

รายวิชา ภาษาอังกฤษ

Healthy foods

รหัสวิชา อ22101 ชั้นมัธยมศึกษาปีที่ 2

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A top-down view of various healthy foods arranged around a central white text box. The foods include broccoli, a bowl of mixed beans, a piece of salmon, an avocado, a green apple, a bowl of raspberries, a half of a grapefruit, and a bowl of chickpeas. A spiral-bound notebook is also visible in the background.

Healthy foods

จุดประสงค์การเรียนรู้

เขียนแยกแยะประเภทของ
อาหารได้ถูกต้อง





Activity

What foods do you like?

Worksheet 58.1

What foods do you like?



Circle the foods you like to eat.



Fast food





What is "Fast food"?

food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out.



Junk food

A collage of various junk foods including macarons, cereal, donuts, cookies, candy canes, and marshmallows.

What is "Junk food"?

food that is not good for
your health because it is
high in fat, sugar, or
artificial substances


Healthy food





What is "Healthy food"?

natural food that
is thought to have
health-giving
qualities.

A collage of health and fitness items arranged around a central text box. At the top, there is a row of fresh produce: a red onion, a carrot, a cucumber, a yellow apple, a white bowl containing green leafy vegetables and cherry tomatoes, and a whole potato. On the left side, two black dumbbells are positioned diagonally. At the bottom, a yellow measuring tape is coiled across the surface. The entire scene is set against a light, textured background.

Reading

Worksheet 58.2

A Healthy lifestyle



Read the passage
'A Healthy lifestyle'
and answer the
following questions.



The Thomson family has been trying to eat healthy meals for a very long time, but found it difficult to keep it up.



David is eight years old, their daughter Ann is six and the baby is one. It is difficult for the family to cook healthy meals every day.



Mr and Mrs Thomson work along hours at the hospital, feel exhausted when they arrive home. They also have three young children who need a lot of care.



For months, Mrs Thomson has been ordering food during the week, which is delivered after they arrive from work.



This is a bad routine, and the Thomson's know this fact very well and have started to worry that their children will get so used to eating fast food;



it will be difficult for them to change this habit. For the past two week, they have been eating healthy homemade meals and feel very excited about it.



1. How many members are there in the Thomson family?

.....

2. How many children do Mr. and Mrs. Thomson have?

.....

3. How old is the youngest children?

.....

4. Where does Mr. and Mrs. Thomson work?

.....

5. Does the Thomson family eat healthy meals?

.....

6. Why Mrs. Thomson has been ordering food during the week?

.....

7. Is it good or bad to order food during the week?

.....

8. Are they worried about their bad eating habits?

.....

9. Why do they want to change their eating habit?

.....

10. What food have they been eating for the past two weeks?

