

Ua ib tug Kws Tshawb Fawb
Txog Kev Noj Qab Haus Huv!

PHAU NTAWV CIM TSEG TXOG CHAV SIM UA

*Siv phau ntawv cim tseg no los sau cim tseg, sau tseg koj cov kev
tshawb pom, thiab sim cov kev tau ntsib tshiab ntawm tsev.*

LUB NPE

Nrhiav kom paub ntau ntxiv!

COV VEV XAIB:

Ua ib tug Kws Tshawb Fawb Txog Kev Noj Qab Haus Huv!

scienceinthesummer.fi.edu/be-a-health-scientist

Lub vev xaib raws cai rau GSK Science in the Summer™ xyoo 2024

Lub Chaw Kawm Ntawv Franklin – fi.edu/en/science-and-education/franklin-at-home

STEM cov dej num thiab cov vib dis aus

Nova Hauv Oos Lais

https://www.pbs.org/wgbh/nova/education/resources/subj_05_03.html

Health Powered Kids

<https://healthpoweredkids.org/lessons/>

CDC Lub Khoos Kas Tus Neeg Sawv Cev Rau Kev Kawm Xaij

<https://www.cdc.gov/science-ambassador/stem-lesson-plans/index-activities.html>

COV PHAU NTAWV

Lub Cev Zoo Heev: Dab Tsi Ua Rau Koj Tshee thiab Koj Muaj Mob Tau Li Cas

Los ntawm Dr. Howard Bennett

Tib Neeg Lub Cev Uas Muaj Kev Zoo Siab thiab Muaj Zog - Los ntawm Claudia Martin

Andrew Kawm Paub hais txog Kws Kawm Tshawb Rawb - Los ntawm Tiffany Obeng

COV TSWV YEES DUAB:

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Ua ib tug kws tshawb fawb uas muaj lub zog zoo ntawm tsev! Sim ua qhov dej num hauv nplooj ntawv 24!



Kev Tshawb Fawb Txog Kev Noj Qab Haus Huv yog dab tsi?

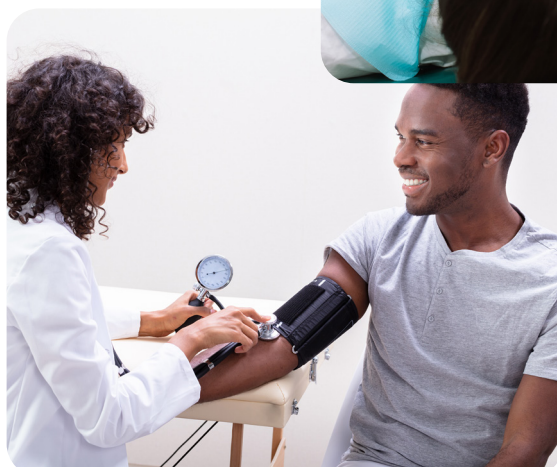
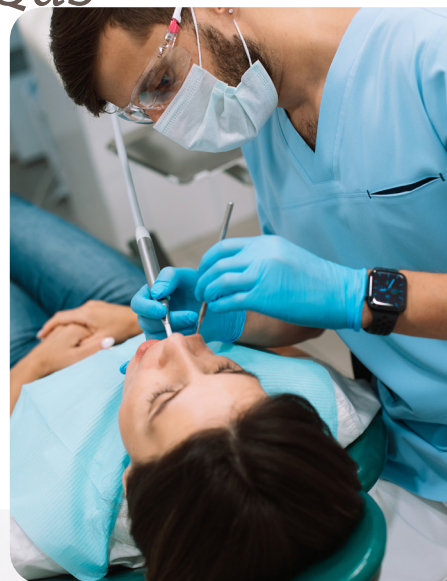
Lub hom phiaj ntawm kev tshawb fawb txog kev noj qab haus huv yog los saib xyuas tag nrho kev noj qab haus huv thiab kev noj qab nyob zoo ntawm TAG NRHO cov tib neeg. Cov kws tshawb fawb txog kev noj qab haus huv kawm tshawb fawb txog cov hau kev yuav pab kom tib neeg muaj zog los sis kho lawv thaum lawv muaj mob. Lawv yuav nug cov lus nug xws li:

- Tib neeg tuaj yeem txhim kho lawv li kev noj qab haus huv tau li cas?
- Peb yuav pab kom tib neeg tsis txhob muaj mob tau li cas?
- Peb tuaj yeem pab kom tib neeg uas muaj mob zoo los tau li cas?
- Feem twg ntawm tib neeg lub neej thiab chaw ib puag ncig cuam tshuam rau lawv txoj kev noj qab haus huv?

Kev Tshawb Fawb Txog Kev Noj Qab Haus Huv yog ib txoj kev kawm loj heev uas muaj **NTAU** cov hauj lwm sib txawv.

Cov kws kawm tshawb fawb txog kev noj qab haus huv yuav:

- Kho cov neeg muaj mob hauv cov tsev kho mob thiab cov chaw ua hauj lwm kho mob
- Tshawb fawb txog cov tshuaj tshiab los sis cov kev kho mob tshiab hauv chav sim ua
- Qhia tib neeg hais txog lawv lub cev thiab kev noj qab haus huv hauv chav kawm ntawv los sis lub chaw pab cuam hauv zej zog
- Ua hauj lwm hauv tsoom fwv los tsim cov kev cai lij choj uas cuam tshuam txog tib neeg txoj kev noj qab haus huv



Ua Ib Tus Tub Ntxhais Kws Cob Qhia Rau Tub Ua Kis Las

Cov kws cob qhia rau tus tub ntxhais ua kis las ua cov tus tub ntxhais ua kis las pab kom lawv cov thooj nqaij, cov pob txha, thiab cov pob qij txha ua hauj lwm tau zoo.

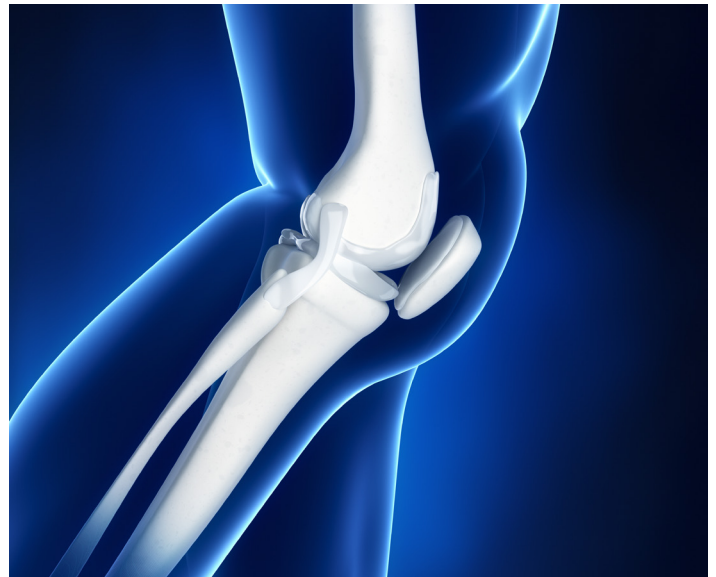


Nqe Lus Nug Tseem Ceeb: Cov kws cov qhia tus tub ntxhais ua kis las txheeb xyuas cov teeb meem nrog cov tub ntxhais ua kis las cov thooj nqaij thiab cov pob qij txha tau li cas thiab nrhiav cov hau kev los kho lawv tau li cas?



Koj Lub Khoos Kas:

Sim lub hauv caug uas yog tus qauv los nrhiav txog nws qhov teeb meem thiab thiab qhia tswv yim txog cov kev tawm dag zog los ua kom qhov teeb meem zoo tuaj.



Neeg mob _____	
<i>Kev sim</i>	<i>Cov ua tau los</i>
Qhov muaj zog	
Kev co ntawm ib sab	
Lwm Yam Kev Sim los sis Sau Cim Tseg	

Neeg mob _____

Kev sim

Cov ua tau los

Qhov muaj zog

Kev co ntawm ib sab

Lwm Yam Kev Sim los
sis Sau Cim Tseg

Neeg mob _____

Kev sim

Cov ua tau los

Qhov muaj zog

Kev co ntawm ib sab

Lwm Yam Kev Sim los
sis Sau Cim Tseg

Lus Cim Tseg:



Qhov Qhia Pom:

*Koj ho zoo ib yam li tus kws cob qhia rau tub ua kis las li cas?
Cov kev txawj twg uas koj tau xyaum?*



**MUAB DAIM
NPLAUM RAU
NTAWM NO**

Ua Ib Tug Kws Kho Mob Rau Lub Plawv

Tus kws kho mob rau lub plawv yog ib tug kws kho mob uas saib xyuas txog lub plawv thiab cov hlab ntsha.



Nqe Lus Nug Tseem Ceeb: Cov kws kho mob rau lub plawv tuaj yeem pab txhim kho kom ntshav ntws tau zoo hauv txoj hlab ntsha uas txhaws tau li cas?

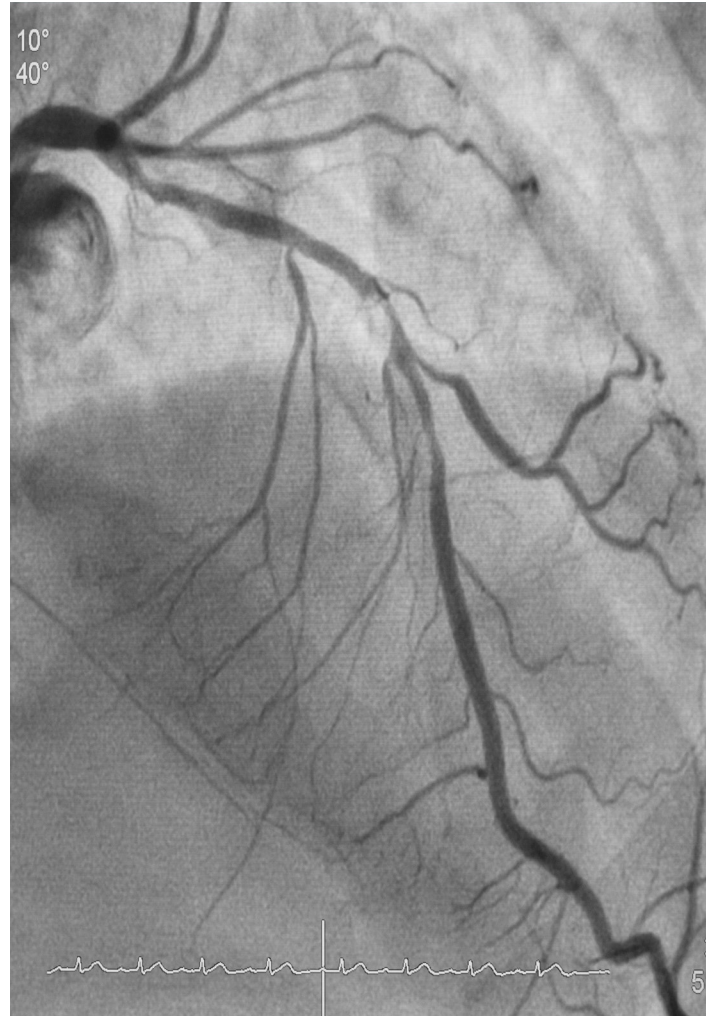
Koj Lub Khoos Kas:

Tsim ib qhov khoom siv uas yuav txhim kho kev ntws ntawm cov ntshav ntws dhau txoj hlab ntsha uas txhaws ntawd.



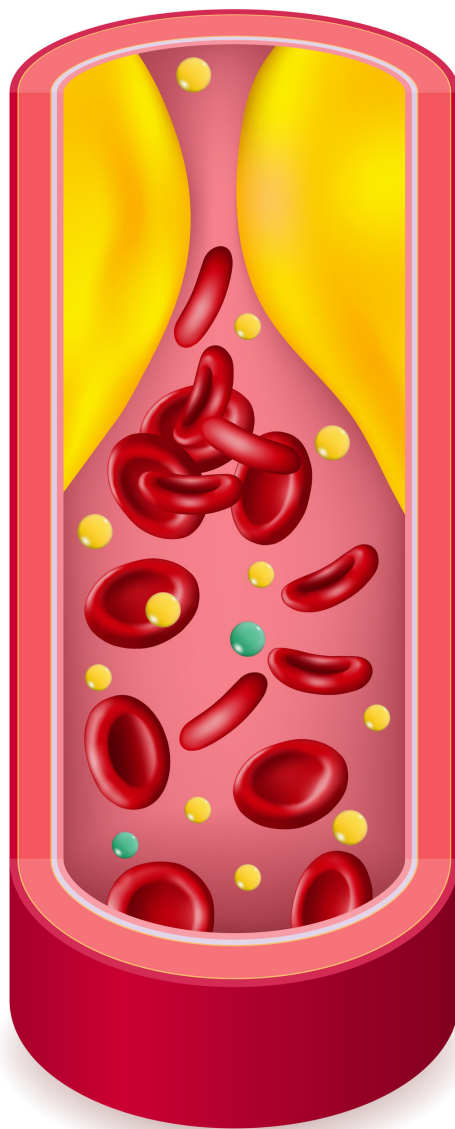
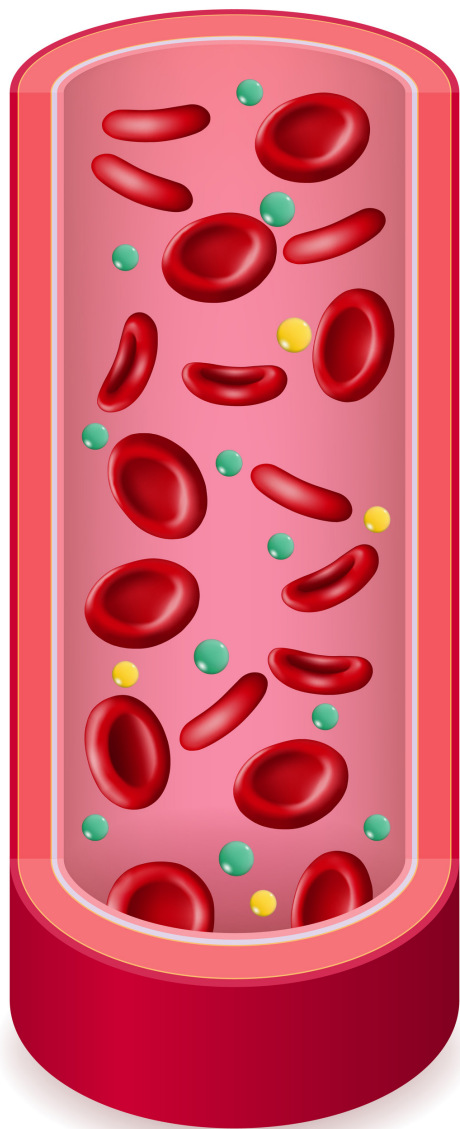
Los saib ua ke

Koj pom dab tsi hauv cov duab no txog txoj hlab ntsha liab loj?



Los saib ua ke

Qhov sib txawv twg uas koj saib pom ntawm cov duab no? Lawv piv rau cov duab uas nyob rau hauv nplooj ntawv 9 zoo l icas xwb?



Kev Tsim Qauv Qhov Khoom Siv:



Qhov Qhia Pom:

Koj ho zoo ib yam li tus kws kho mob txog lub plawv li cas? Cov kev txawj twg uas koj tau xyaum?



MUAB DAIM
NPLAUM RAU
NTAWM NO

Ua Ib Tug Kws Paub Txog Khoom Noj Zoo Rau Lub Cev

Cov kws paub zoo txog khoom noj zoo rau lub cev yog cov kws tshaj lij hauv cov thaj zoo ntawm khoom noj. Lawv siv kev tshawb fawb fab xaij los pab tib neeg xaiiv khoom noj los pab kom lawv lub cev muaj zog.



Nqe Lus Nug Tseem Ceeb: Cov kws paub zoo txog khoom noj tuaj yeem qhia txog kev xaiiv khoom noj los txhim kho tus neeg mob li kev noj qab haus huv tau li cas?

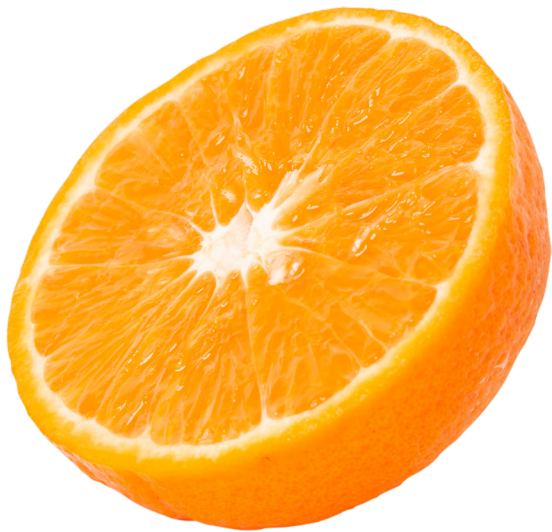


Koj Lub Khoos Kas:

Sim kuaj cov theem **Vitamin C** hauv ntau yam khoom haus los nrhiav txog ib yam uas yog lub hauv paus uas muaj **Vitamin C** zoo tshaj plaws.

Los saib ua ke

Cov khoom noj twg hauv qab no uas koj xav tias muaj Vitamin C ntau tshaj plaws?



Yuav siv pes tsawg teev thiaj li ua kom xim av ploj mus tag?

<i>Dej</i>	<i>Pes Tsawg Teev</i>

Hom dej haus twg xav tau cov teev dej me tshaj plaws?

Lus Cim Tseg:



Qhov Qhia Pom:

Koj ho zoo ib yam li tus kws paub zoo txog khoom noj zoo rau lub cev li cas?
Cov kev txawj twg uas koj tau xyaum?



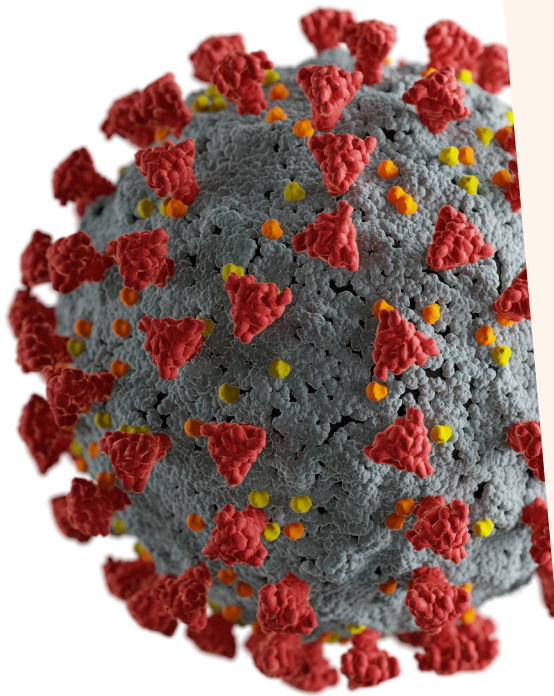
MUAB DAIM
NPLAUM RAU
NTAWM NO

Ua Ib Tug Kws Paub Txog Kab Mob Sib Kis

Tus kws kawm paub txog kab mob sib kis kawm tshawb fawb txog qhov kev mob nkeeg sib kis li cas thiab cov hau kev tswj los sis nres lawv li cas.



Nqe Lus Nug Tseem Ceeb: Cov kws kawm paub txog kab mob sib kis kawm paub txog qhov uas kev mob nkeeg sib kis ntawm tib neeg tau li cas?



Koj Lub Khoos Kas:

Siv tus qauv los kawm tshawb fawb txog qhov uas kab mob vais lav yuav sib kis ntawm cov tub ntxhais kawm ntawv hauv tsev kawm tau li cas.

Lwm 1

Tsab ntawv ntawm kuv lub khob:

Khob uas kuv sib tov nrog:

Lwm 2

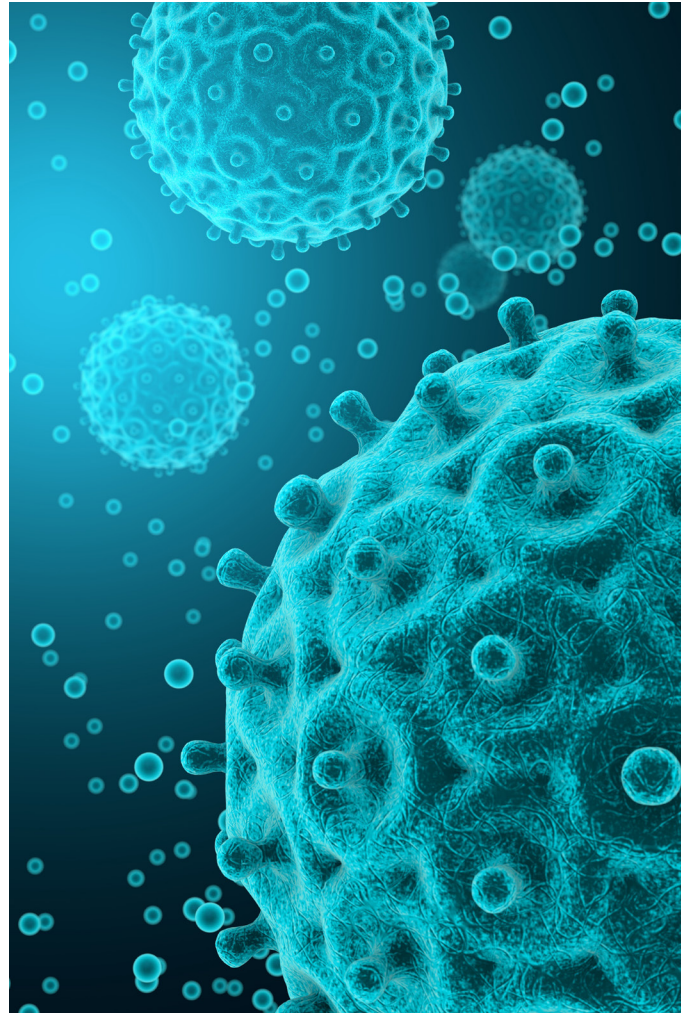
Tsab ntawv ntawm kuv lub khob:

1	Khob uas kuv sib tov nrog:
2	Khob uas kuv sib tov nrog:

Lus Cim Tseg:

Cov qauv piv txwv twg uas koj xav tias tau muaj kab mob vais lav nyob rau thaum pib ntawm qhov dej num? Vim li cas?





Qhov Qhia Pom:

Koj ho zoo ib yam li tus kws kawm paub txog kab mob sib kis li cas?
Cov kev txawj twg uas koj tau xyaum?



MUAB DAIM
NPLAUM RAU
NTAWM NO

Ua Ib Tug Kws Kho Mob Txog Pob Txha thiab Pob Qij Txha

Cov kws kho mob txog pob txha thiab pob qij txhaj yog cov kws tshaj lij txog cov pob txha, cov thooj nqaij, thiab cov pob qij txha. Lawv tuaj yeem kho cov kev raug mob xws li pob txha lov los sis nqaij ntuag.



Nqe Lus Nug Tseem Ceeb: Cov kws kho mob paub txog pob txha thiab pob qij txha kho cov pob txha lov thiab pov thaiv lawv thaum uas cov pob txha tab tom zoo los li cas?



Koj Lub Khoos Kas:

Siv tus qauv los nrhiav txoj hau kev daws teeb meem zoo tshaj plaws rau kev kho tus tub ntxhais ua kis las hockey sab ceg lov.

Los saib ua ke

Hauv qab no yog qee cov duab ntawm Kev Xoos Hluav Taws Xob uas qhia pom txog cov pob txha tawg. Feem twg ntawm lub cev uas koj xav tias qhov Kev Xoos Hluav Taws Xob qhia pom?



Kho Tus Qauv Tsim:



Lus Cim Tseg:

Cov tswv yim twg uas koj tau sim ua? Koj tau nrhiav pom dab tsi?



Qhov Qhia Pom:

Koj ho zoo ib yam li tus kws kho mob txog pob txha thiab pob qij txha li cas? Cov kev txawj twg uas koj tau xyaum?



MUAB DAIM
NPLAUM RAU
NTAWM NO

Ua ib Tug Kws Tshawb Fawb Txog Kev Noj Qab Haus Huv ntawm Tsev!

Koj tuaj yeem pab koj tus kheej lub cev thiab lub siab muaj kev noj qab haus huv zoo uas muaj cov kev xaiv uas koj ua hais txog khoom noj, kev tawm dag zog, kev pw tsaug zog, thiab cov kev xav. Xav txog koj cov cwj pwm zoo ib yam li ib tug kws tshawb fawb txog kev noj qab haus huv thiab txiav txim siab seb cov twg zoo rau koj lub cev thiab koj lub siab.

Yam uas koj xav tau:

- *Daim ntawv*
- *Tus mem hluav*

Yam yuav tau ua:

- Xav txog cov cwj pwm uas zoo rau lub cev uas koj muaj nyob tom tsev.
 - *Koj ua dab tsi tas li uas yog qhov zoo rau koj?*
 - *Nws pab tau koj lub cev li cas?*
 - *Yuav muaj dab tsi tshwm sim yog tias koj tau tsum ib qho ntawm cov cwj pwm no?*
- Xav txog cov cwj pwm uas koj muaj uas tsis tshua zoo rau lub cev.
 - *Koj ua dab tsi tas li uas tsis zoo pes tsawg rau koj?*
 - *Vim li cas koj thiaj li xav tias cov cwj pwm ntawd tsis zoo rau lub cev?*
 - *Dab tsi yuav tshwm sim tau rau koj lub cev yog tias koj pheej ua cov yam ntawd tas li?*
- Sau los sis kos duab li 1 los sis 2 tus cwj pwm uas koj xav tias koj tuaj yeem hloov pauv tau kom lub cev muaj zog zoo tuaj. Piv txwv li, koj hnov qab yuav txhuam kaus hniav, los sis koj nyob lig kos nkees dhau lub sij hawm koj mus pw lawm.
- Tom qab ntawd ces xav txog tej yam uas koj tuaj yeem ua tau los pab koj hloov pauv cov cwj pwm ntawd. Piv txwv li, koj tuaj yeem nplaum ib daim paib rau ntawm koj lub txaj ib sab los ceeb toom qhia rau koj paub kom txhua koj cov hniav.
- Xaiv ib qho ntawm cov kev nqis tes ua no thiab sij ua nws kiag!
- Tom qab ib lub lim tiam lawm, rov mus saib rau koj daim ntawv teev qhia thiab xav txog seb koj li kev nqis tes ua siv tau li cas.
 - *Nws puas pab tau koj ua cov kev xaiv uas zoo rau lub cev zog tuaj?*
 - *Yog tias ua tau, dab tsi yuav ua rau kom ua tau zoo dua qub tuaj thiab?*
 - *Yog tias tsis tau, koj tuaj yeem hloov pauv los sis ua dab tsi txawv ntawd?*
- Khaws koj daim ntawv teev qhia cia rau ib qho twg uas koj tuaj yeem pom tau thiab kuaj xyuas yam tsis tu ncua.
 - *Koj cov cwj pwm hloov pauv mus zoo li cas?*
 - *Koj puas pom tau txog cov kev hloov pauv hauv qhov uas koj xav txog?*
 - *Koj tuaj yeem sim ua dab tsi txuas mus ntxiv?*