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深圳市学龄前儿童健康素养 —基本知识（中英双语版）

Shenzhen Health Literacy for Preschool Children — Basic Knowledge
(Bilingual Edition: Chinese & English)



【健康福田】公众号



【健康福田】视频号



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Futian District Digital Intelligence Health Service and Promotion Center

深圳市学龄前儿童健康素养—基本知识

Shenzhen Health Literacy for Preschool Children — Basic Knowledge

- 1、**不挑食，不偏食**
Eat a balanced diet and do not be a picky eater
- 2、**少吃糖果**
Eat fewer sweets
- 3、**少喝含糖饮料，少吃油炸食品**
Drink fewer sugary beverages and eat less fried food
- 4、**早晚刷牙，饭后漱口**
Brush your teeth morning and night, and rinse your mouth after meals
- 5、**早睡早起**
Go to bed early and get up early
- 6、**饭前便后洗手**
Wash your hands before meals and after using the toilet
- 7、**不随地吐痰**
Do not spit in public
- 8、**不随地大小便**
Do not urinate or defecate in public
- 9、**便后冲水，保持厕所清洁**
Flush the toilet after use and keep it clean
- 10、**勤洗澡、勤换衣、勤理发、勤剪指甲**
Bathe regularly. Change your clothes regularly. Keep your hair tidy regularly. Trim your nails regularly
- 11、**不乱扔垃圾，不高空抛物，不往车窗外乱扔东西**
Do not litter. Do not throw objects from high places. Do not toss things out of car windows
- 12、**不咬手指和铅笔**
Do not bite your fingers or pencils
- 13、**不玩火**
Do not play with fire
- 14、**不碰电源插座**
Do not stick fingers or objects into electrical outlets
- 15、**不玩刀具**
Do not play with knives or sharp tools
- 16、**上下楼靠右慢走**
Walk carefully and keep to the right when using the stairs
- 17、**过马路走斑马线，不闯红灯**
Use crosswalks when crossing the street, and do not run red lights
- 18、**看电视距离不要太近，时间不要太久**
Do not sit too close to the screen, and limit your screen time
- 19、**不攀爬高处**
Do not climb on high places
- 20、**报警电话“110”，急救电话“120”**
The police emergency number is “110”
The medical emergency number is “120”

不挑食，不偏食

Eat a balanced diet and do not be a picky eater





少吃糖果

Eat fewer sweets



**少喝含糖饮料，
少吃油炸食品**

*Drink fewer sugary beverages
and eat less fried food*



早晚刷牙，饭后漱口

Brush your teeth morning and night, and rinse your mouth after meals



早睡早起

Go to bed early and get up early



饭前便后洗手

*Wash your hands before meals
and after using the toilet*

不随地吐痰

Do not spit in public





公共厕所

不随地大小便

Do not urinate or defecate in public



便后冲水,
保持厕所清洁

Flush the toilet after use and keep it clean

勤洗澡

Bathe regularly





勤換衣

Change your clothes regularly

勤理发

Keep your hair tidy regularly





勤剪指甲

Trim your nails regularly

不乱扔垃圾

Do not litter



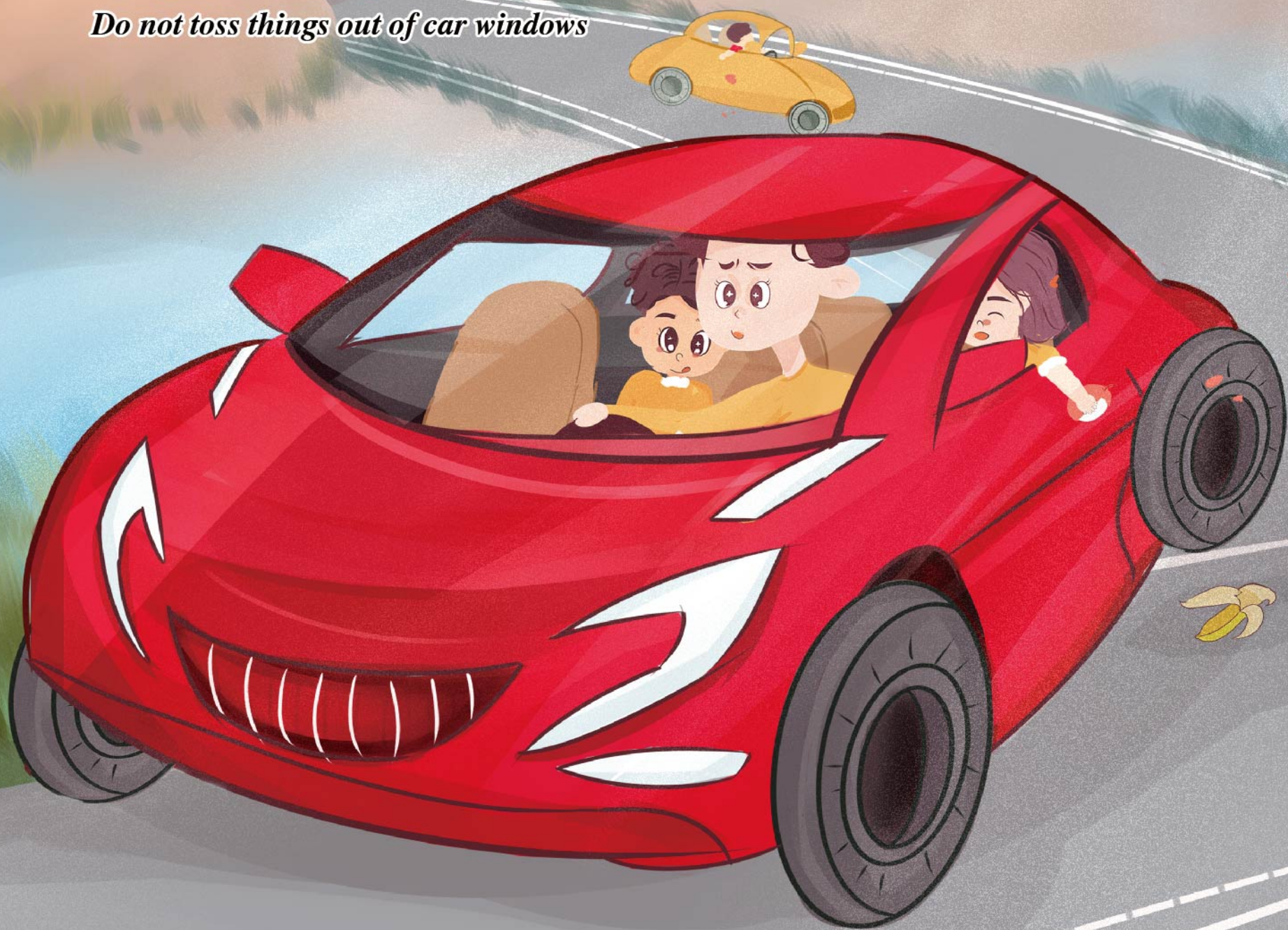
不高空抛物

Do not throw objects from high places



不往车窗外乱扔东西

Do not toss things out of car windows





不咬手指和铅笔

Do not bite your fingers or pencils

不玩火

Do not play with fire



不碰电源插座

Do not stick fingers or objects into electrical outlets



An illustration of a kitchen scene. A woman with long brown hair, wearing an orange cardigan over a green dress, stands on the left, gesturing with her hands towards a young child. The child, with curly brown hair and wearing a yellow shirt, is sitting at a wooden table. On the table are three red apples, a small knife with a wooden handle, and a red electric kettle. In the background, there is a wooden shelf with various jars and bottles, and a rack with a green towel and a spatula. The text '不玩刀具' and 'Do not play with knives or sharp tools' is written on the right side of the image.

不玩刀具

Do not play with knives or sharp tools



上下楼靠右慢走

Walk carefully and keep to the right when using the stairs

An illustration of a street scene. A woman in a yellow jacket and skirt, holding the hand of a small child in a yellow shirt and dark pants, stands on a sidewalk. They are looking at a traffic light which has a red light illuminated. A red car is stopped at the crosswalk. Other cars, including a yellow one and a blue one, are visible in the background. The scene is set on a road with a crosswalk and a green bush in the background.

过马路走斑马线，不闯红灯

Use crosswalks when crossing the street, and do not run red lights



不要看太久

不要靠太近

**看电视距离不要太近，
时间不要太久**

*Do not sit too close to the screen,
and limit your screen time*



不攀爬高处

Do not climb on high places



拨打110电话

危险时,找警察

报警电话 “110”

The police emergency number is “110”

急救电话 “120”

The medical emergency number is “120”



常见危险标识

Common hazard symbols



高压

High voltage



易燃

Flammable



易爆

Explosive



剧毒

Highly toxic



放射性

Radioactive



生物安全

Biohazard

中国儿童平衡膳食算盘(2022)

Chinese Children Food Guide Abacus (2022)



来源:《中国居民膳食指南(2022)》

正确洗手

Proper Handwashing



双手掌心相对 相互揉搓
Rub palms together



**掌心对手背
沿着手指缝互相揉搓
双手交换进行**
Rub the back of each hand



**掌心相对
双手交叉
沿着指缝相互揉搓**
Rub palms with fingers interlaced



**十指弯曲
双手相扣
互相揉搓**
Interlock fingers and rub



**一只手握住另一支手的大拇指
转动揉搓
双手交换进行**
Rub each thumb in a circular motion



**一只手五指指尖并拢
在另一只手手掌心旋转揉搓
双手交换进行**
Rub fingertips in the opposite palm



**腕部也需要清洁
旋转揉搓手腕
双手交换进行**
Wash both wrists