

รายวิชา ภาษาอังกฤษ

You Are What You Eat

รหัสวิชา อ22102 ชั้นมัธยมศึกษาปีที่ 2

ครูผู้สอน ครูพรทิพย์ พงษ์ทอง





Do you know what kind of these foods?

How often do you have these foods?

Are these foods good for your health?





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How often do you have these foods?



Are these foods good for your health?

The image is a horizontal collage of various food items on a rustic wooden surface. A semi-transparent grey banner with the text 'You Are What You Eat' is centered across the middle. The banner is flanked by two distinct food categories. On the left, representing healthy food, are a green apple, a head of broccoli, a bunch of cherry tomatoes, a head of lettuce, and a head of garlic. On the right, representing unhealthy food, are a large burger with sesame seeds, a slice of pizza, a bowl of peanuts, a chocolate-glazed donut, a slice of pizza with toppings, a bowl of red sauce, and french fries. A yellow measuring tape is draped diagonally across the center, passing behind the text banner, symbolizing measurement and health.

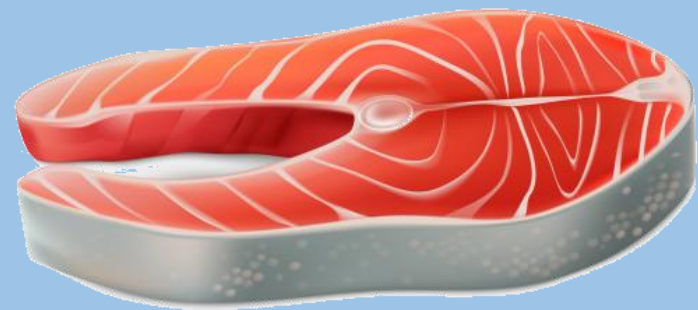
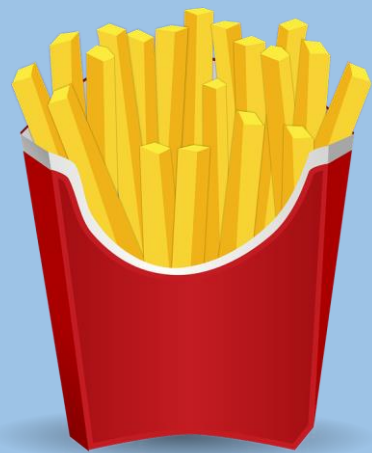
You Are What You Eat



จุดประสงค์การเรียนรู้

- 1.บอกความหมายของคำศัพท์จากบทอ่านได้อย่างถูกต้อง
- 2.อ่านบทความแล้วสามารถสรุปใจความสำคัญได้





Grouping

Junk Food

Fast Food

Healthy Food

How do they Difference?

Fast Food

Junk Food

Healthy Food



Fast Food



- Quickly to serve
- Can buy from the truck food

Junk Food



- already to eat
- Always in the pack
- Non-Nutritional Value

Healthy Food



- Good for your health .
- There are lot of nutritions.

No.	Vocabulary	Meaning
1.	realize	understand clearly
2.	solution	a way to solve a problem or to deal with a bad situation
3.	variety	the characteristic of often changing and being different
4.	grains	a plant like a grass such as rice or wheat
5.	lean	containing little fat
6.	option	something that you can choose in a situation
7.	available	able to be bought or used
8.	selection	a choice of different types of something
9.	appointment	a plan to see someone at a particular time
10.	issue	a topic that people are thinking and talking about

ใบความรู้ที่ 50.1

เรื่อง Learning Vocabulary

ตัวอย่างใบความรู้เรื่อง **Learning Vocabulary**

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In our society today, there are many health issues. One of the biggest problem is food. People are choosing fast food more often, as fast food is so much easier to get and a lot faster as well. This leads to a high demand for fast food chains. People aren't even thinking about the food they put in their bodies and the damage the food is doing to their bodies over time. People need to realize that the more bad fats and cholesterol they eat the slower their heart will beat, and that will lead to shorter lives as the fat will stay in their bodies making it harder for the heart to pump blood. Some people realize they are unhealthy and set their minds to be healthier, but the fats and cholesterol in the food are hard to stay away from.

One solution would be to offer a bigger variety of fruits, vegetables, grains, and meats that are lean as well as have more healthy food options available. If there is a bigger selection of healthy foods, most people would eat healthier. This would help because if there was a bigger variety of all those healthy foods, and less junk food, then families would start eating right. If junk food was no longer available then people wouldn't want it anymore.

Most people nowadays have very busy lives and don't always have time to go home and get something healthy to eat or to sit down and enjoy a meal. People often end up picking up take away from Fast Food Shop and then eat in the car on the way to their next appointment.

Many people see health issues in food as not a big issue. But, it is a big issue. Think twice before putting something into your mouth. Yes, it tastes good now but sooner or later your body will be paying the price.

ใบสื่อที่ 50.2 บทความ เรื่อง You Are What You Eat

ตัวอย่างใบสื่อเรื่อง You Are What You Eat

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ใบงานที่ 50.2

เรื่อง True or False

Directions : Write T if the statement is true and write F if the statement is false.

ตัวอย่างใบงานเรื่อง True or False

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- _____ 1. The biggest problem in society is food.
- _____ 2. People choose fast food more often and this leads to a high demand.
- _____ 3. Bad fats and cholesterol lead to a longer life.
- _____ 4. It is easy to stay away from fats and cholesterol.
- _____ 5. Some people don't think about the food they eat.
- _____ 6. Having more healthy food available is one solution to this health problem.
- _____ 7. Families will start eating healthier if there were more healthier options.
- _____ 8. People will want more junk food if it was not available.
- _____ 9. Many people eat fast food because they are too busy.
- _____ 10. Health issues in food is not a big issue.



Let's check it!

 T

1. The biggest problem in society is food.

 T

2. People choose fast food more often and this leads to a high demand.

 F

3. Bad fats and cholesterol lead to a longer life.

 F

4. It is easy to stay away from fats and cholesterol.

 T

5. Some people don't think about the food they eat.



Let's check it!

 T 6. Having more healthy food available is one solution to this health problem.

 T 7. Families will start eating healthier if there were more healthier options.

 F 8. People will want more junk food if it was not available.

 T 9. Many people eat fast food because they are too busy.

 F 10. Health issues in food is not a big issue.

ใบงานที่ 50.3

เรื่อง How to Eat for a Healthy Life

Write the way to eat for a happy life.

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บทเรียนครั้งต่อไป

Smart Homes

สิ่งที่ต้องเตรียม

1. ใบงานที่ 51.1-51.4

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