太壞

- ★ 科學遊樂園  
造星之旅
- ★ 火柴移動課室  
不能說的祕密
- ★ 小克與彩「熊」  
七色樹無故倒下了？
- ★ 雙語故事書+英語錄音  
逃跑的木頭
- ★ 家長閱讀園  
同行



良友之聲出版社網頁：[www.vaphk.org](http://www.vaphk.org)

歡迎家長及老師瀏覽我們的



良友之聲雜誌



有獎遊戲及笑話  
禮物等你拿！



## 朋友們，加油啊！

4月2日 晴天

我和良仔在超級市場購物時，認識了**脂肪叔叔**，他一邊哭，一邊向我們大吐苦水，我只好試著安慰他。

聽小高說，**Miss Lo** 病倒了，我們一起為她禱告。之後，小高向我們推介一本書，**瘋狂博士**便教我們利用**索書號**找尋圖書。

我們在圖書館門口碰到**漿糊筆**同學，他悶悶不樂地說，大家都知道他的**祕密**了。於是我帶他去看**依撒意亞**隊的話劇**綵排**，希望他的心情會好一點吧！

# 脂肪叔叔不太壞

營養標籤顯示含有脂肪，不買！脂肪你這壞東西！

咦？叔叔，你是誰啊？

嗚嗚……大家都討厭我……你們都不知道我的好！



我就是人見人「憎」  
的脂肪叔叔……  
嗚嗚……



食物中含有不同的營養素，例如蛋白質、礦物質及維他命等。它們能夠幫助身體成長，維持健康。

脂肪也是其中一種營養素，大多數來自肉類、植物種子的食材都含有脂肪，例如：

- 牛、豬、雞和魚等肉類



- 來自牛的牛奶、忌廉等奶製品



可製成



雪糕

- 可可豆



可製成



朱古力

- 以花生加工而成的花生油



可製作



油炸食物



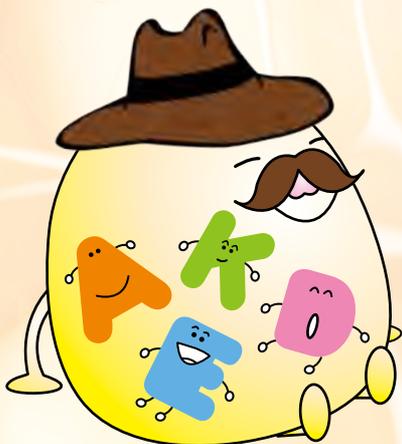
# 脂肪好棒!

知道嗎？我雖然  
算不上英俊，可是  
我很有用！



## 提供熱量

我們日常的活動，小至呼吸、說話，大至走路、跑步，都要透過**消耗熱量**才能做到，就好像車子需要燃油才能運作。小朋友正處於成長期，攝取熱量對身體的生長（例如長高）也很重要，而**脂肪就能提供身體所需的熱量**。



## 幫助吸收維他命

維他命也是營養素的一種，它能維持各種細胞和器官正常運作。**維他命A、D、E、K**需要溶解於**脂肪**，才可被身體吸收。



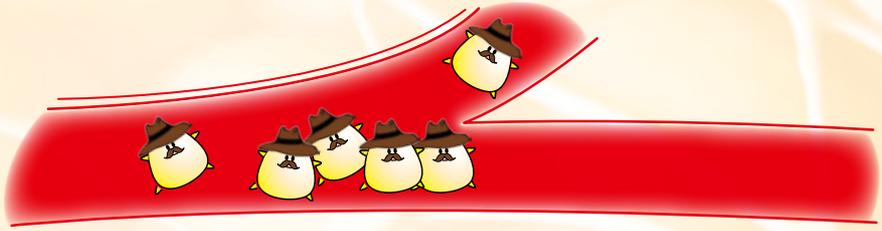
# 如果太多脂肪.....



不過，脂肪叔叔  
你有時候真的  
有點壞啊！

## 增加患病風險

有些脂肪營養是經由血液輸送到身體各個器官，如果我們攝取太多脂肪，時間久了，它們就會在血管裡凝聚起來，阻塞血管，引致冠心病、高血壓等疾病。



## 肥胖問題

脂肪產生的熱量很高，如果我們攝取太多熱量，多餘的熱量就會化為脂肪組織，儲存在身體裡。而且，身體會在其他能量都用盡後，才燃燒脂肪。當脂肪長時間積聚在體內，就會形成肥胖問題。



那麼我們到底  
應不應該吃含有  
脂肪的食物？



唔……小心  
計算，適可而  
止就好了。



# 做好自己 尊重別人

冷靜點……我知道。  
老師說過，有些人會  
因為遺傳、疾病影響  
或藥物副作用，而出  
現肥胖的情況。

老師還說，這些人即  
使飲食健康、恆常運  
動，也會較一般人困  
難減去體重，有些人  
更會因為自己的體型  
感到不開心。

冤枉啊！我不是  
令人肥胖的唯一  
原因啊！



我們保持均衡的飲食，以免攝取過多的脂肪，有助維持身體健康。我們遇到體型與自己不同的人，也不應取笑他們，令他們難過，因為每個人的身體狀況各有不同。不論高矮肥瘦，都是值得尊重的生命。

# 我是小高

愛·成長

## 治癒（上）



# 治癒 (下)



小高  
開朗活潑的小學生，有時帶點頑皮。



# 造星之旅

撰文：冬甩 設計：小青

雖然我們沒有  
辦法收藏星星，不過  
我懂得製造星星啊！

天上的星星真美，  
真想把它收藏起來，  
細細欣賞。

大家也來動手  
造星吧！



### 造星材料

牙籤 5根  
水 少許

### 造星步驟



1 折曲牙籤。

小心，不要  
折斷啊！



2 排列牙籤，形成以上形狀。



3 在牙籤的中央  
滴一滴水。

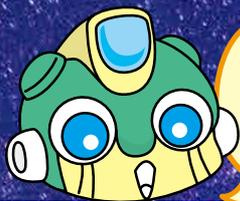


4 看！牙籤慢慢張開，  
形成一顆星星！



很神奇啊！為甚麼  
牙籤會自己張開？





不是牙籤自己張開，而是毛細現象把牙籤撐開了！

## 毛細現象



**1** 簡單來說，液體會滲入細小的空間之中，這就是毛細現象。

**2** 牙籤的纖維中有很多細小的縫隙，所以水分就可以沿著縫隙滲入牙籤。

**3** 本來，牙籤的纖維被屈曲了，不過當水分滲入，促使纖維回復原狀，牙籤便會傾向返回本來筆直的狀態，看起來就沒那麼彎曲了。



10月登場的李伯伯說過，毛筆也是因著毛細現象，所以能沾取墨水而不滴下來。



我當然記得，話說回來，這只是個科學小實驗，怎算是製造星星呢？



# 天后的生日

每年農曆三月廿三日是天后誕，香港不少地方都會舉行慶祝活動。

撰文：冬甩 設計：毒角獸



天后廟內的天后神像。

## 傳說這樣說：天后娘娘林默娘

傳說中，天后娘娘於1000年前在福建出生，她自出生到滿月都不哭啼，非常安靜，所以父母為她取名「林默」，小名「林默娘」。

林默娘非常聰明，更擁有異能，能夠拯救在海上遇險的人。相傳林默娘在廿九歲時登山，化成了神仙。後來，漁民稱她為「天后娘娘」，常常向她祈求出海平安。

## 處處天后廟

從前香港漁業興盛，大多數漁民都相信天后娘娘，所以許多地方都建有天后廟。現時，香港約有100間天后廟！



香港最古老的天后廟位於西貢。

## 搶花炮

天后的生日稱為天后誕，慶祝活動有舞龍舞獅、陸上和海上巡遊等等。一些鄉村更會舉行搶花炮，可說是最為矚目。



花炮主要由竹篾、色紙和布料製成。

記得上期我介紹的紮作技藝嗎？花炮也是紮作作品啊！



代表人用彈弓將竹筒射上半空，村民就會伸手搶竹筒。



搶得竹筒就可以換取花炮，保存花炮一年。

以往有人為了爭奪花炮，發生打鬥，所以現在很多地方都改以抽籤形式，決定花炮誰屬。



## 尋寶錦囊

今年的天后誕在2018年5月8日，不過，各個地區會選擇不同的日子舉行慶祝活動。



# 火場逃生記



**小心火災！** 香港每年平均發生一萬多宗火災，大多是由人為疏忽引起，因此我們應提高警惕，採取各項預防措施，減低火災發生的可能性！

- 避免在一個插座上加插多個萬能蘇，或在一個萬能蘇上使用過多電器
- 避免使用不合規格的插頭及損壞的電線
- 勿將雜物或燃料放近爐頭
- 煮食時必須不時留意爐火
- 規劃逃生路線及集合地點

# 逃生教室

面對緊急、危難事件，如火災時，記得**保持鎮定**，並採取以下**應變措施**……

**1** 立即致電「999」  
**報警！**




**2** 小心**觀察**屋外環境情況，如走廊有沒有濃煙。



情況一 沒有煙

情況二 有煙

途中如遇上濃煙，可**蹲低及在地上爬行**，以避免吸入濃煙。由於煙霧會向上升，貼近地面的空氣會較清新。




迅速**離開單位**，利用最近的樓梯逃生。



在露台或窗戶上**懸掛被單或揮動毛巾**，向消防人員顯示你的位置。

於災難發生前，我們應**預先準備逃生包**，並放在容易提取的地方。

我剛好在執拾逃生包內的物資；可是，我還忘了拿**四樣物資**，你知道是甚麼嗎？



- 眼鏡 / 藥物\* (如有需要)
- 鎖匙
- 少量金錢
- 身份證明文件副本
- 哨子
- 急救包

**逃生包**

\*會過期的物品需定期更換。

\*火警至、報警、逃生、避難：善景



《良友之聲》和《樂鋒報》一同開派對啊！

米卡準備購買食材時，發現小虎哥哥寫的「購物清單」是一個文字陣。你能幫幫他，一起在文字陣中找出 5 種食材嗎？



a	c	e	p	g	s	b
h	n	p	o	r	k	e
l	e	t	t	u	c	e
e	d	e	a	b	m	f
r	g	i	t	u	j	v
w	y	g	o	r	c	s



米卡來到菜市場裡的神祕商店。老闆從不直接說明食材價格，只預備一個價錢換算表，讓購買者自行計算。快來跟良仔一起算算這些食材的價格吧！

大家幫我算一算？



			20 元
			14 元
			17 元
30 元	12 元	9 元	

- a.  = \$ ?
- b.  = \$ ?
- c.  = \$ ?

3

派對即將開始！Gigi 和良仔分別拍了一張照片，打算傳給爸爸媽媽。爸爸媽媽後來發現，雖然他們在同一位置拍照，但照片卻有 5 個地方不一樣，你看得出來嗎？



4

良仔看到小虎哥哥只拿油炸食物等高脂肪食物，擔心他長期下去，健康會受影響。如果你是良仔，你會如何讓小虎吃點蔬果呢？記得要顧及他的感受啊！

- A. 搶走小虎哥哥手中的炸雞腿，威脅他吃蔬果。
- B. 拿一碟沙律和水果，並坐在小虎哥哥旁邊，跟他分享。
- C. 故意嘲笑小虎哥哥的身型，逼使他吃蔬果。
- D. 直接跟小虎哥哥說你的憂慮，希望他注意飲食均衡。

大家不要妄想可以分開我和炸雞腿！



4. B、D

3.

- 2. a. \$5
- b. \$2
- c. \$10

W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D	E	F	G
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# 猜猜謎

良仔找到一些謎語要考考Gigi，大家不如和Gigi一起猜猜看？

1

黃熹彤 嘉諾撒聖瑪利學校

我頭上不是帽子！

頭上戴帽子，  
身穿白袍子，  
走路擺架子，  
說話伸脖子。

(猜一動物)



2

老鼠……  
我怕！



鐵嘴彎彎眼雪亮，海闊天空任飛翔。  
捕捉老鼠除蟲害，不怕虎豹和豺狼。

(猜一動物)

3

我真的不想聽！

牧童彈鋼琴。  
(猜一成語)



4

為甚麼野草會  
長到頭上？

七人頭上有野草。  
(猜一字)



如果你也想跟良仔和Gigi分享有趣的謎語，可將謎語連同遊戲表格，寄來九龍天光道16號良友之聲出版社，刊登後可以獲得文具精品一份！



# OK博士

編繪：葵



## OK博士

是發明家，也是非常疼愛孫子的爺爺。



## 阿迪

哥哥，好奇、愛冒險，想到新念頭便要立即行動。

## 過去





**菲菲**

妹妹，個性害羞，喜歡布娃娃和小動物。



**冬仔**

常被人誤會是熊貓的狗。



**安仔**

阿迪的同學，十分喜歡OK博士的發明。

## 穿越



# OK 博士

OK留言：  
假如有時光機，大家想知道長大後是怎樣嗎？



哥哥





遊戲教育專家 王詠詩博士  
遊戲無限及 Dr. PLAY執行總監兼創  
辦人，專長以遊戲提升親子關係、  
協助青少年成長。

詳情可瀏覽：[www.dr-play.com.hk](http://www.dr-play.com.hk)



編輯：灤 設計：小青

## 用金錢換答案？

筆者曾帶領一個訪港交流團，主要服務對象為6至12歲的國內兒童。由於是交流團的緣故，他們通常來自小康之家。

有一天，我們玩遊戲的時候，一位約10歲的小朋友為了獲取答案，竟跟主持人說「我給你10元，你告訴我答案。」我跟主持人對望，對這位小朋友的要求表示非常驚訝！主持人當然回答說「不可以」，小朋友又再追問「那麼我給你100元，你將答案告訴我。」我從事遊戲教育多年，從來沒有遇上以上的要求。後來，我和主持人向他解釋，**遊戲的好玩之處在於過程，以金錢換取答案有欠公允，也失去了趣味。**

帶領這個交流團期間，我亦經歷了很多「第一次」。

我第一次看見小朋友沒有好好進食營地預備的飯菜，飯後時間卻左手拿著雞腿，右手拿著汽水狼吞虎嚥。作為遊戲教育工作者，當然希望**把握每一個教導小朋友的機會**。午飯過後，我在活動開始前，分享看見小朋友用膳時的浪費行為，讓我想起遠方沒有糧食的朋友，並呼籲大家應該好好珍惜食物，不應任意浪費。然後，我請小朋友在晚飯的時候，以分組形式進行比賽：

- 全組吃光營地預備的飯菜，加20分。
- 若有吃剩的飯菜，每碟扣10分。
- 如沒有吃光飯菜，卻以小食部的雞腿充饑，每組扣20分。

最後，所有參加者吃光營地的飯菜，亦無需以雞腿充饑；小朋友也為他們可以吃光飯菜而感到自豪。作為推動遊戲教育的工作者，**小小的教導可能會影響小朋友的生活習慣**，讓他們學習成為負責任的人。

