

รายวิชาภาษาอังกฤษ

รหัสวิชา อ16101

ชั้นประถมศึกษาปีที่ 6

Food Group

ครูผู้สอน ครูอัญชลี สุวรรณบุตร
ครูกนกวรรณ มีศรีผ่อง



Food Group



Objectives

The students are able to

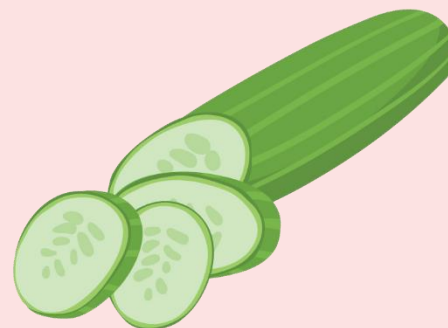
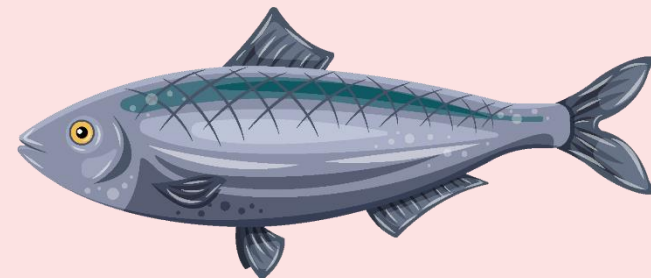
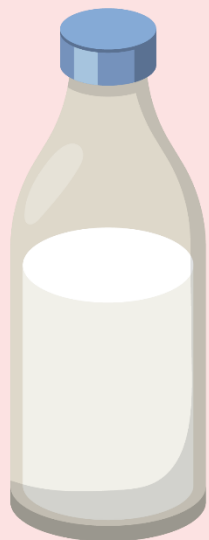
1. pronounce and tell the meaning of the words correctly.
2. give information about the benefits of food proficiently.



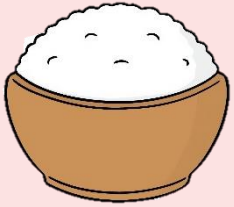
Review: Food

"KIM'S GAME"

FOODS



FOODS



rice



chocolate



grapes



milk



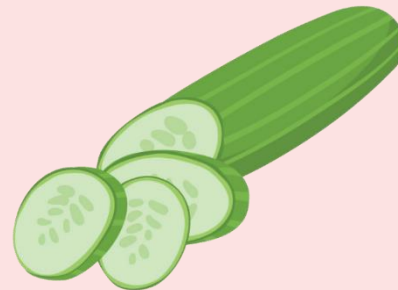
banana



orange



apple



cucumber



salmon

FOODS



bread



candy



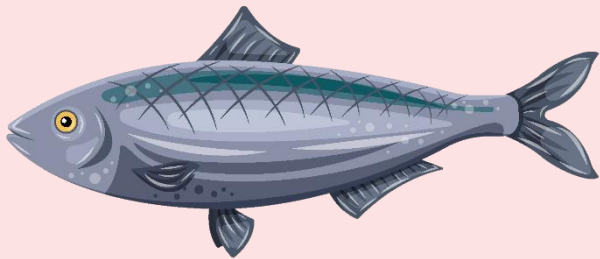
cheese



mango



cake



fish



tomato



yogurt



egg

Food Groups

GROUP 1

fruits and vegetables



apple



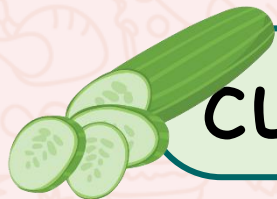
grapes



orange



banana



cucumber



mango



tomato

rice

milk

chocolate

apple

grapes

orange

banana

salmon

cucumber

mango

yogurt

egg

fish

cake

bread

cheese

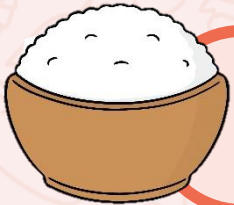
candy

tomato

Food Groups

GROUP 2

starchy foods



rice



bread

rice

chocolate

grapes

banana

cucumber

yogurt

fish

bread

candy

milk

apple

orange

salmon

mango

egg

cake

cheese

tomato

Food Groups

GROUP 3

dairy foods



milk



yogurt



cheese

rice

chocolate

grapes

banana

cucumber

yogurt

fish

bread

candy

milk

apple

orange

salmon

mango

egg

cake

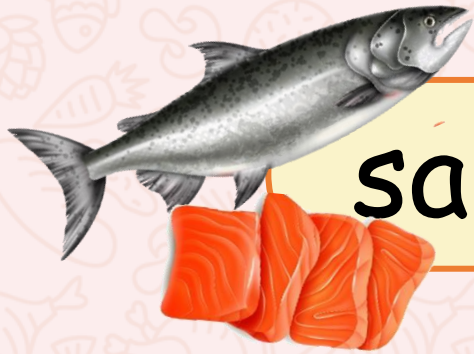
cheese

tomato

Food Groups

GROUP 4

non-dairy **sources of protein**



salmon



egg



fish

rice

chocolate

grapes

banana

cucumber

yogurt

fish

bread

candy

milk

apple

orange

salmon

mango

egg

cake

cheese

tomato

Food Groups

GROUP 5

foods and drinks high in fat
and/or sugar



chocolate



cake



candy

rice

chocolate

grapes

banana

cucumber

yogurt

fish

bread

candy

milk

apple

orange

salmon

mango

egg

cake

cheese

tomato

Let's learn.



high in **starch**

rice, potatoes,
bread

high in **sugar**




cakes, chocolate,
sweets

high in **protein**

fish, meat, beans,
cheese, milk, nut,
eggs







Let's practice.

| | | |
|------------------------|--|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, chocolate, sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |

1. Rice **is** high in starch.
2. Eggs **are** high in protein.



Let's practice.

| | | |
|-------------------------|--|--|
| high in fat |  | butter, oil, cheese, chocolate, nuts |
| high in calcium |  | milk, yogurt, cheese, nuts |
| high in vitamins |  | fruits, vegetables |
| high in fiber |  | fruits, vegetables, brown bread, beans |

3. Butter is high in fat.

4. Cheese is high in fat and calcium.



REVIEW



* **is** ใช้กับคำนามที่เป็นเอกพจน์ หรือ คำนามที่นับไม่ได้

Chocolate is high in sugar and fat.

Milk is high in protein and calcium.

* **are** ใช้กับคำนามที่เป็นพหูพจน์ หรือ คำนามที่นับได้

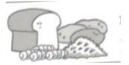



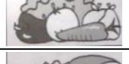
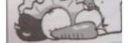
Beans are high in protein.

Yogurt and cheese are high in calcium.

ใบงานที่ 6 เรื่อง Food Group
 หน่วยการเรียนรู้ที่ 3 เรื่อง Healthy Living
 แผนการจัดการเรียนรู้ที่ 6 เรื่อง Food Group
 รายวิชาภาษาอังกฤษ รหัส อ16101 ภาคเรียนที่ 1 ชั้นประถมศึกษาปีที่ 6

Instructions: Read the table and complete the sentences.

อ่านข้อความในตารางและเติมประโยคให้สมบูรณ์

| | | |
|-------------------------|---|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, chocolate, sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |
| high in fat |  | butter, oil, cheese, chocolate, nuts |
| high in calcium |  | milk, yogurt, cheese, nut |
| high in vitamins |  | fruit, vegetables |
| high in fiber |  | fruit, vegetables, brown bread, beans |

1. Chocolate is high in _____.
2. Fruit and vegetables are high in _____.
3. Nuts are high in _____.
4. Milk is high in _____.
5. Brown bread is high in _____.
6. Beans are high in _____.
7. Yogurt and cheese are high in _____.

Worksheet 6








Food Group

Instructions:

Read the table and complete the sentences. Then practice speaking.

อ่านข้อความในตาราง เติมประโยคให้สมบูรณ์ และฝึกพูดประโยค

WORKSHEET 6








| | | |
|-------------------------|---|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, <u>chocolate</u> , sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |
| high in fat |  | butter, oil, cheese, <u>chocolate</u> , nuts |
| high in calcium |  | milk, yogurt, cheese, nut |
| high in vitamins |  | fruit, vegetables |
| high in fiber |  | fruit, vegetables, brown bread, beans |

1. Chocolate is high in sugar and fat.

2. Fruit and vegetables are high in _____.

3. Nuts are high in _____.

WORKSHEET 6

| | | |
|-------------------------|---|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, chocolate, sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |
| high in fat |  | butter, oil, cheese, chocolate, nuts |
| high in calcium |  | milk, yogurt, cheese, nut |
| high in vitamins |  | fruit, vegetables |
| high in fiber |  | fruit, vegetables, brown bread, beans |

4. Milk is high in

_____.

5. Brown bread is

high in _____.

6. Beans are high in

_____.

7. Yogurt and cheese

are high in _____.



กิจกรรม

นักเรียนปลายทาง

1. นักเรียนทำใบงานที่ 6 เรื่อง
Food Group
2. อ่านข้อความในตาราง เติม
ประโยคให้สมบูรณ์ และฝึกพูด
ประโยค










กิจกรรม

ครูปลายทาง

1. ครูตรวจใบงานของนักเรียน
อีกครั้ง
2. ครูสามารถใช้แบบประเมิน
ที่ 5 ประเมินการออกเสียง

Key: Worksheet 6








| | | |
|-------------------------|---|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, chocolate, sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |
| high in fat |  | butter, oil, cheese, chocolate, nuts |
| high in calcium |  | milk, yogurt, cheese, nut |
| high in vitamins |  | fruit, vegetables |
| high in fiber |  | fruit, vegetables, brown bread, beans |

1. Chocolate is high in sugar and fat.

2. Fruit and vegetables are high in vitamins and fiber.

3. Nuts are high in protein, fat, and calcium.

Key: Worksheet 6

| | | |
|-------------------------|---|--|
| high in starch |  | rice, potatoes, bread |
| high in sugar |  | cakes, chocolate, sweets |
| high in protein |  | fish, meat, beans, cheese, milk, nut, eggs |
| high in fat |  | butter, oil, cheese, chocolate, nuts |
| high in calcium |  | milk, yogurt, cheese, nut |
| high in vitamins |  | fruit, vegetables |
| high in fiber |  | fruit, vegetables, brown bread, beans |

4. Milk is high in protein and calcium.

5. Brown bread is high in starch and fiber.

6. Beans are high in protein and fiber.

7. Yogurt and cheese are high in calcium.

Wrap Up

fruits and vegetables

30%



starchy foods

30%



fat

10%



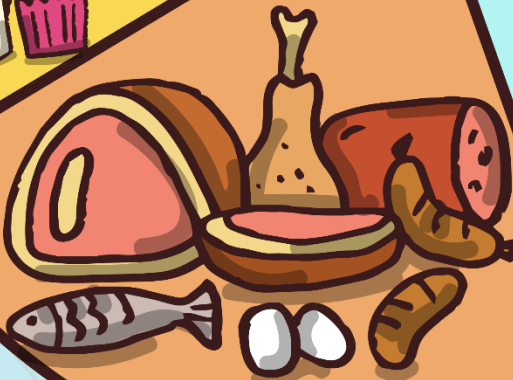
dairy foods

15%



protein

15%





Words of the Day

starch

chocolate

vitamins

salmon

calcium

1. Potatoes are high in _____.
2. Salmon is high in protein.
3. Yogurt is high in _____.
4. Chocolate is high in fat.
5. Fruits and vegetables are high in _____.



บทเรียนครั้งต่อไป

Unmuddle the Meals



สิ่งที่ต้องเตรียม

ใบงานที่ 7 Unmuddle the Meals

สามารถดาวน์โหลดได้ที่ www.dltv.ac.th

ฝึกไว้ให้คิด

English a Day

Health requires healthy food.

Roger Williams

