

ใบงานที่ 1 เรื่อง A Healthy Lifestyle (1)  
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.

<p>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.)</p>	<p>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</p>
---	---

Name.....Class.....No.....

เฉลยใบงานที่ 1 เรื่อง A Healthy Lifestyle (1)  
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.....**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. ....**g**.....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
- 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

Name.....Class.....No.....

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**.

**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.

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.

Name.....Class.....No.....

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**.

**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.

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.

Name.....Class.....No....

**BINGO**


