

# รายวิชา ภาษาอังกฤษ

รหัสวิชา อ22101

ชั้นมัธยมศึกษาปีที่ 2

## Eating Habits (1)

ครูผู้สอน ครุณงนุช จันทรเสวก

ครูพรทิพย์ พงษ์ทอง



A top-down view of a group of people dining at a table. The table is set with white plates, green placemats, and silverware. Several dishes are visible, including spaghetti, a large salad, a bowl of green beans, a bowl of peas, and a stack of bread. People's hands and arms are visible, some holding glasses of wine or juice. The overall atmosphere is casual and social.

# Eating Habits (1)

**peanut butter**



**allérgic** (adj.)

**I'm allergic to peanuts.**



**á**llergies (n.)

I have food **allergies**.



**á**llergen (n.)

**Peanuts are one of the most common food allergens.**





# จุดประสงค์การเรียนรู้

1. ออกเสียงคำศัพท์เกี่ยวกับการแพ้อาหารและสารอาหารได้
2. ฟังและระบุข้อมูลเกี่ยวกับการแพ้อาหารและสารอาหารจากบทสนทนาได้
3. ให้ข้อมูลเกี่ยวกับสารอาหารและการแพ้อาหารได้

# Word Bank



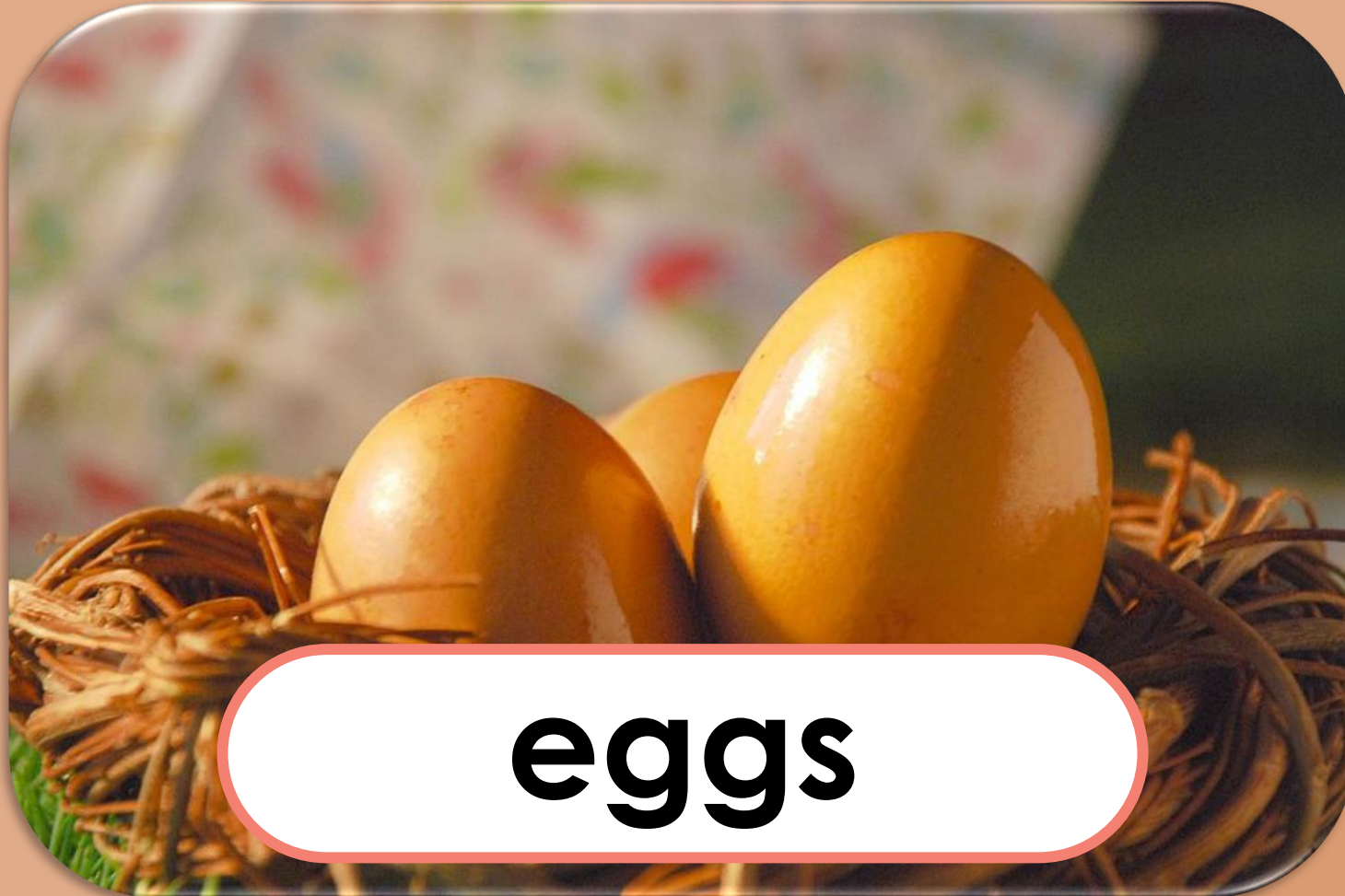


# The 8 Most Common Food Allergens



**milk**

# The 8 Most Common Food Allergens



**eggs**

# The 8 Most Common Food Allergens



**tree nuts**



# The 8 Most Common Food Allergens



**peanuts**



# The 8 Most Common Food Allergens



**shellfish**



# The 8 Most Common Food Allergens



**wheat**

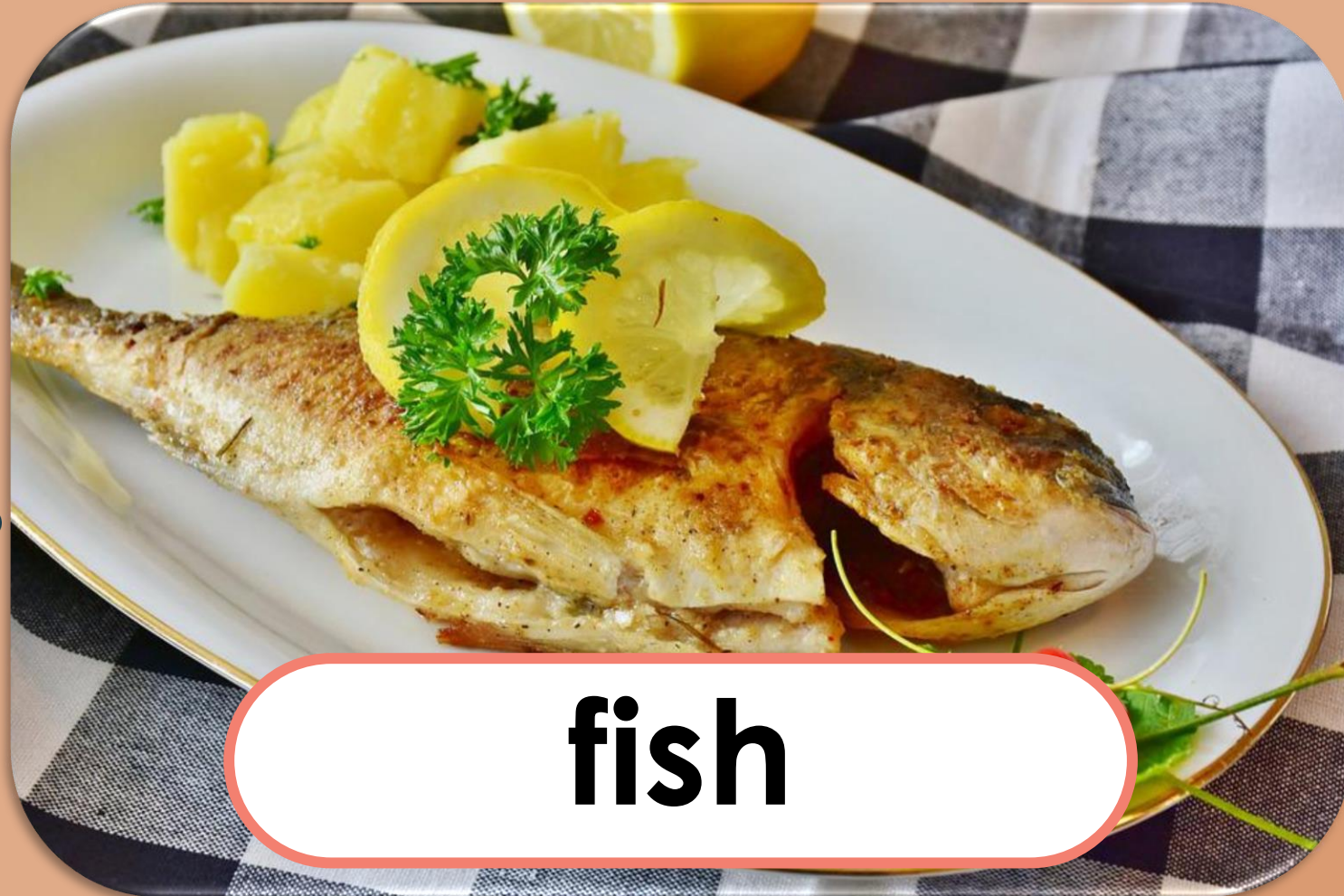
# The 8 Most Common Food Allergens



**soybean**



# The 8 Most Common Food Allergens

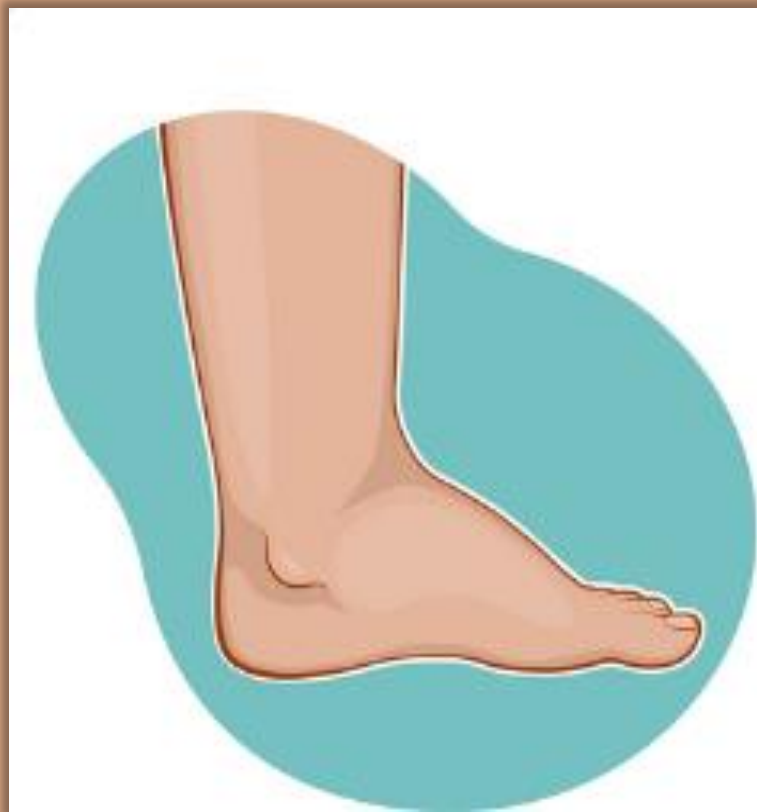


**fish**





# Food Allergy Symptoms



**swollen** (adj.)

I get a swollen foot.

# Food Allergy Symptoms



**itchy** (adj.)

She's itchy all over.

# Food Allergy Symptoms



**rash** (n.)

I get a rash on my hand.

# Food Allergy Symptoms



**hives** (n.)

**He gets hives on both of his arms.**

# Food Allergy Symptoms



**diarrhea** (n.)

She gets diarrhea.

# Food Allergy Symptoms



**cramp** (n.)

**He gets cramps.**

# Listening Station





**1. Who is talking?**

**2. How many people did you hear them talk about?**

**3. What are they talking about?**







# 1. Who is talking?

**Jada**

**Matt**



## 2. How many people did you hear them talk about?



### 3. What are they talking about?



# Worksheet 1 What are they allergic to?

**Instruction:** Fill in the information about each person's food allergy in the table.



Name	1. Allergic to
Matt	
Jada	
Matt's brother	
Mike	
Tom	

milk  
eggs  
peanuts  
tree nuts  
fish  
shellfish  
soybean  
wheat

# Worksheet 1 What are they allergic to?

**Instruction:** Fill in the information about each person's food allergy in the table.



Name	2. Food Allergy Symptoms
Matt	
Jada	
Matt's brother	
Mike	
Tom	

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Worksheet 1 What are they allergic to?

Name	1. Allergic to
Matt	<b>peanuts</b>
Jada	<b>shellfish</b>
Matt's brother	<b>milk</b>
Mike	<b>fish</b>
Tom	<b>eggs</b>

**milk**  
**eggs**  
**peanuts**  
**tree nuts**  
**fish**  
**shellfish**  
**soybean**  
**wheat**

# Worksheet 1 What are they allergic to?

**Instruction:** Fill in the information about each person's food allergy in the table.



Name	2. Food Allergy Symptoms
Matt	
Jada	
Matt's brother	
Mike	
Tom	

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Worksheet 1 What are they allergic to?

**Matt**

## 2. Food Allergy Symptoms

**-get itchy mouth and throat**

**-have difficulty breathing**

**-get a rash**

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea



# Worksheet 1 What are they allergic to?

**Jada**

## 2. Food Allergy Symptoms

**-get a rash**

**-get hives**

**-get swollen lips**

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Worksheet 1 What are they allergic to?

**Matt's brother**

## 2. Food Allergy Symptoms

**-get diarrhea**

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Worksheet 1 What are they allergic to?

**Mike**

## 2. Food Allergy Symptoms

**-get a stomachache**

**-throw up**

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Worksheet 1 What are they allergic to?

**Tom**

## 2. Food Allergy Symptoms

**-get cramps**

- get a stomachache
- get itchy mouth and throat
- have difficulty breathing
- throw up
- get a rash
- get hives
- get cramps
- get swollen lips
- get diarrhea

# Speaking Station

**A: Do you have any food allergies?**

**B: Yes, I do. I'm allergic to...shrimp.....**

**A: What happens if you eat it?**

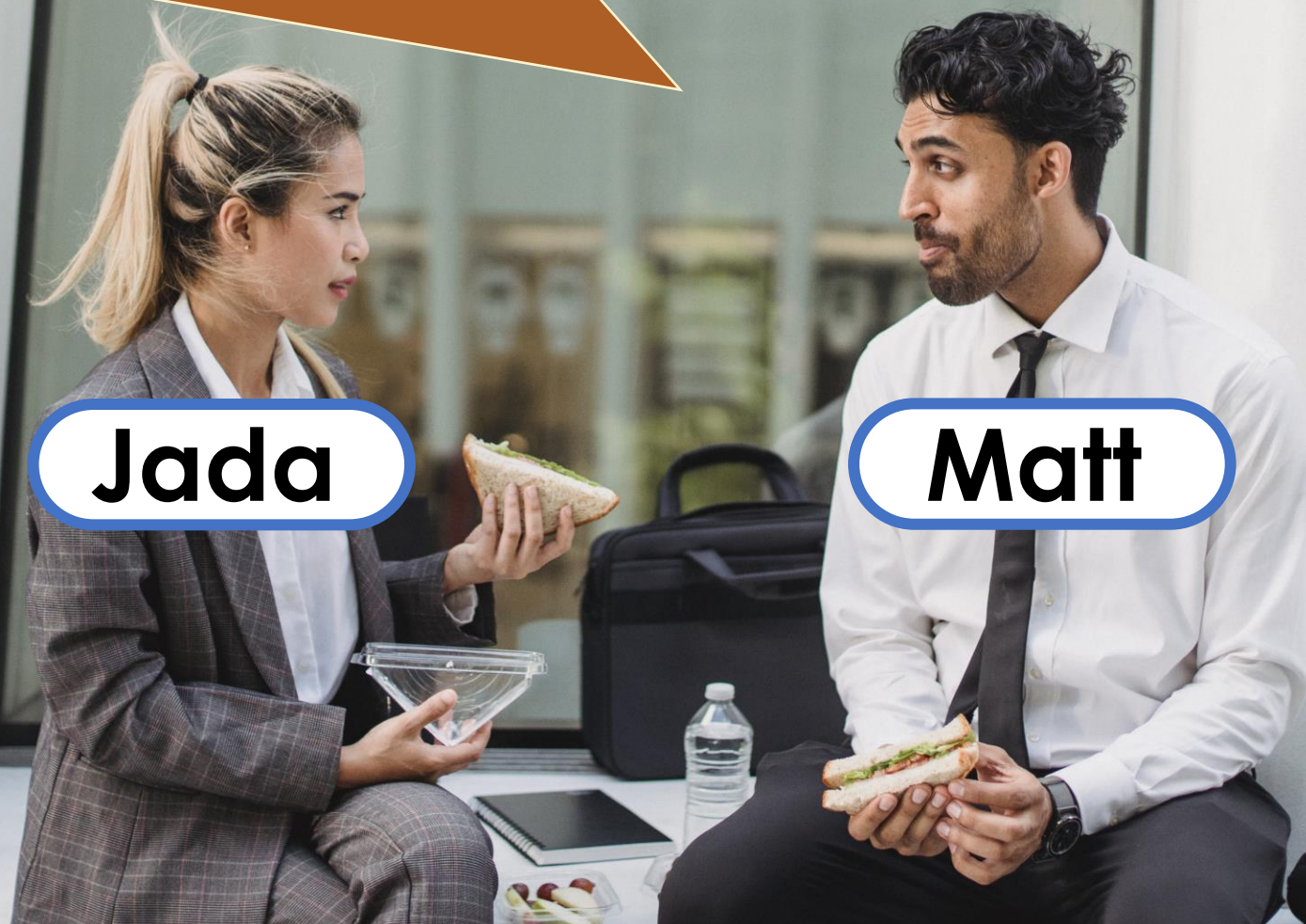
**B: I get...a rash or hives and swollen lips..**



Do you know what to do if we have  
food allergies?

**Jada**

**Matt**

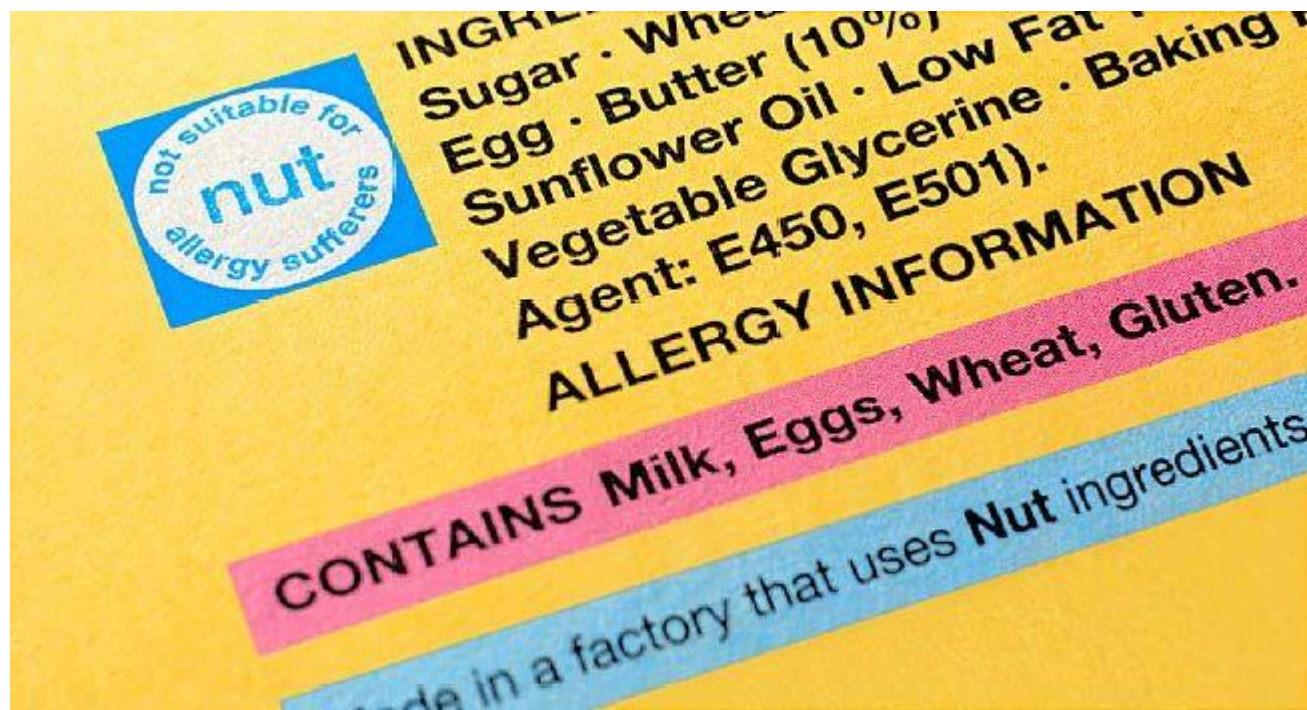


**How can you protect yourself?**



# How can you protect yourself?

**Always check food labels.**





# How can you protect yourself?

**Don't trade food with others.**



# How can you protect yourself?

**Carry your allergy medicine everywhere.**



# How can you protect yourself?

**Must speak up; tell everyone and make sure they know about your allergies.**




# Let's wrap it up!

**What are the common food allergens?**

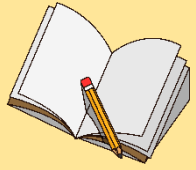
**What happens if you eat those things?**

**How can you protect yourself?**



A wooden bowl filled with a mix of almonds, raisins, and dried fruit pieces. The bowl is placed on a metal stand. A white rounded rectangle with a drop shadow is overlaid on the bowl, containing the text.

**Food allergies are one  
tiny part of who you are  
They don't define  
the whole you.**



# บทเรียนครั้งต่อไป

## เรื่อง **Eating Habits (2)**



### สิ่งที่ต้องเตรียม

1. ใบงาน เรื่อง Food Allergies
2. ใบงาน เรื่อง Allergy Safety Rules



(สามารถดาวน์โหลดได้ที่ [www.dltv.ac.th](http://www.dltv.ac.th))