

ใบสื่อที่ 59.1 เรื่อง
หน่วยที่ 6 แผนการจัดการเรียนรู้ที่ 59 เรื่อง Food Nutrient
รายวิชา ภาษาอังกฤษ รหัส อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

Nutrition of Children

Q : What does a balanced diet mean?

A : A balanced diet means that we eat foods from the three food group every day,

Q : How can we choose three food groups?

A : Three food groups can be chosen according to the taste, season, price, and of course availability. There are three main food groups.

Q : What are the three main food groups?

A : The three main food groups are: (1) Body-building foods, (2) energy foods, (3) Protective foods.

Q : What are Body-building foods?

A : Body-building foods contain proteins, which are used by the body for growth, maintenance and repair of body tissues. They include breast milk, tofu, soybeans, peanuts, fresh milk, eggs, fish, chicken, duck, pork, beef, crab, shrimp, squid, eel, frog, and other animal meats.

Q : What are energy foods?

A : Energy foods are good sources of carbohydrates or fat, which are used by the body to provide fuel for physical activity. Foods rich in carbohydrates are rice, noodles, potatoes, sweet potatoes, taros, yams, corns, bread, sugar, sugar canes and honey, those high in fats are coconut milk, cooking oil, and animal fat.

Q : What are protective foods?

A : Protective foods contain essential vitamins and minerals, which work with the body- building and energy foods in preventing fighting diseases and illnesses. They include mainly fruits and vegetables.

