

健康促進相關議題宣導影片網址連結

(直接點選網址觀看即可~)

視 力	107 近視防治宣導影片-視力存摺-護眼 123 https://www.youtube.com/watch?v=r_ZqdbKytOM	「誰偷走我的光？」 https://www.youtube.com/watch?v=z6VcPcvqTQ4
	近視防治宣導影片-好視力銀行篇 https://www.youtube.com/watch?v=kmGH-sAJV2M	兒童及青少年控制近視度數惡化有哪些選擇？ https://www.youtube.com/watch?v=a4oddf6A2hc
	40271 打敗惡視力篇(國語版 180 秒) https://www.youtube.com/watch?v=mc-fsqTPei4&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=4	51182 食物超人 EYE 眼睛 https://www.youtube.com/watch?v=f7rXgah56vw&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=6
	50939_揉眼睛一家人 4 分鐘版 https://www.youtube.com/watch?v=4cw1OJ0dZ3E&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=5	51185 什麼是假性近視 https://www.youtube.com/watch?v=Qps5zrRMz54&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=7
	51193 學童視力保健宣導影片 https://www.youtube.com/watch?v=w_N_KHR4-C4&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=10	51277 我的眼前怎麼霧茫茫 https://www.youtube.com/watch?v=3hx8h4NnOEE&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=8
	51267 認識「藍光」更護眼 https://www.youtube.com/watch?v=oq9KqgY4T_8&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=11	51610-都視傳說-預防近視人人化身叢林眼 https://www.youtube.com/watch?v=UJFN8gAm8sM&list=PLXpQ8I8p1OEksUiOeBykIEhuJd-TnM5rR&index=12

<div>口腔保健</div>	<p>細菌大戰 https://www.youtube.com/watch?v=8_vMx_0KFqY</p> <p>小熊包力刷牙記 https://www.youtube.com/watch?v=3gdkzMtBf_g</p> <p>鱷魚怕怕牙醫怕怕 https://www.youtube.com/watch?v=wwX9FqN4v2M</p> <p>蛀牙蟲 https://www.youtube.com/watch?v=Nz-00Qk4iR0</p> <p>蛀牙蟲家族大搬家 https://www.youtube.com/watch?v=YE5eSso8IzY</p> <p>護齒超人勇闖快樂島 從齒保健康 https://www.youtube.com/watch?v=tOW0LX6h_5U</p> <p>刷牙搭牙線 口腔健康看得見 https://www.youtube.com/watch?v=3YwkBFwnwHk</p> <p>嘉義市貝氏刷牙法 3D 動畫教學 https://www.youtube.com/watch?v=Xc-85WX32b0</p>	<p>【醫起來實測】牙菌斑『當代牙醫』葉立維院長 https://www.youtube.com/watch?v=fELbS_GCHOQ</p> <p>中和景新國小貝氏刷牙法(潔牙歌) https://www.youtube.com/watch?v=c7-H_Smc8wA</p> <p>中港國小潔牙小天使示範(校內電腦播放使用，不開放下載) https://pse.is/3vra7s</p> <p>許愛玲委員_潔牙指導與步驟(校內電腦播放使用，不開放下載) https://pse.is/3ww4f8</p> <p>許愛玲委員_牙線教學 1(校內電腦播放使用，不開放下載) https://pse.is/3vnfmg</p> <p>許愛玲委員_牙線教學 2(校內電腦播放使用，不開放下載) https://pse.is/3u8z78</p> <p>牙線清潔順序動畫(校內電腦播放使用，不開放下載) https://pse.is/3kyeas</p> <p>氟化物防齲大作戰(中文版)-精華版 https://www.youtube.com/watch?v=ycax-5Z_Ypk</p>
<div>健康</div>	<p>【麥普雷特歷險記 EP1】癌魔王來襲 https://www.youtube.com/watch?app=desktop&v=z_DswbcUK8U</p> <p>【麥普雷特歷險記 EP2】癌魔王的陷阱 https://www.youtube.com/watch?v=a7po-7svvG8</p>	<p>國小生愛喝含糖飲料 生長激素恐停機 https://www.youtube.com/watch?v=n_g5Nxxkodz4</p> <p>糖飲抑制生長激素分泌 https://www.youtube.com/watch?v=c9se8RY8na4</p>

【麥普雷特歷險記 EP3】糙米先生的故事

<https://www.youtube.com/watch?v=PVIP2p0xpwk>

均衡飲食金國王的環遊旅程

<https://www.youtube.com/watch?v=FY2pWLO8uEw>

臺北市政府衛生局 108 年兒童及青少年健康宣導動畫影片

<https://www.youtube.com/watch?v=fcodauzDv0s>

飲食紅綠燈

<https://www.youtube.com/watch?v=jhyhQu7mui8>

食物有哪些 紅綠燈飲食指南

https://www.youtube.com/watch?v=1zWs5VO_U6U

均衡飲食的重要性

<https://www.youtube.com/watch?v=uKq3o8SSzXY&list=PLXpQ8I8p1OEIJQ>

[aWzHz48DuzMyE3RtKN&index=5](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=5)

營養 5 餐-營養大市集/健康餐盤篇

<https://www.youtube.com/watch?v=jV7tWLiJmFg&list=PLXpQ8I8p1OEIJQ>

[aWzHz48DuzMyE3RtKN&index=20](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=20)

51191 健康飲食五步驟

<https://www.youtube.com/watch?v=BTbBFhbS4kk&list=PLXpQ8I8p1OEIJQ>

[aWzHz48DuzMyE3RtKN&index=1](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=1)

甜飲喝太多 小朋友容易"失憶"!

<https://www.youtube.com/watch?v=AYmq6xsTjMU>

美式洋芋片高脂肪 轟! 點火就燃燒

<https://www.youtube.com/watch?v=Yp3xJQJKzPQ>

小薯每天一包 嚇! 致癌風險增 500 倍

<https://www.youtube.com/watch?v=tTgkCeydJhE>

最年輕個案! 14 歲男天天吃香腸罹大腸癌逝

<https://www.youtube.com/watch?v=f4srA5PcqbA>

肥胖對健康的危害-肥胖壞習慣

<https://www.youtube.com/watch?v=CwvqY0n4D2o&list=PLXpQ8I8p1OEIJQ>

[aWzHz48DuzMyE3RtKN&index=6](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=6)

聰明吃早餐

<https://www.youtube.com/watch?v=pIOUjgt3O->

[Q&list=PLXpQ8I8p1OEIJQ](https://www.youtube.com/watch?v=Q&list=PLXpQ8I8p1OEIJQ) [aWzHz48DuzMyE3RtKN&index=34](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=34)

健康飲食小秘訣 早餐怎麼吃

<https://www.youtube.com/watch?v=tx->

[auu4p2OU&list=PLXpQ8I8p1OEIJQ](https://www.youtube.com/watch?v=auu4p2OU&list=PLXpQ8I8p1OEIJQ) [aWzHz48DuzMyE3RtKN&index=33](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=33)

你的食物不是垃圾! 減少食物浪費為什麼重要?

<https://www.youtube.com/watch?v=SmvUufZvWcs&list=PLXpQ8I8p1OEIJQ>

[aWzHz48DuzMyE3RtKN&index=19](https://www.youtube.com/watch?v=aWzHz48DuzMyE3RtKN&index=19)