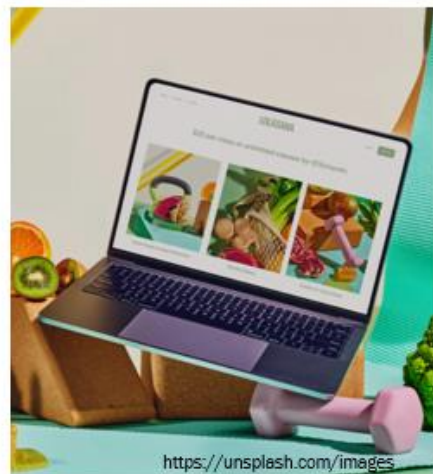


ใบความรู้ที่ 1 เรื่อง Seven Tips for Living a Healthy Life
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 13 เรื่อง How healthy are you?
รายวิชาภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Seven Tips for Living a Healthy Life

- Drink a lot of water – Most people do not drink enough water every day. Water is very important for our body. In general, about 8-10 glasses of water a day is healthy.
- Exercise – Exercising every day can help you live a long, healthy life. Exercise is good for your heart and it can help you lose weight.
- Eat a lot of fruits and vegetables – Experts say that we must eat a lot of fruits and vegetables every day. Fruits and vegetables have important vitamins like vitamin C.
- Eat small meals – Experts say that a few small meals every day is more healthy than a few big meals. In general, eat when you feel hungry, and stop when you are full. You don't need to wait for official meal times. Listen to your body.
- Sleep – A good night's sleep is good for your memory, good for your heart, and it can help you live long and look young. But a lot of sleep is bad for your muscles. Experts recommend 8-10 hours every night.
- Eat a little chocolate – Dark chocolate is good for you. Chocolate has antioxidants, and antioxidants help keep your body clean inside. But chocolate also has sugar and caffeine in it, so a lot of chocolate is bad for you.
- Don't drink much alcohol – A lot of alcohol is bad for your body, but a little alcohol may be good for the heart.

- have a healthy diet,
- exercise regularly,
- drink a lot of water,
- get enough sleep,
- eat small meals,
- eat a little chocolate,
- drink a little alcohol



ใบความรู้ที่ 2 เรื่อง How Much, How Many, A lot, A little, A few
 หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
 แผนการจัดการเรียนรู้ที่ 13 เรื่อง How healthy are you?
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How Much, How Many, A lot, A little, A few

Uncountable	Full answers	Short answers
How much water do you drink every day?	I drink a lot of water. (10+ glasses) I drink quite a lot of water. (5-9 glasses) I don't drink much water. (1-4 glasses) I don't drink any water. (0 glasses)	A lot. Quite a lot. Not much. None.
Countable (plural)		
How many meals do you eat?	I eat a lot of meals. (6+) I eat quite a lot of meals. (4-5) I don't eat many meals. (1-3) I don't eat any meals. (0)	A lot. Quite a lot. Not many. None.

Uncountable	Full answers	Short answers
How much alcohol do you drink?	I drink a little alcohol.	A little.
Countable (plural)		
How many meals do you eat every day?	I eat a few meals.	A few.