

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

เรื่อง Let's Eat Healthy Food

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Let's Eat Healthy Food



จุดประสงค์การเรียนรู้

1. ออกเสียงคำศัพท์จากบทสนทนาที่อ่านได้
2. อ่านจับใจความจากบทสนทนาที่อ่านได้

BINGO





BINGO



salad	fruits	vegetables
vitamin	fat	mineral
protein	carbohydrate	dairy



BINGO



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ใบงานที่ 1

Instructions: Match the words (1-9) with their meaning.

ใบงานที่ 1 เรื่อง A Healthy Lifestyle
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 6 เรื่อง Let's Eat Healthy Food
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Instructions: Match the words (1-9) with their meaning.

- 1.....fridge (n.)
2.humph
3.abandon (v.)
4.out of shape (idm.)
5.physical (n.)
6.cut back on (phrv.)
7.hon (pron.)
8.take up (phrv.)
9. cardiovascular system (n.)

- a. your body's blood circulation system including your heart, veins, and arteries
- b. in poor physical condition
- c. to reduce
- d. begin or start
- e. in this case, "give up" the idea
- f. short for "refrigerator"
- g. short for "honey"
- h. a word showing disbelief
- i. a medical examination

Vocabulary



fridge

fridge (*noun*): short for “refrigerator”

I think we need to buy a new fridge. The old one just doesn't cool properly.



Humph

Humph: a word showing disbelief

Humph. There's no way you can lift all that weight!



hon

hon (*pronoun*): short for
“honey”

Hon. Could you wake me up
early tomorrow morning?



abandon

abandon (verb): in this case, “give up” the idea

They had to abandon the plan to build a house due to a financial crisis.



out of shape

out of shape (*idiom*): in poor physical condition

I have to start exercising because I'm so out of shape.



physical

physical (*noun*): a medical examination

She had to have a physical before she joined the track team.



cut back on

cut back on (*phrasal verb*):
to reduce

I have to cut back on the
fatty foods I've been
eating.



take up

take up (*phrasal verb*):
begin or start

He has decided to take up cooking in his spare time.



cardiovascular system

cardiovascular system (*noun*):
your body's blood circulation system
including your heart, veins, and
arteries

Running at least 30 minutes a day
helps improve your cardiovascular
system.



Instructions: Match the words (1-9) with their meaning.

1.**f**.....fridge (n.)
 2.**h**.....humph
 3.**e**.....abandon (v.)
 4.**b**.....out of shape (idm.)
 5.**i**.....physical (n.)
 6.**c**.....cut back on (phrv.)
 7.**a**.....hon (pron.)
 8.**d**.....take up (phrv.)
 9.**a**..... cardiovascular system (n.)

- ~~a. your body's blood circulation system including your heart, veins, and arteries~~
~~b. in poor physical condition~~
~~c. to reduce~~
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~~f. short for "refrigerator"~~
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ใบงานที่ 2

Instructions: read the conversation and answer the questions from 1-5

ใบงานที่ 2 เรื่อง A Healthy Lifestyle (2)
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 6 เรื่อง Let's Eat Healthy Food
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Instructions: read the conversation and answer the questions from 1-5

Man: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And . . . uh . . . a slice of pizza from the **fridge**.

Woman: Anything else?

Man: Nope, that's all for now. Hey, **hon**, you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?

Woman: **Humph**

Man: "Humph" What do you mean "Humph." I was the star player in high school.

Woman: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

Man: So, what are you suggesting? Should I just **abandon** the idea? I'm not that **out of shape**.



Man: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream?
And . . . uh . . . a slice of pizza from the fridge.

Woman: Anything else?

Man: Nope, that's all for now. Hey, hon, you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?

Woman: Humph

Man: "Humph" What do you mean "Humph." I was the star player in high school.



Woman: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

Man: So, what are you suggesting? Should I just abandon the idea? I'm not that out of shape.

Woman: Well . . . you ought to at least have a physical before you begin. I mean, it has been at least five years since you played at all.

Man: Well, okay, but . . .



Woman: And you need to watch your diet and cut back on the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.

Man: Yeah, you're probably right.

Woman: And you should take up a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to go to bed early instead of watching TV half the night.

Man: Hey, you're starting to sound like my personal fitness instructor!

Woman: No, I just love you, and I want you to be around for a long, long time.



Instructions: from the conversation, answer the questions from 1-5.

1. The man wants to _____.

- a. join a soccer club
- b. run a mountain marathon
- c. try out for the company basketball team

2. The woman is worried that _____.

- a. her husband is becoming a fitness freak
- b. the man works too much
- c. her husband's health isn't good

3. First, the woman suggests that her husband _____.

- a. see a doctor
- b. visit with a fitness trainer
- c. start with light workouts

4. Her husband should _____.

- a. eat more protein
- b. eat less fatty foods
- c. consume less salt

5. Why does the man's wife recommend cycling?

- a. It helps strengthen the heart.
- b. It helps develop mental toughness.
- c. It is good for improving muscle tone.

ใบงานที่ 2





บทเรียนครั้งต่อไป เรื่อง Exercise



สิ่งที่ต้องเตรียม

ใบงาน เรื่อง **Exercise**

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