

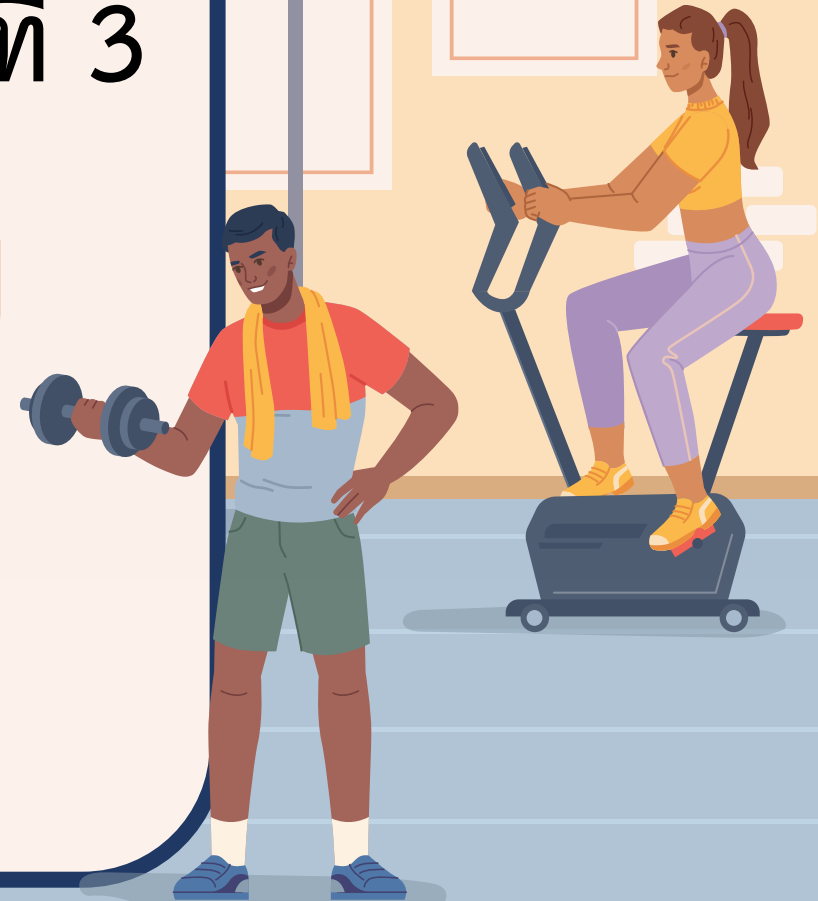
รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

เรื่อง **A Healthy Living**

ครูผู้สอน ครุณงนุช จันทร์เสวก

ครูธีรวุฒิ ศรีสวัสดิ์



A Healthy Living



Quick Survey



Quick Survey

A woman with blonde hair, wearing a white sweater and blue jeans, is sitting at a wooden desk in a bright, modern office. She is looking at a laptop screen and has her hands on the keyboard. On the desk, there is a blue cup of coffee on a saucer, a pen holder with several pens, and a small potted plant. In the background, there are more plants and a window with white curtains. The overall atmosphere is clean, bright, and professional.

1. The number of hours you spend surfing the Internet

Quick Survey

A woman with long brown hair, wearing a brown scarf and a black jacket, is sitting on a wooden bench. She is smiling and holding a white mug. A small brown pug dog is sitting next to her. The background is a rustic wooden wall.

**2. Something
that can lift
your mood**

Quick Survey

**3. One of
your hobbies**



Quick Survey

**4. Your
“methods”
for staying fit**





จุดประสงค์การเรียนรู้

1. ผู้ดูแลแสดงความคิดเห็นเกี่ยวกับวิธีการดำเนินชีวิตให้มีสุขภาพดีของบุคคลได้
2. ผู้ดูแลแนะนำเกี่ยวกับกิจกรรมที่ควรทำเพื่อให้มีสุขภาพที่ดีในการดำเนินชีวิตได้



Vocabulary



Read the words in the box carefully and then match them with the pictures below.



drink more water

limit screen time

exercise

avoid processed food

sleep well

keep a healthy weight

take up a new hobby

relax

eat well

plan the week

get enough vitamin D

spend time with friends



keep a healthy weight



take up a new hobby



avoid processed food



relax



sleep well



limit screen time



get enough vitamin D



exercise



plan the week



spend time with friends



drink more water



eat well

Discussion: Which of these things do you like doing?
And which do you think you must work on improving?

| | | | |
|---|--|---|---|
|  |  |  |  |
| keep a healthy weight ✓ | take up a new hobby ✓ | avoid processed food ✓ | relax ✗ |
|  |  |  |  |
| sleep well ✗ | limit screen time ✗ | get enough vitamin D ✓ | exercise ✓ |
|  |  |  |  |
| plan the week ✓ | spend time with friends ✗ | drink more water ✓ | eat well ✓ |



Modal Verbs for **Necessity** and **Advice**



Modal Verbs for **Necessity**

Modals of Necessity or Obligation

(a duty or commitment)

Must and **have to** express the obligation.

must

The speaker thinks
it is necessary.

have to

Someone else thinks
it is necessary.

Must and **have to** express the obligation.

must

The speaker thinks
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Someone else thinks
it is necessary.

You **must** come.

(You are obliged to come.)

You **have to** come.

(I require that you come)

(There's a rule requiring you to come)

Note: “Must” refers to an internal feeling whereas “have to” can also refer to an external obligation, e.g., rule, a time, limit. etc.

Mustn't expresses prohibition.

(the act of officially not allowing something)

You **mustn't** drive.

You are not allowed to drive.



Don't have to means there is **NO** obligation to do something.

You don't have to drive.

You are not obliged to drive
but you can if you want to.





Grammar Exercise 1: **Must** or **Have to**



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

1. She has to work 8 hours every day.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

2. She mustn't smoke at work. The building is a non-smoking area.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

3. She doesn't have to wear very formal clothes.

The office has a relaxed dress code.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

4. She has to wear a hard hat when visiting a building site, according to safety regulations.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

5. She has to meet clients every day. Her work involves a lot of meetings.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

6. She must work hard if she wants a promotion.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

7. She doesn't have to get up early every day. She can work flexible hours.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

8. She mustn't park her car near the building entrance. That space is reserved for the director.



Modal Verbs for **Advice**

Should and **shouldn't** are used to give advice or to talk about what we think is right or wrong.

should

You should means something like I think it is **a good idea** for you to do it.

“You should stop eating fast food.”

Should and **shouldn't** are used to give advice or to talk about what we think is right or wrong.

shouldn't

You shouldn't means something like I think it is **a bad idea** for you to do it.

“You shouldn't exercise on a full stomach.”



Grammar
Exercise 2:
Should or Shouldn't

Grammar Exercise 2: Should or Shouldn't

Give your friend advice using should or shouldn't and one of the phrases below.

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

1. "I am always tired during the day."

You

2. "I need to lose weight."

You

3. "I'm very stressed these days."

You

4. "I feel bored."

You

5. "My purse was stolen again!"

You

6. "I can't see very well."

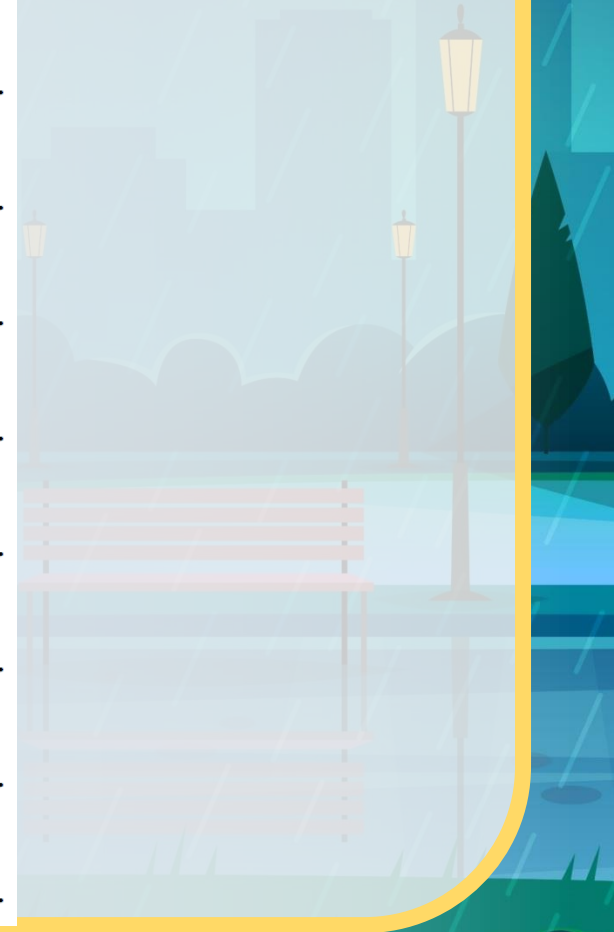
You

7. "My boss is driving me crazy!"

You

8. "My phone bill is really expensive."

You



Grammar Exercise 2: **Should** or **Shouldn't**

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quit your job

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1. "I am always tired during the day."
You
2. "I need to lose weight."
You
3. "I'm very stressed these days."
You
4. "I feel bored."
You
5. "My purse was stolen again!"
You
6. "I can't see very well."
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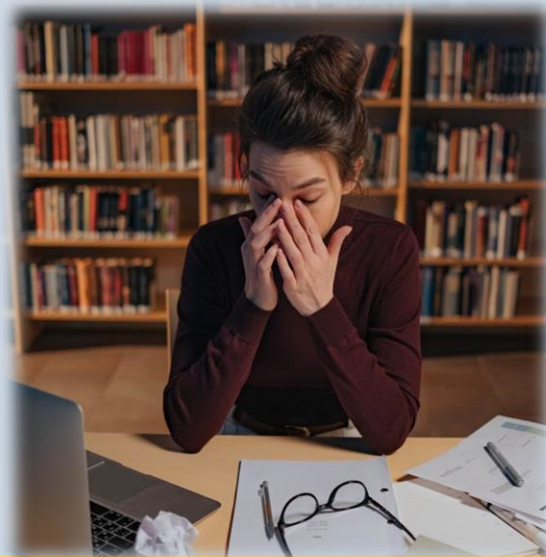
take up a new hobby

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1. “I am always tired during the day.”

You **should** go to bed earlier.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

eat so much cake

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have an eye test

quit your job

take up a new hobby

try to relax more

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2. “I need to lose weight.”

You **shouldn't** eat so much cake.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

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go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

3. “I’m very stressed these days.”

You **should** try to relax more.



Grammar Exercise 2: **Should** or **Shouldn't**

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eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

4. “I feel bored.”

You **should** take up a new hobby.



Grammar Exercise 2: **Should** or **Shouldn't**

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go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

5. “My purse was stolen again!”

You **shouldn't** be so careless.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

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quit your job

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use your phone all day

6. “I can't see very well.”

You **should** have an eye test.



Grammar Exercise 2: **Should** or **Shouldn't**

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eat so much cake

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use your phone all day

7. “My boss is driving me crazy.”

You **should** quit your job.



Grammar Exercise 2: **Should** or **Shouldn't**

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quit your job

take up a new hobby

try to relax more

use your phone all day

8. “My phone bill is really expensive.”

You **shouldn't** use your phone all day.



Let's wrap it up!

- **Must** and **have to** express the obligation.
- **Mustn't** expresses prohibition.
- **Don't have to** means there is NO obligation to do something.
- **Should** and **shouldn't** are used to give advice or to talk about what we think is right or wrong.

บทเรียนครั้งต่อไป

เรื่อง My Favorite Song



สิ่งที่ต้องเตรียม

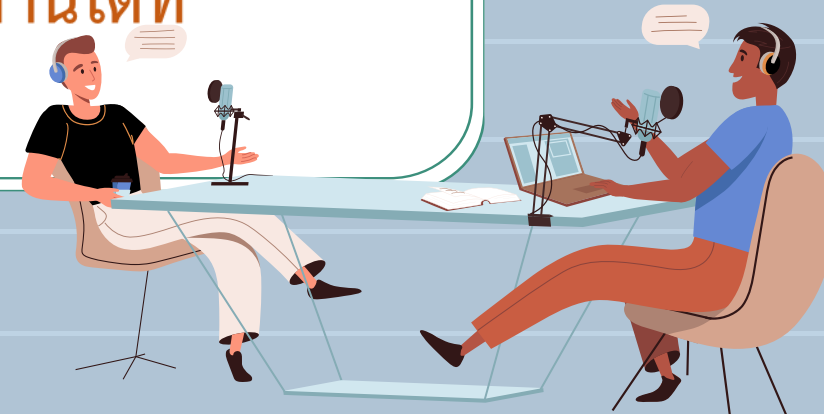
ใบงานเรื่อง

-ใบงาน My Favorite Song

-ใบงาน Adjectives of Feeling

สามารถดาวน์โหลดใบความรู้และใบงานได้ที่

www.dltv.ac.th



The background of the image shows the silhouettes of three people jumping joyfully against a bright, golden sunset sky. The sun is low on the horizon, creating a strong glow. The people are in mid-air, with their arms and legs outstretched. The overall mood is one of freedom and happiness.

**Healthy is like MONEY,
we never have a true
idea of its value until
we LOSE it.**

-Josh Billings-

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