



Ministry of Education, Youth and Sport



Ministry of Health

## How to Make Healthy Bodies



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カンボジア教育青年スポーツ省と保健省に認可された学校保健テキスト  
(児童用・英語版・A5版)

- このテキストは教師用（A4版）と児童用（A5版）が作成された。
- 言語は、英語版とクメール語版が作成された。
- テキスト内の写真は、**JICA**草の根事業地域特別枠の助成金で実施された香川大学事業において、撮影された、カンダール州カンダルスタン郡小学校の写真である。
- 写真の掲載にあたり、カンボジア政府の許可を得た。

### About this guidance book of School Health

This guidance book was made by the project of Kagawa University, Kagawa prefecture and NGO Udon House receiving support of JICA, and cooperating with MoEYS. This project is "JICA Partnership Program" that JICA approved in 2016. The project name is "Constructing a School Health System to Improve Health Education in Kandal Steung District". The purpose of this project is Model on raising awareness and educating health will be implemented and school health leaders will be trained in Kandal Steung District.

Health leaders from MoEYS and teachers from Kandal Steung district participated in the training in Japan and learn the Japanese style of school health education in October, 2017. At this training, they took health education training at Kagawa University. This guidance book is the textbook that is included training in Japan and used by primary school teacher when they teach about health guidance.

"Health guidance" can be taught from first grade to sixth grade of primary school with guidance of about 10 minutes to 15 minutes.

It can be carried out in third grade or more with about 45 minutes of lessons.

This guidance book is approved by Ministry of Education. We will use this guidance book first in the Kandal Steung district. After that, faculty which provides health guidance to elementary school children can use in Cambodia. I hope that this will contribute to the policy implementation of MoEYS.

1st, December, 2018  
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- このテキストは次のように作成された。
- 原案は、香川大学事業メンバーにより作成された。
- テキストの内容は、**2016年時点で、カンボジアの小学校1年生から6年生までの「科学」教科書**に取り上げられている学校保健項目を抜粋した。次に、日本の小学校の学校保健教科書と照合し、必要な項目を補足し、カンボジアの児童に適用可能な項目として、カンボジア政府により確認された。
- 印刷は、カンボジア政府印刷局で実施された。
- 英語版は香川大学が校閲を行い、クメール版はカンボジア政府が校閲し、イラストはカンボジア政府の指示の下で香川大学が行った。
- 編集は香川大学が実施した。以下抜粋頁である。

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### Acknowledgement

The book "How to make Healthy Bodies" was organized by Kagawa University in Japan in collaboration with School Health Department of Ministry of Education, Youth and Sport and the Department of Health Protection of the Ministry of Health.

Deeply Thanks to Kagawa University in Japan for the funding this project through JICA and Udon House NGO that collaboratively compile this book for primary school teachers to use for educating and promoting to students about health in order to implement the sanitation, health care, disease prevention and other injury that may occur in everyday life.

Deeply thanks to Department of Health Protection of the Ministry of Health for collaboratively participated in the preparation and improvement of the contents of the book for greater quality and efficiency.

Thank you to all concerned stakeholders for spending the value time contributing to the development of the book.

Wish you all good wishes and receive all four Buddha blessings: old age, health, happiness, and peace.

1st. December, 2018  
School Health Department,  
Ministry of Education Youth and Sport

# How to make healthy bodies

How to make healthy body

Health Guidance  
Lower Grade Class

低学年用

**Health Observation**  
**How to do**  
**Tooth Brushing Instructions**  
**Hand Washing Instructions**  
**Insect bites**  
**Recommendation of mouthwash**  
**Eyes protection**  
**Prevention of infectious diseases**  
**Get along with each other**

# Health Observation







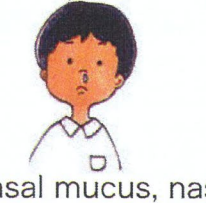

## Health Observation in the morning




We need to know our daily health condition for spending a day being fine.

Do you have these symptoms?



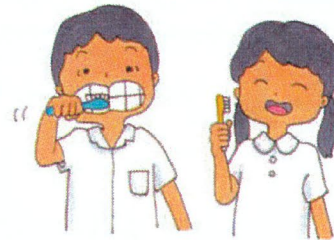
### Do you have these symptoms?

		
no energy	not same as usual	eruption
	<b>Objective symptoms</b>	
looking unwell (red or pale)		injury
		
cough	nasal mucus, nasal congestio	red eyes

Subjection symptoms		
		
headache	stomach ache	fever
		
sore throat	feel sick, nausea	sleepy
		
choking	feel languid	joint pain
		
sore eyes	toothache	earache

# Tooth brushing instructions

brush your tooth to prevent cavity or periodontal disease



## How does the cavity progress?



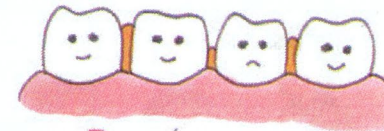
## How does the periodontal disease progress?



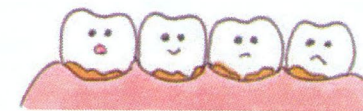
you have to take care of permanent tooth because you will use them forever.

## places where tooth easily stain in our mouth

between teeth and teeth



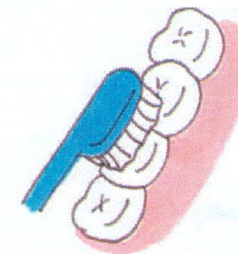
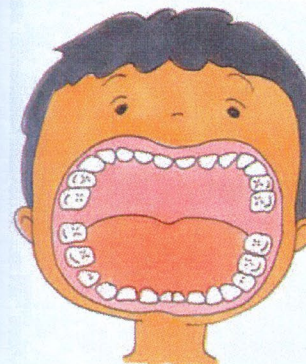
between tooth and gum



groove of molar



## How to brush your tooth



## Development of the body (growth of the body)

Development  
of the body

Health Learning  
Intermediate Grade Classes

中学年用

**Development of the body**

**A disease is ...**

**In order to stay healthy**

**What make us sick?**

**Follow rhythms in your life**

**For living a healthy life ...**



## Development of the body

Let's measure your height and weight from 1st grade to 3rd or 4th grade.

### height

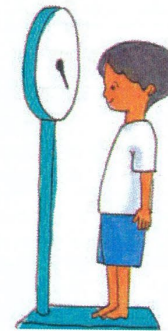
1	2	3	4
cm	cm	cm	cm
increase	cm	cm	cm

### weight

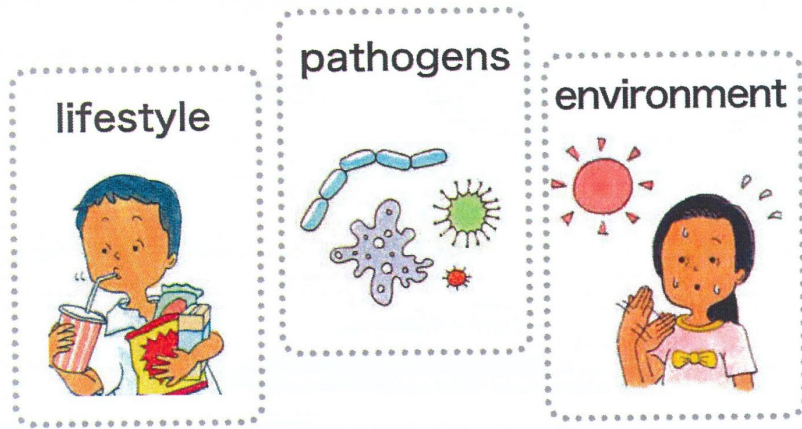
1	2	3	4
kg	kg	kg	kg
increase	kg	kg	kg

Development of the body

- Compare them with your measurements in childhood.
- It will change according to your age.
- The process of growing differs between children.
- Some grow faster, and others grow slower.



# What makes us sick?



## Your body's resistance

Various causes overlap.  
And people get sick.



## Pathogen

.....a source of sickness. It's a very small living thing like bacteria or virus.

## Your body resistance

.....your power to fight against pathogens.

## Environment

.....weather and humidity surrounding people.

## Ways to eliminate pathogens

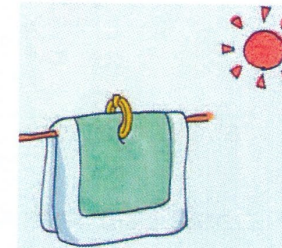
—disinfection with alcohol



—disinfection with hot water



—disinfection with sunlight





Health Learning  
Intermediate Grade Classes

高学年用

## Your Growing Body

Your Growing Body

### **Your Growing Body**

**Body growth**

**Mental growth**

**Prevention of traffic accidents**

**Treatment for injuries**

**Prevention of insect bites**

**About First Aid**

**How to do cardiopulmonary resuscitation**

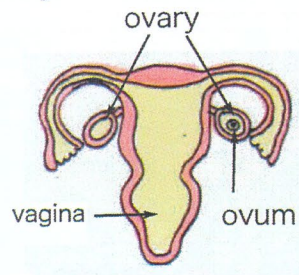
# Body growth

The changes in the body.

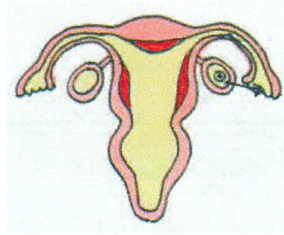


## Girls (menstruation)

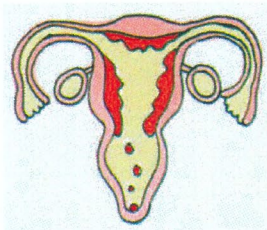
① An ovum grows in the ovary.



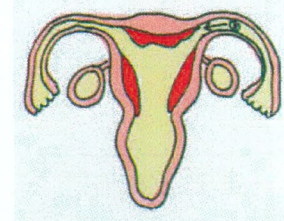
② An ovum come out from the ovary. The endometrium becomes thick.



④ The inner membrane peels off and leaves the body.



③ The ovum goes to the uterus. The endometrium becomes thicker.



This is called menstruation.

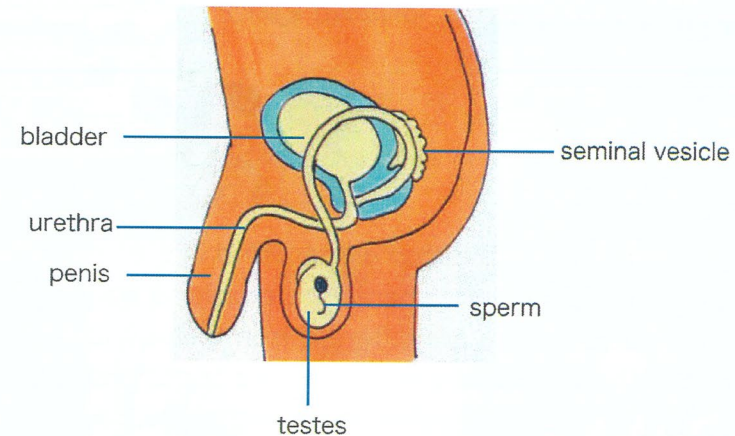
## Boys



① Sperm is made in the testes.

② Sperm becomes seminal fluid with fluid from the seminal vesicle and prostate gland.

③ The seminal fluid goes out of the body through the urethra to the penis.



This is called ejaculation.

# Mental growth

1st grade



2nd, 3rd grade



4th ~ 6th grade



During puberty, you become interested in the opposite sex. Puberty is a natural change from child to adult. Its timing and degree are different from person to person. You shouldn't worry about this. It's important for boys and girls to try to understand and respect each other during puberty.

# Unexpected accidents and how to deal with them

## Prevention of accidents



Situation of the accident

Being in a hurry

wet floor

Cause of the accident

One's behavior

and

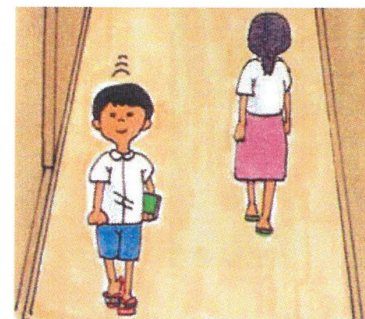
dangerous environment

How to prevent the accident

Follow the rules

Improve the environment

Your Growing Body



Safety inspection



# Special Contents

Special contents

Health Learning

Higher Grade Classes

特別編

**The harm of smoking**

**The harm of drinking**

**The harm of drugs**

**Male and female relationships**

# The harm of smoking

## ■ Harmful substances are contained in smoke

- Nicotine ..... dependence
- Tar ..... tobacco resin
- Carbon monoxide.....causes oxygen deficiency

## ■ The effect of smoking on the human body



cough  
phlegm

nausea  
dizziness

the heart rate increases,  
straining the heart.

## ■ If you continue to smoke...

The function of the lung is weakened.

There is decrease in brain activity and athletic ability.

Increased risk of lung cancer and heart attack.



## ■ How smoking increases the mortality rate

Laryngeal cancer	32.5 times
Lung cancer	4.5 times
Oral cavity cancer	2.9 times
Esophageal cancer	2.2 times

⇒ <Smoking effects the whole body>

## ■ The harm for the people around you

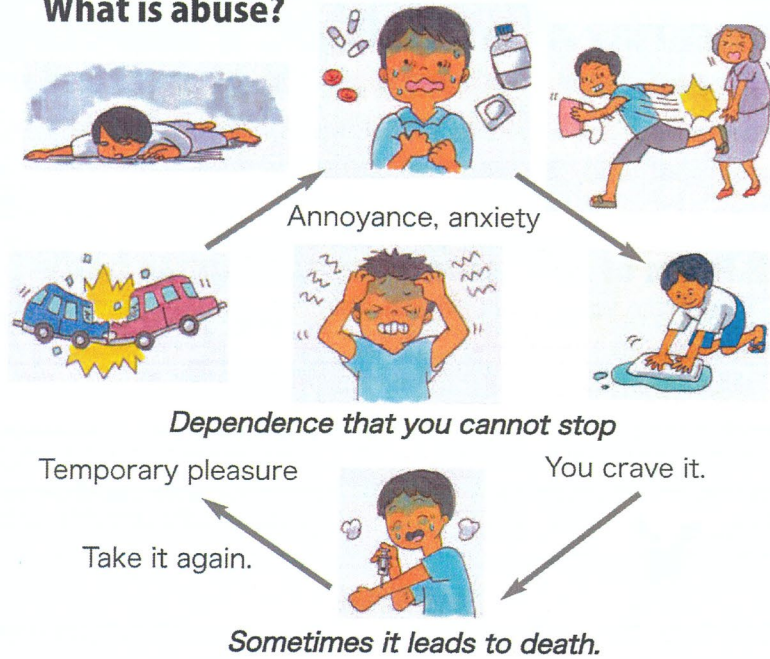
Mainstream smoking      Passive smoking



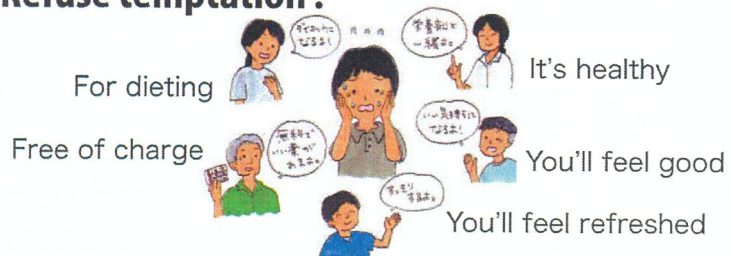
• Efforts to protect others from the harm of cigarettes.



## What is abuse?



## Refuse temptation!



*Let's think about how to turn down drugs.*

## Gate Way Drugs

Smoking and drinking are the entry for drug abuse!

## Healthy male and female relationships

### ■ Increased interest in sex

Because of the action of sexual hormones with the maturity of reproductive functions as the body develops, there is an increased interest in the opposite sex and sexual impulses such as wanting to touch the opposite sex's during puberty.



Special contents

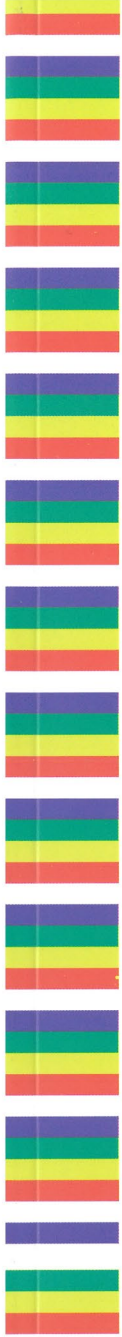
### ■ Respect for the opposite sex

Adolescents are growing closer to adults, but they are still immature spiritually and socially. It is important to understand the differences of the mind and the body of members of the opposite sex and to create relationships that mutually respect each other.

### ■ Dealing with information on sex

In society, television shows, videos and magazines with sexual contents are common. Some of these things encourage deviant sexual behavior. It is important to make proper decisions as an adult.





ក្រសួងអប់រំ យុវជន និងកីឡា



ក្រសួងសុខាភិបាល

**ការថែទាំរាងកាយ  
ដើម្បីសុខភាពល្អ**

カンボジア教育青年スポーツ省と保健省に認可された学校保健テキスト  
(児童用・クメール語版・A5版)

内容は英語版と同様である。



បានទទួលការអនុញ្ញាតឱ្យបោះពុម្ពផ្សាយពី ក្រសួងអប់រំ យុវជន និងកីឡា

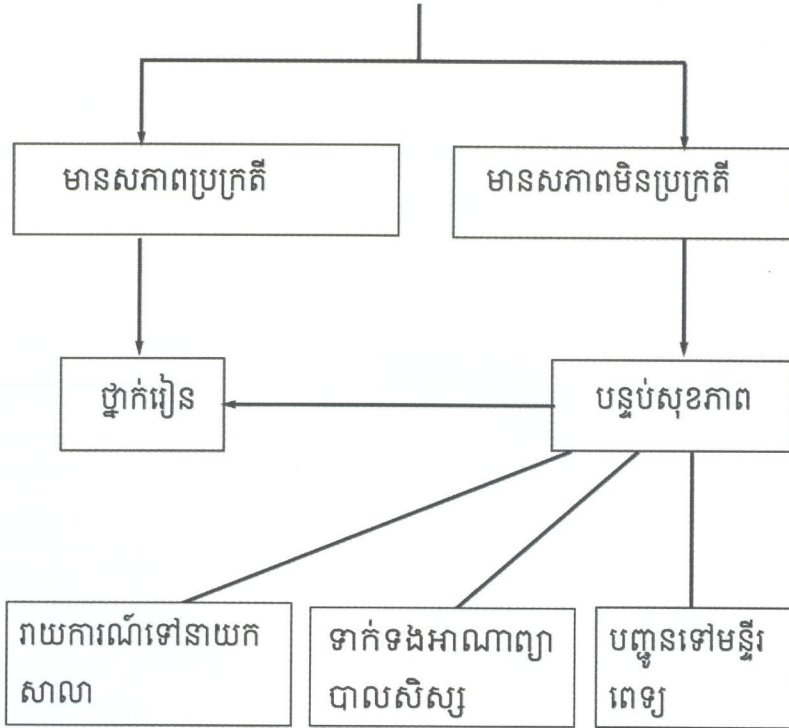
បោះពុម្ពឆ្នាំ ២០១៩

# ការអនុវត្ត

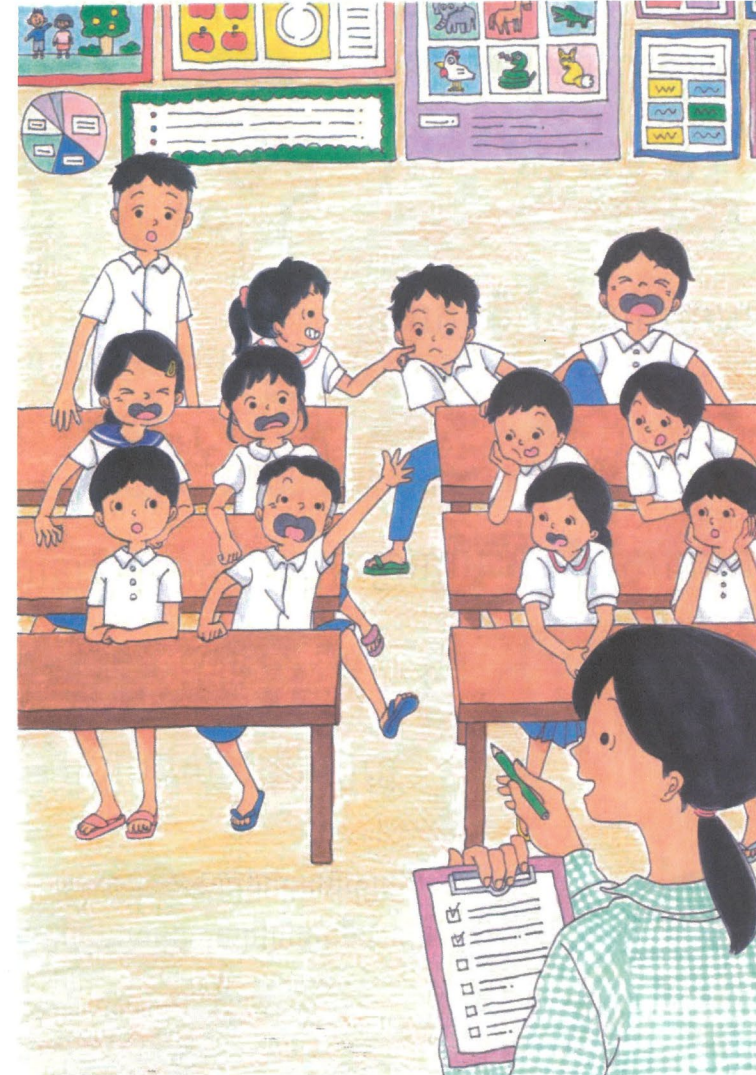
ហៅឈ្មោះសិស្ស  
រួចសួរពីស្ថានភាពសិស្ស



ហៅវត្តមានបណ្តើរ អង្កេតមើលស្ថានភាពសិស្សរួចកត់ត្រា



គឺពិតជាមានសារៈសំខាន់ក្នុងការវិនិច្ឆ័យស្ថានភាពសុខភាពដោយខ្លួនឯងដែលគេហៅថា «ការគ្រប់គ្រងសុខភាពដោយខ្លួនឯង»។



How to build  
healthy bodies



# សត្វល្អិតទិចឬខាំ



## ■ តើមានអ្វីកើតឡើងក្រោយសត្វល្អិតទិច ?

ឈឺ រមាស់ ឡើងហើម

កើតជំងឺ (ជំងឺគ្រុនចាញ់ ជំងឺគ្រុនឈាម ជំងឺជីកា)



## ■ វិធីសាស្ត្រព្យាបាល

លាងសម្អាតជាមួយទឹកក្លាម



ស្នំទឹកកកនៅកន្លែងដែលហើម

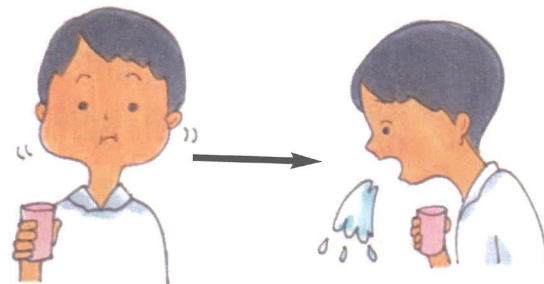


បើសិនករណីធ្ងន់ធ្ងរត្រូវបញ្ជូនទៅមន្ទីរពេទ្យ

# ការណែនាំពីវិធីខ្មួរមាត់

ដើម្បីបង្ការកុំឱ្យបាក់តេរីចូលក្នុងរាងកាយ យើងត្រូវខ្មួរមាត់ឱ្យបានញឹកញាប់។

## ■ របៀបខ្មួរមាត់



ខ្មួរមាត់ជាមួយទឹករួចខ្ចាក់ចេញ។



ដើយក្បាល រួចខ្មួរមាត់ជាមួយទឹកឱ្យបាន២ដង។

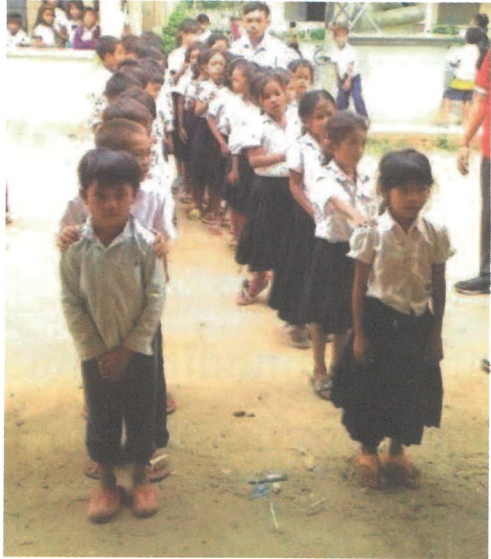


យកកន្សែងស្អាតមកជូតមាត់



ខ្ចាក់ទឹកចេញ

How to build healthy bodies



# ការលូតលាស់នៃរូបរាងកាយ

ចូរវាស់កម្ពស់ និងម្ល៉ឹងទម្ងន់សិស្សចាប់ពីថ្នាក់ទី១ដល់ថ្នាក់ទី៤។

កម្ពស់

1	2	3	4
cm	cm	cm	cm
កើន	cm	cm	cm

ទម្ងន់

1	2	3	4
kg	kg	kg	kg
កើន	kg	kg	kg

Development of the body

- ប្រៀបធៀបជាមួយពេលនៅតូច។
- កម្ពស់និងទម្ងន់ប្រែប្រួលទៅតាមអាយុ។
- ដំណើរការនៃការលូតលាស់មានភាពខុសគ្នាទៅតាមកុមារនីមួយៗ។  
(កុមារខ្លះលូតលាស់ឆាប់រហ័ស រីឯកុមារខ្លះទៀតលូតលាស់យឺត។)

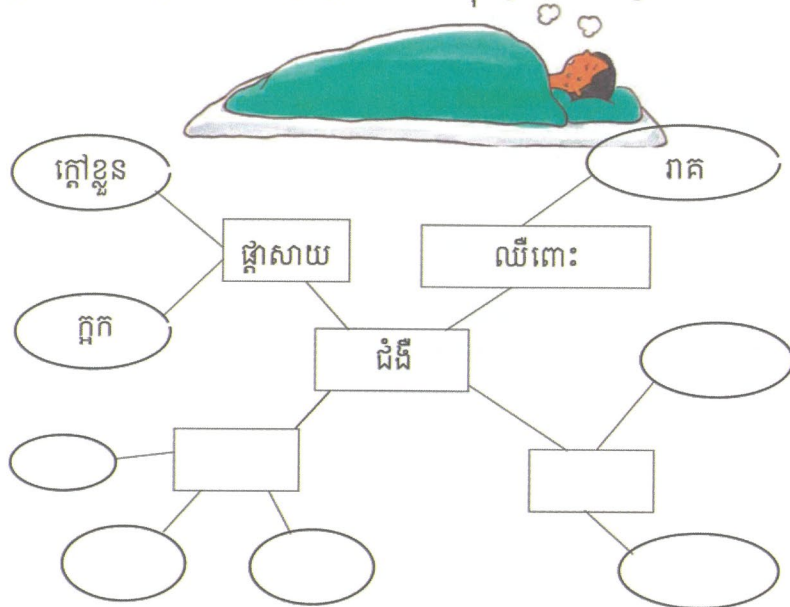


# ជំងឺគឺជា...

នៅពេលដែលអ្នកមិនស្រួលខ្លួន អ្នក.....

មិនអាចរត់លេងបាន ពិបាកក្នុងខ្លួន ឈឺចាប់ ខាតបង់ប្រាក់ (ថ្លៃព្យាបាល)

ចូរសរសេរឈ្មោះជំងឺដែលអ្នកធ្លាប់កើតនៅក្នុងប្រអប់ខាងក្រោម ។



☐ ..... ឈ្មោះជំងឺ

○ ..... រោគសញ្ញា

ដើម្បីឱ្យមានសុខភាពល្អ យើងត្រូវ (ការបង្ការ)

# ដើម្បីរក្សាសុខភាពឱ្យបានល្អ

មូលហេតុនៃជំងឺ ...

ចុកពោះ

មូលហេតុ

- បរិភោគអាហារដោយដៃកខ្វក់
- បណ្តាលមកពីម្ហូបអាហារ (អាហារជូរ)
- បរិភោគហួសកម្រិត

រោគសញ្ញា

- រាគ
- ហើមពោះ/ពោះឡើងត្រជាក់

ក្តៅខ្លួន

មូលហេតុ

- ត្រូវកម្ដៅថ្ងៃរយៈពេលយូរ
- ដេកមិនគ្រប់គ្រាន់
- ពុលអាហារ
- ពេលផ្តាសាយ

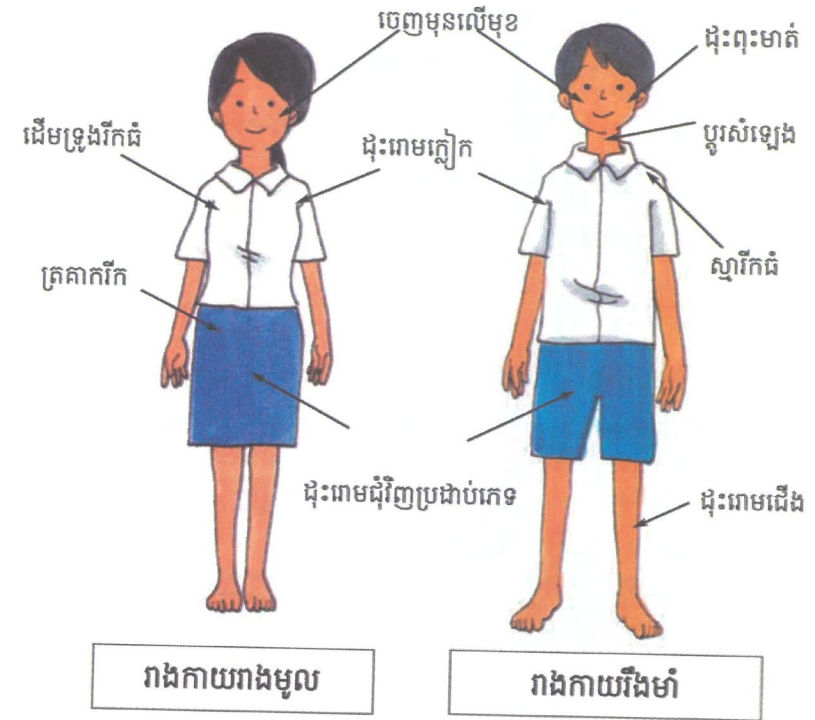


Development of the body



## ការលូតលាស់រាងកាយរបស់អ្នក

ការផ្លាស់ប្តូរភាពកុមារទៅជាមនុស្សពេញវ័យ។ គឺជាពេលវេលាដែលកុមារឆ្ពោះទៅរកភាពចាស់ទុំ។ វាផ្លាស់ប្តូរកំឡុងពេលវ័យសិក្សាចាប់ពីថ្នាក់ទី៥ទៅទី៦។



Your Growing Body

ការផ្លាស់ប្តូរអាស្រ័យលើមនុស្សម្នាក់ៗ។

# ផលប៉ះពាល់នៃគ្រឿងស្រវឹង

## ■ ផលប៉ះពាល់នៃការផឹកស្រាទៅលើរាងកាយ

មុខឡើងក្រហម សប្បាយចិត្ត ប៉ុន្តែធ្វើឱ្យសមត្ថភាពវែកញែកចុះខ្សោយ ចង្វាក់ បេះដូង និងផ្លូវដង្ហើមលោតញាប់។



ធ្វើឱ្យទន់ជើងពិបាកក្នុងការដើរ។



មានអារម្មណ៍ថាចង់ក្អួត និងពិបាកក្នុងការដកដង្ហើម



ពិបាកក្នុងខ្លួននៅពេលដែលមិនបានផឹកស្រា (ញៀនគ្រឿងស្រវឹង)

បង្កបញ្ហា (ឈ្លោះប្រកែកគ្នា វាយតប់គ្នា) វាអាចបណ្តាលឱ្យកើតជំងឺថ្លើម។

## ត្រូវប្រុងប្រយ័ត្ន

ក្មេងជំទង់ងាយទទួលបានឥទ្ធិពលពីការបរិភោគគ្រឿងស្រវឹងដោយសារតែខួរក្បាល និងរាងកាយពួកគេមានការលូតលាស់មិនពេញលេញដែលអាចបណ្តាលឱ្យទទួលបានផលវិបាកជាច្រើន។

⇒ ដូច្នេះហើយក្មេងជំទង់មិនគួរបរិភោគគ្រឿងស្រវឹងទេ។

# ផលប៉ះពាល់នៃការសេពគ្រឿងញៀន

ជាទូទៅនៅក្នុងគ្រឿងញៀនមានសារធាតុខ្លះជាថ្នាំពេទ្យ។ ការប្រើប្រាស់គ្រឿងញៀនគឺជាការប្រើប្រាស់ក្រៅពីបំណងសម្រាប់ព្យាបាលជំងឺឬការប្រើប្រាស់គ្រឿងញៀនខុសច្បាប់។

## ■ ឥទ្ធិពលមកលើរាងកាយ

ធ្វើឱ្យសមត្ថភាពខួរក្បាលចុះខ្សោយ និងការវិនិច្ឆ័យធ្លាក់ចុះ។

ភ្នែកចុះអន់ខ្សោយ

រលាកបំពង់អាហារ និងក្រពះហើយអាចធ្វើអោយស្លឹកដៃជើង។



វាអាចធ្វើឱ្យអ្នកបាក់ទឹកចិត្ត និងកើតជំងឺខុសប្រក្រតី។ ករណីខ្លះអាចឈានទៅដល់ការប្រព្រឹត្តបទល្មើសព្រហ្មទណ្ឌជាដើម។ អ្នកអាចបាត់បង់ម្ចាស់ការ និងអាចជួបគ្រោះថ្នាក់ធ្ងន់ធ្ងរដូចជាគ្រោះថ្នាក់ចរាចរណ៍ជាដើម។



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Ministry of Education, Youth and Sport



Ministry of Health

# How to Make Healthy Bodies (For Teacher)



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Printing in 2019

カンボジア教育青年スポーツ省と保健  
省に認可された学校保健テキスト  
(教師用・英語版・A4版)

内容は児童用の教授者版である。  
使用場面は、日本の保健指導や保健学習を  
想定して作成された。

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## 【Health Observation】

The necessity of health observation.

The daily observation of student health by homeroom teachers and other staff members in order to find any physical or mental health problems so that appropriate measures may be promptly taken, is essential to the smooth educational development of your students.

The objectives of health observation.

1. To enable the early detection of children's physical and mental health problems in order to allow for faster treatment.
2. To keep up to date with the local state of infectious diseases and food poisoning in order to prevent the spread of infection.
3. To encourage children both to become interested in their own health and to foster their own self-management abilities through daily health observation.

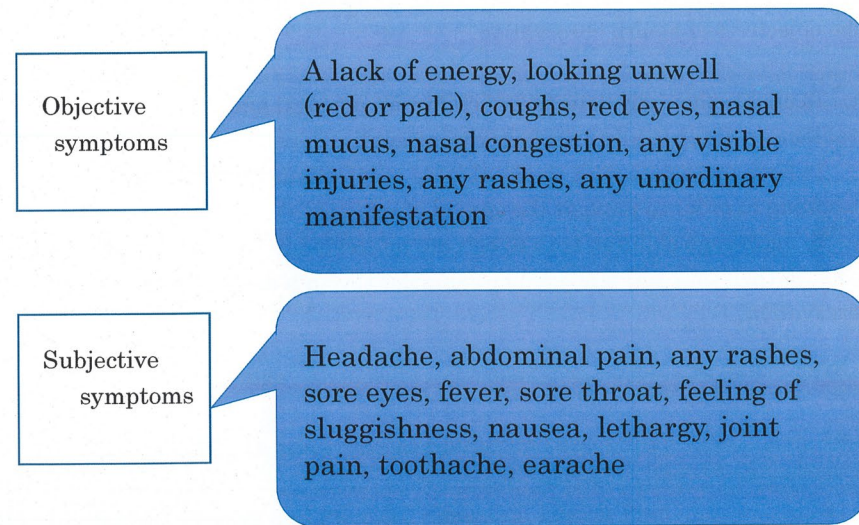




## 【The procedure for health observation】

Health observation conducted by the teacher in the morning

- Take note of children who are absent or late, and check their reasons for being so.
- Take note of the physical and mental conditions of the children in the class.



Please write down the results of this symptom check in the form below and submit it to the school health room.



If necessary, you should take the student to the school infirmary and inform their parents/guardians.

## Health observation form (sample)

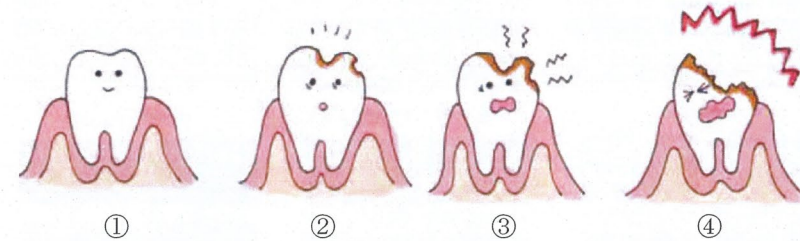
Date	Mon	Tue	Wed	Thu	Fri
Reason for absence					
Reason for lateness					
Reason for leaving school early					
Morning appearance of student (Signs and symptoms)					

## 【Teeth brushing instructions】

Stage	Contents	Teacher's role
Introduction to teeth brushing	Checking student know about dental cavities and periodontal disease.	Ask students: 'What is a dental cavity?' 'What is periodontal disease?'
Teeth brushing in-depth	Teaching students about how dental cavities and periodontal diseases develop.  Getting students to think about how to prevent these conditions from occurring.  Getting students to think about how to brush their teeth appropriately.	Explain to students how cavities and periodontal disease develop.  Teach students about the need for regular teeth brushing.  Make students aware that they need to pay particular attention when brushing to the parts of their mouth that are difficult to brush and to any inflammation of the gums.
Concluding remarks	Getting students to realize that they must look after their teeth and gums.	Students learn the how best way to brush their own teeth.

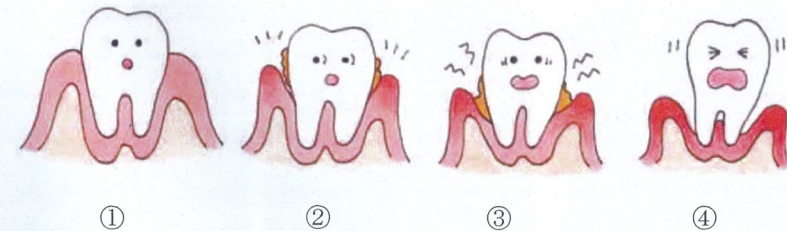
## How does a cavity develop? (description)

1. Healthy tooth
2. Bacteria in the dental plaque will produce acid and begin to melt the enamel layer of the tooth.
3. Decaying teeth advances into dentin part of the tooth and cold drinks start to when reaching dentin.
4. When reaching the dental pulp, violent pain will start to occur.



## How does periodontal disease develop? (description)

1. Healthy tooth
2. A gap is formed between the tooth and the gums, and dental plaque easily accumulates in the gap.
3. The gums get swollen and bleeding due to the inflammation caused by the toxins of the bacteria in the dental plaque.
4. The gap gets even deeper, melting the bones that support the teeth.



### 【Gargling】

Stage	Contents	Teacher's role
Introduction	Teaching students about how mouth wash can prevent bacteria from entering into the body via the mouth.	Explain to students the great importance of mouth wash.
Mouth wash in-depth	<p>Making it clear to students when they have to wash their mouths:</p> <ul style="list-style-type: none"> <li>• Before meals</li> <li>• After using the toilet</li> <li>• When coming home from having been outside</li> </ul> <p>Checking that students know how to gargle.</p>	<p>Pathogenic bacteria enter into the body via mouth and nose.</p> <p>Show students how to wash their mouths:</p> <ol style="list-style-type: none"> <li>1. Gargle your mouth with water and spit out them.</li> <li>2. Gargle your mouth with water; while looking up and gargle several times.</li> <li>3. Spit out the water quietly.</li> <li>4. Repeat gargling.</li> <li>5. Wipe your mouth by a handkerchief.</li> </ol>
Concluding remarks	Make sure that students are aware that mouth wash contributes the prevention of disease.	Explain to students that mouth wash is especially effective when done alongside regular hand washing.

### 【Eye protection】

Stage	Contents	Teacher's role
Introduction	Introduce the topic of taking care of one's eyes.	Ask students: "How would you feel if one day you couldn't see?"
eyes protection in-depth	<p>Explaining to students how to properly look after their eyes:</p> <ul style="list-style-type: none"> <li>• Cut their forelock not to cover their eyes.</li> <li>• Massaging and exercising their eyes.</li> <li>• When reading, keep the book at least 30cm away from their eyes.</li> <li>• Periodically take time to rest the eyes (by for example using a hot compress)</li> <li>• Don't wash their eyes using dirty water.</li> <li>• Don't read a book in a dark place</li> <li>• Stare far and near</li> </ul> <p>→ Explain to students how to prevent onchocerciasis, conjunctivitis and eye congestion. Make sure that students are aware of what role tears play in the human body.</p>	<p>Teach students how important protecting the eyes is.</p> <p>Explain to students that:</p> <p>Tears work to carry oxygen to the eyes and to keep them clean. The amount of tears produced by the body per day is equivalent to about 20 drops worth of eye drops.</p> <p>It is crucial to teach students the importance of washing their eyes with clean water.</p>
Concluding remarks	Making the importance of the eyes clear to students and showing them how to protect them.	

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ក្រសួងអប់រំ យុវជន និងកីឡា



ក្រសួងសុខាភិបាល

**ការថែទាំរាងកាយ**  
**ដើម្បីសុខភាពល្អ**  
**(សៀវភៅគ្រូ)**

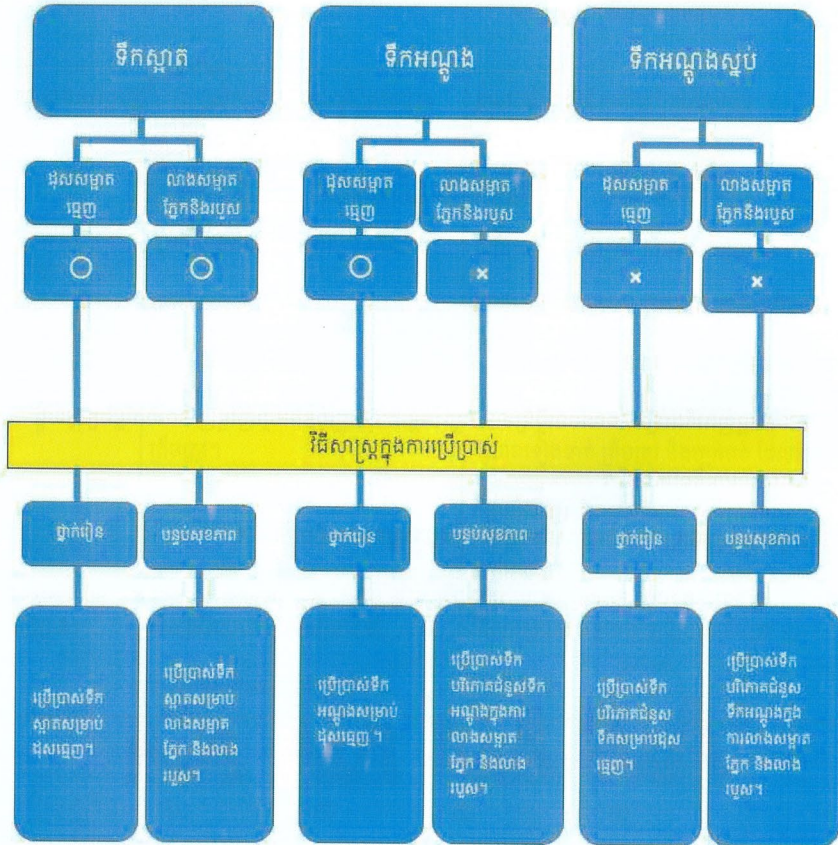


បានទទួលការអនុញ្ញាតឱ្យបោះពុម្ពផ្សាយពី ក្រសួងអប់រំ យុវជន និងកីឡា

បោះពុម្ពឆ្នាំ ២០១៩

カンボジア教育青年スポーツ省と保健省  
 に認可された学校保健テキスト  
 (教師用・クメール語版・A4版)

**ទឹកសម្រាប់ជុសសម្អាតធូលី,  
លាងសម្អាតភ្នែក និងលាងរបួស**



ដំណើរការ	សកម្មភាព	តួនាទីគ្រូបង្រៀន
ការណែនាំ	សួរសិស្សដើម្បីចង់ដឹងថាតើពួកគេដឹងពីសារៈសំខាន់នៃការលាងសម្អាតដៃដែរឬទេ?	គ្រូត្រូវណែនាំឱ្យសិស្សដឹងនិងចេះគិតពីភាពចាំបាច់នៃការលាងសម្អាតដៃក្នុងជីវភាពរស់នៅប្រចាំថ្ងៃ ។ (មុននិងក្រោយពេលញាំបាយ ពេលគ្រលប់មកដល់ផ្ទះវិញ ក្រោយចេញពីបង្គន់។ល។)
សម្រាយបញ្ជាក់	នៅពេលដែលមេរោគចូលរាងកាយតើនឹងមានអ្វីកើតឡើង? (ឈឺពោះ ក្តៅខ្លួន មានរោគសញ្ញាផ្សេងៗទៀត។) ឱ្យសិស្សគិតពីវិធីបង្ការមេរោគឆ្លង។ ការលាងសម្អាតដៃ វិធីលាងសម្អាតដៃ	ពន្យល់សិស្សថាការដែលមិនបានលាងសម្អាតដៃទៀងទាត់អាចបណ្តាលឱ្យកើតជំងឺផ្សេងៗ។ ពន្យល់សិស្សពីមូលហេតុចាំបាច់ត្រូវលាងសម្អាតដៃឱ្យបានត្រឹមត្រូវ។ បង្រៀនសិស្សពីវិធីលាងសម្អាតដៃឱ្យបានត្រឹមត្រូវ។
សន្និដ្ឋាន	លើកពីភាពចាំបាច់នៃការលាងសម្អាតដៃ និងបង្រៀនពីវិធីលាងសម្អាតដៃឱ្យបានត្រឹមត្រូវ។	ឱ្យសិស្សដឹងថាការលាងសម្អាតដៃបានត្រឹមត្រូវអាចជួយកាត់បន្ថយឱកាសកើតជំងឺផ្សេងៗ។

**[ របៀបលាងសម្អាតដៃ ]**



1. ឆ្លើមដៃជាមួយទឹក។
2. យកសាប៊ូមកជុសនឹងដៃ។
3. ជុសសាប៊ូលើដៃទាំងពីរឱ្យសព្វ។
4. ដាក់បាតដៃម្ខាងលើខ្នងដៃម្ខាងទៀត ជុសតាមចង្វាក់ម្រាមដៃ រួចធ្វើដូចគ្នាលើដៃម្ខាងទៀត។
5. ដាក់ប្រអប់ដៃសងខាងផ្ទប់គ្នាតាមចន្លោះម្រាមដៃ រួចត្រជុសចុះឡើង ដោយម្រាមដៃធ្លាក់គ្នា។
6. ប្រមូលចុងម្រាមដៃម្ខាងត្រជុសទៅនឹងកណ្តាលបាតដៃនៃដៃម្ខាងទៀត និងប្តូរធ្វើដូចគ្នាចំពោះដៃម្ខាងទៀត។
7. ក្តាប់ប្រអប់ដៃម្ខាងលើមេដៃម្ខាងទៀត ហើយបង្វិលចុះឡើង និងប្តូរធ្វើដូចគ្នាចំពោះមេដៃម្ខាងទៀត។
8. ជុសជុំវិញកដៃទាំងសងខាង។

**[ សត្វល្អិតទិចឬខាំ ]**

ដំណើរការ	សកម្មភាព	តួនាទីគ្រូបង្រៀន
ការណែនាំ	ឱ្យសិស្សយកចិត្តទុកដាក់ពីការណែនាំស្តីពីសត្វល្អិតទិចឬខាំ។	សួរសិស្សថា តើធ្លាប់ត្រូវបានសត្វល្អិតទិចឬខាំដែរឬទេ ? សត្វល្អិត ( ឃ្មុំ មូស ស្រមោច )
សម្រាយបញ្ជាក់	ពន្យល់សិស្ស នៅពេលដែលសត្វល្អិតទិចឬខាំមានអាការៈ៖ មោស ហើម ឡើងក្រហម មានជំងឺ ( ជំងឺគ្រុនចាញ់ ជំងឺគ្រុនឈាម ឬជំងឺដីកា )  ការព្យាបាល  ការបង្ការសត្វល្អិតទិចឬខាំ	ពន្យល់ពីពេលវេលាដែលងាយកើតឡើងបន្ទាប់ពីត្រូវសត្វល្អិតទិចឬខាំ និងវិធីសាស្ត្រព្យាបាល។ បង្រៀនសិស្សពីជំងឺដែលអាចកើតឡើងបន្ទាប់ពីសត្វល្អិតទិចឬខាំ៖ ជំងឺគ្រុនចាញ់ គ្រុនឈាម ជំងឺដីកា ពន្យល់ពីវិធីសាស្ត្រព្យាបាល៖ ១- លាងកន្លែងដែលសត្វល្អិតទិចឬខាំជាមួយទឹកក្តៅ។ ២- យកទឹកកកមកស្ងុំ ដើម្បីកុំឱ្យហើម។ ៣- ទៅមន្ទីរពេទ្យក្នុងករណីធ្ងន់ធ្ងរ។ ពន្យល់វិធីសាស្ត្របង្ការសត្វល្អិតទិចឬខាំ៖ • ប្រើប្រាស់មុង • ប្រើប្រាស់ថ្នាំសម្លាប់សត្វល្អិត បង្រៀនសិស្សអំពីអនាម័យលើស្បែក។
សន្និដ្ឋាន		

Blank lined area for writing.

រក្សាសិទ្ធិ © គ្រប់ផ្នែក។ គ្មានផ្នែកណាមួយនៃសៀវភៅនេះ ត្រូវបានផលិត ឡើងវិញ ឬផ្លាស់ប្តូរទម្រង់ឬន័យផ្សេងៗតាមរូបភាពអេឡិចត្រូនិកក្តី ឬមេកានិកក្តីរួមទាំង ការថតចម្លងឬការផ្ទុកនិងទាញយកប្រព័ន្ធព័ត៌មានដោយគ្មានការអនុញ្ញាតពីអ្នកនិពន្ធនិង អ្នកបោះពុម្ពផ្សាយឡើយ។

