**112上學期綜合領域補考作業-八上 班級\_\_\_\_ 座號\_\_\_\_ 姓名\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **食材清洗方式**
2. **蔬菜:** 都要洗，只有無菌包裝的鴻喜菇等不用洗，可切除根部後直接烹調。清洗的大原則是「先浸泡，後清洗，再切除」
3. **雞蛋:** 洗選蛋不用清洗，可直接放入冰箱冷藏保存，非洗選蛋則建議烹調前簡單沖洗後，將手洗淨再繼續進行烹調。
4. **肉類:** 用廚房紙巾將表面髒汙、血水擦除是可採用的作法；也可直接將肉類先用熱水川燙，再進行後續的烹調。
5. **乾貨:** 如乾蝦米、乾香菇、乾金針等等，因為製作過程可能摻雜進灰塵，建議用清水沖洗表面灰塵。
6. **米/穀類:**可以清水加手簡單撥洗後瀝乾，同樣動作反覆清洗2～3次，且不要過分搓洗，避免造成表層營養物質流失。
7. **網路交友素養守則**

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| 網 路 交 友 素 養 守 則 | S | Secret祕密 | 不輕易透露自己和家人的個人資料。 絕不告知網路與銀行帳密；絕不發送、交換直播或視訊自己的身體影像。 |
| U | Useful有用的 | 瞭解網路交友對自己帶來的真正好處，並遵守相關法律道德界線，也不會因而網路沉迷。此外，倘若發生危機狀況時，知道該如何冷靜自處並尋求協助。 |
| P | Public公開 | 一定要跟父母師長告知有網路交往的朋友。如果需要赴約也一定要徵得父母的同意， 並告知父母對象、行程、時間和地點。記住，如果需要隱瞞的友誼，通常都有不可告人的祕密，通常必有詐！ |
| E | Error錯誤 | 如果發現對方有任何錯誤的、不尋常的、詐騙的、違法的行為，請立即截圖存證或封鎖對方，並告知父母、向客服單位檢舉，同時報警處理。 |
| R | Refuse拒絕 | 見面的時候，應拒絕不合宜的身體接觸和行為互動，避免搭乘對方的交通工具到其他地點或吃喝對方所準備的食物。 |

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