

รายวิชา ภาษาอังกฤษ  
รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

เรื่อง Technology and Our Health (2)

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# Technology and Our Health (2)

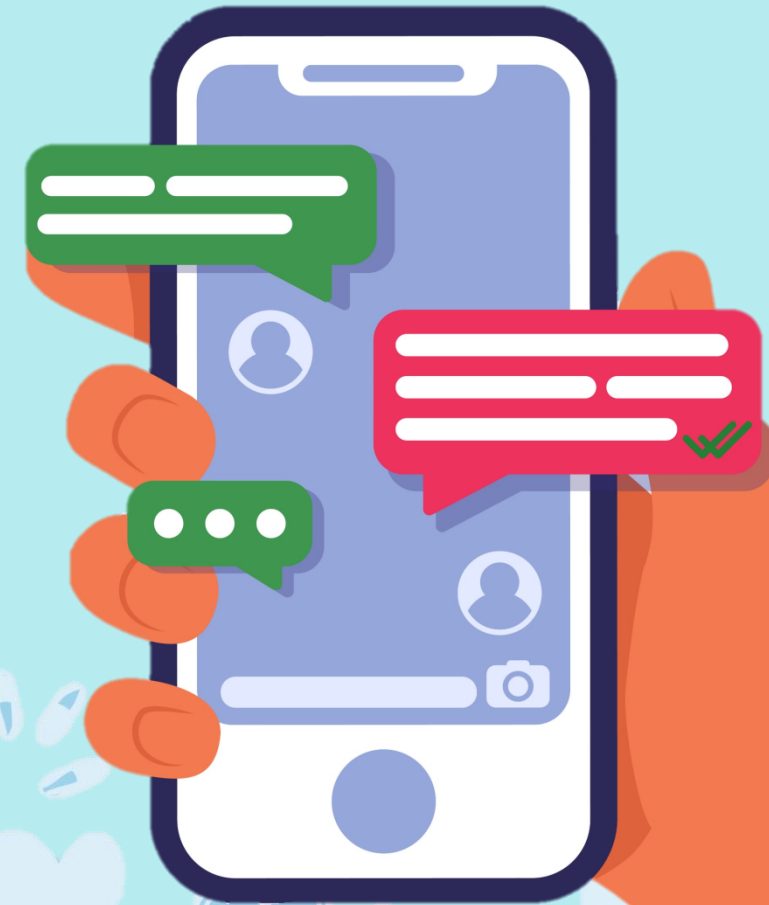
A collection of white medical icons on a light blue background, including a ambulance, microscope, clipboard, first aid kit, pills, tooth, syringe, heart with ECG, DNA helix, cross, bottle, and scissors.

# Vocabulary

A collage of medical professionals in white coats. One doctor is using a stethoscope, another is wearing green gloves, and another is holding a tablet. The collage is overlaid with a white hexagonal grid and various medical icons like a stethoscope, pills, and a building.

**yet** (conj.)

อย่างไรก็ตาม



**impact** (น.)

ผลกระทบ



# harbor (v.)

เป็นที่สะสม/แอบซ่อนของ (เชื้อโรค)



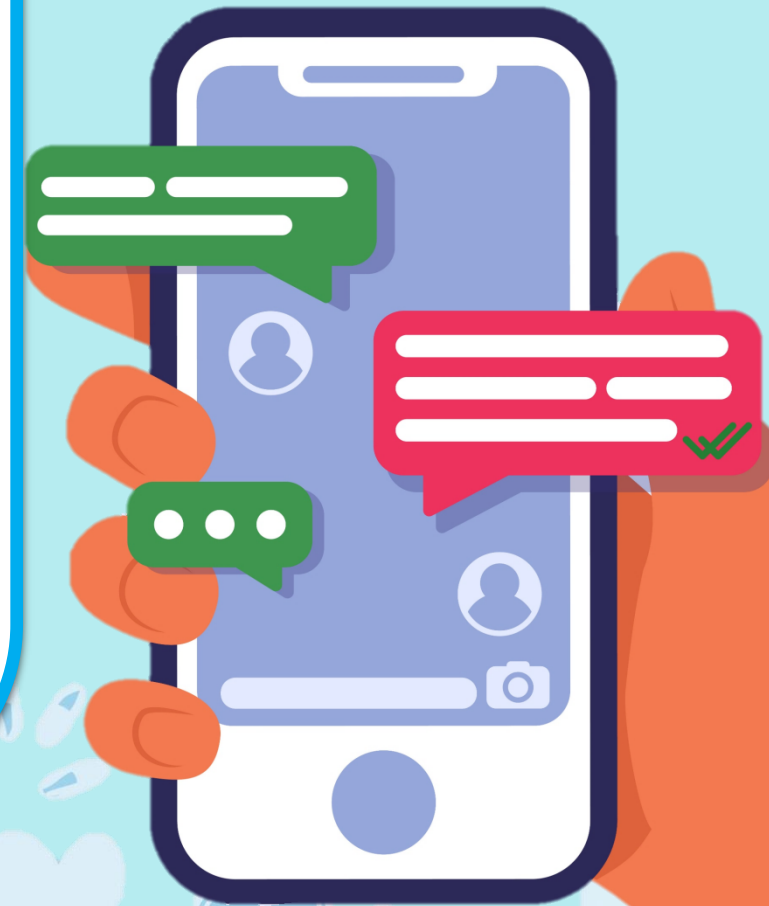
# strain (v.)

ทำให้ตึง/บั่นทอน/อาการอ่อนเพลีย



# emitted (V.3)

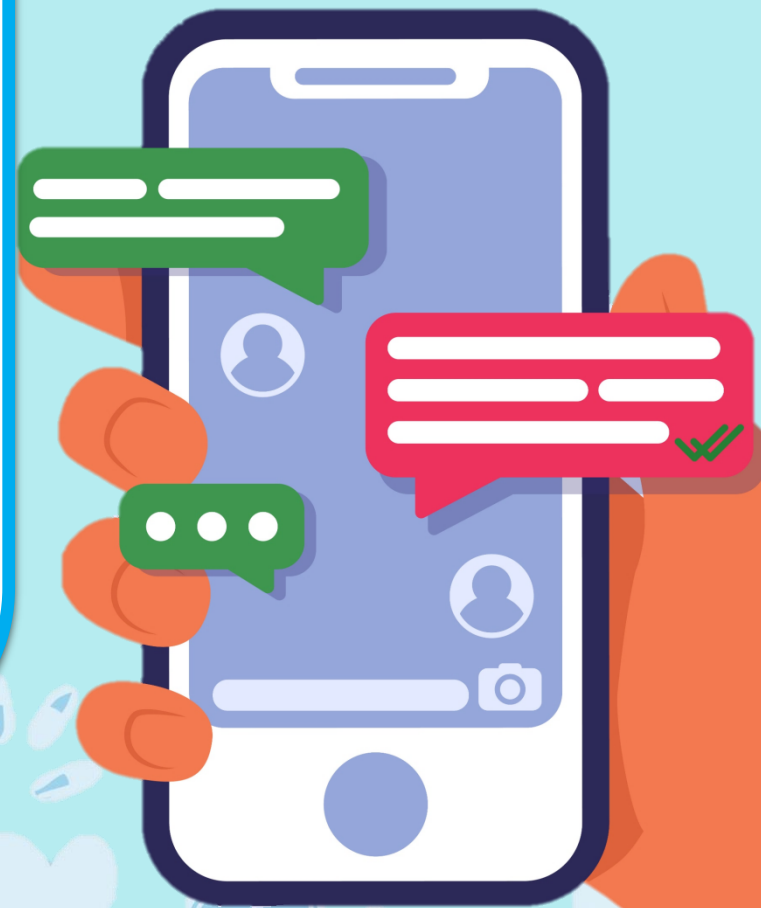
ถูกปล่อยออกมา





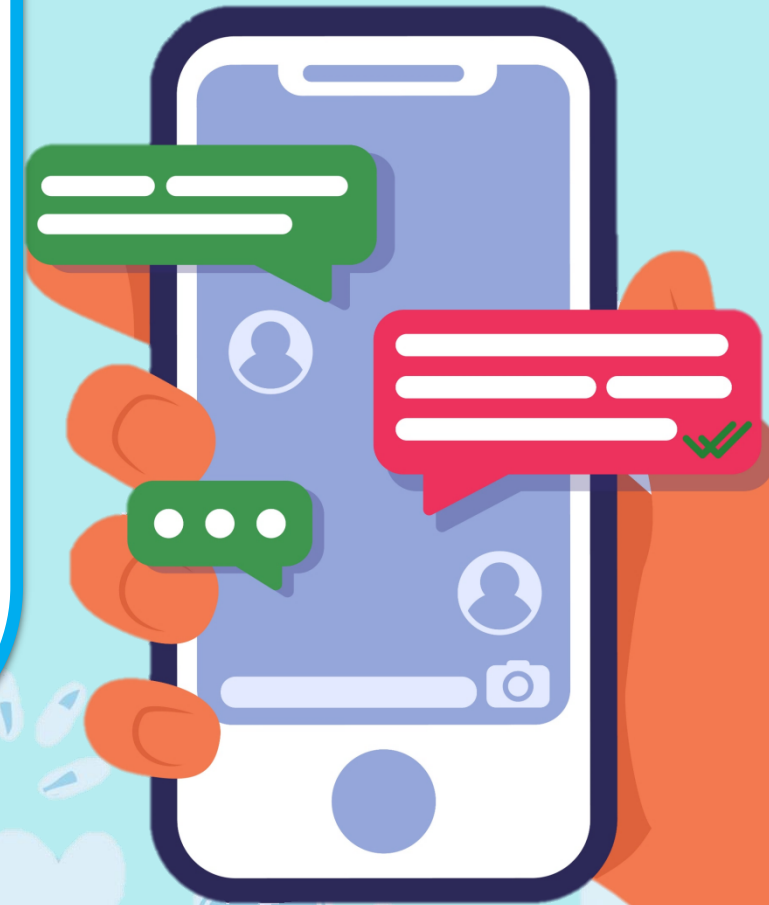
**interfere with** (phrv.)

เข้าไปเกี่ยวข้องกับ



# contribute (v.)

มีส่วนทำให้




A stylized illustration of a hand holding a smartphone. The hand is light-skinned with a red ring on the ring finger. The smartphone is white with a black screen. The background is a large purple circle with a gradient. In the center, there is a light blue rounded rectangle containing text.

1. Can the radiation that mobile phones emit cause health problems?

An illustration of a hand holding a smartphone, set against a large purple circular background. The hand is shown from the side, with the thumb and index finger visible. The smartphone is white with a black screen. A light blue rounded rectangular box is overlaid on the center of the image, containing text.

2. Don't watch TV in the dark,  
you'll strain your eyes!

An illustration of a hand holding a smartphone, set against a purple circular background. The hand is shown from the side, with fingers gripping the phone. The phone is white with a black screen. The background is a solid purple color with a subtle gradient.

**3. Using electronic devices  
at night can interfere with  
the quality of our sleep.**



# จุดประสงค์การเรียนรู้

สร้างประโยคการใช้ should และ shouldn't ในการให้คำแนะนำได้เกี่ยวกับการใช้เทคโนโลยีอย่างถูกต้อง



The image features a stylized illustration on the left side showing a laptop, a smartphone, and a tablet. The laptop is at the top, with a white screen and a black bezel. Below it are a smartphone and a tablet, both with white screens and black bezels. The background consists of a light blue gradient with a yellow and grey curved shape behind the devices. On the right side, there is a light blue rounded rectangular speech bubble containing the text 'Modal Verbs for Advice'.

# 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 drink water every day.”



# should

Subject    should    infinitive verb

**We should unplug all devices  
when we don't use them.**



**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 watch a lot of TV.”

# shouldn't

Subject shouldn't infinitive verb

You shouldn't eat or drink near  
your electronic devices.



# Exercise 1:

Give some examples of what we  
**SHOULD** and **SHOULDN'T** do.





# Exercise 2

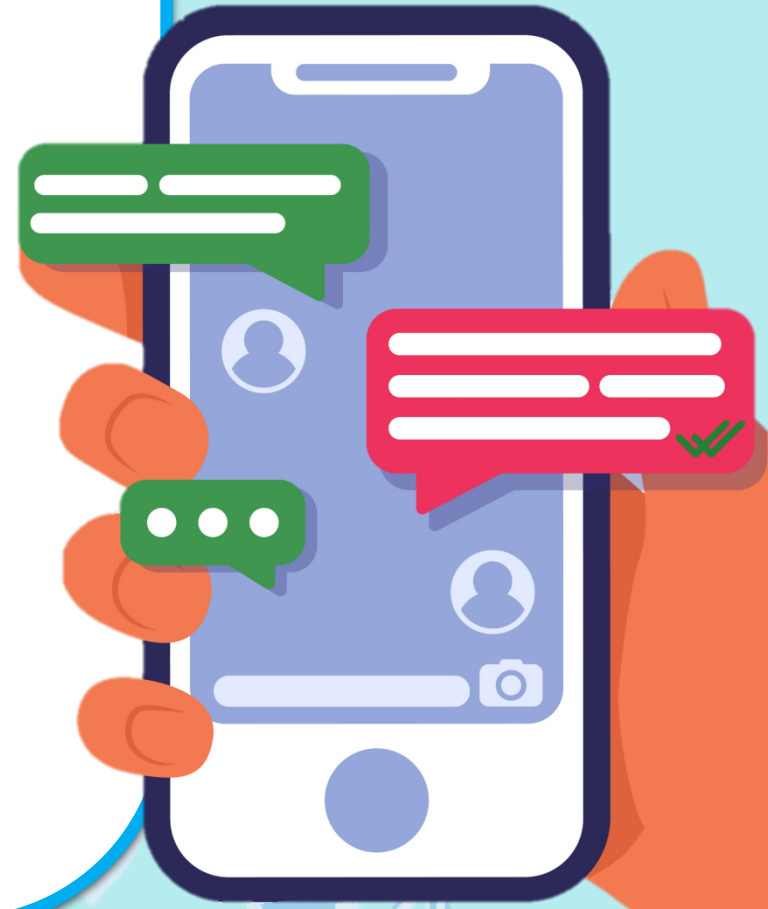
## Part 1:

Could your phone  
**be bad** for your health ?



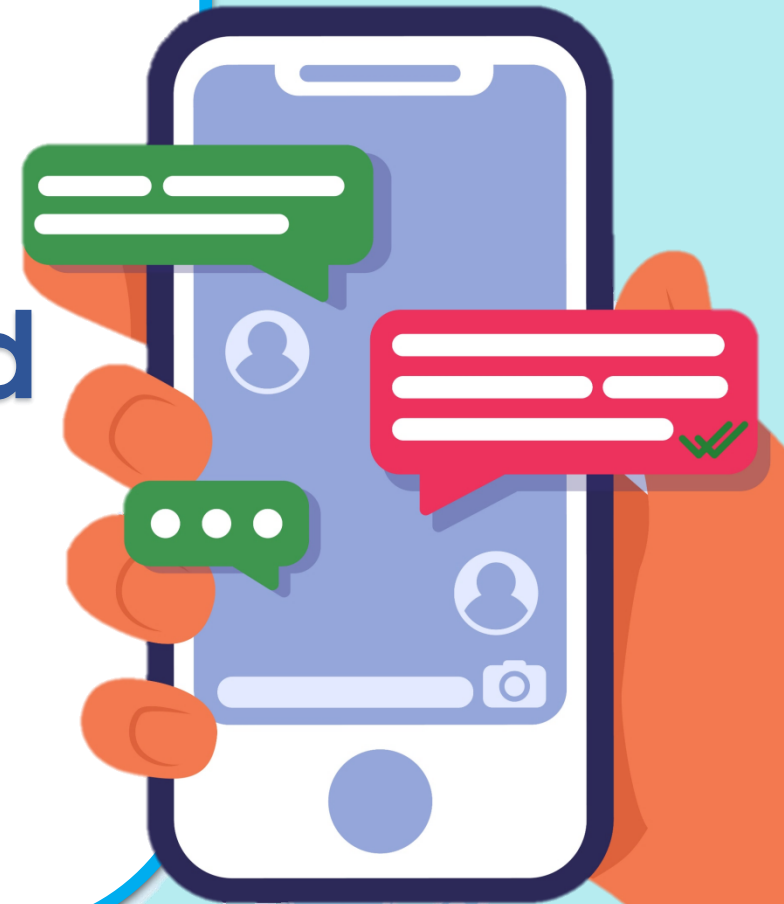
Could your phone **be bad** for your health ?

**Our planet has  
been made smaller  
by all kinds of  
technology.**



Could your phone **be bad** for your health ?

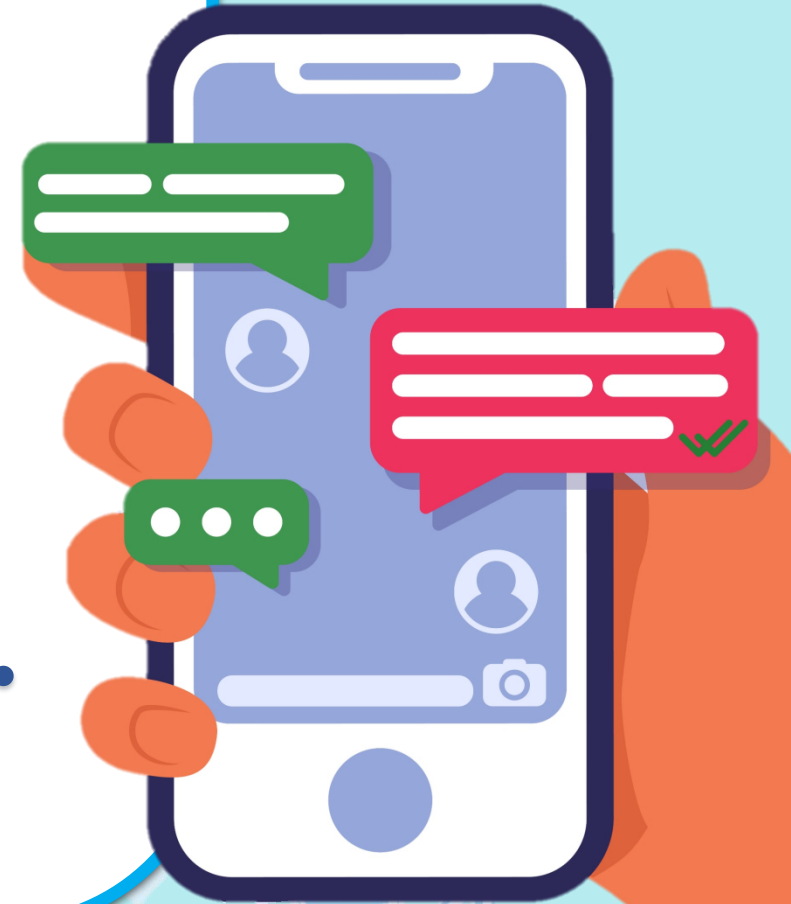
**Mobile phones, along with the Internet, have enabled us to message a lot of people with a single touch and attend online classes from our bedroom during the pandemic.**





Could your phone **be bad** for your health ?

No doubt – it is a handy tool. **Yet**, misuses of smartphones can cause negative **impacts** on our health.



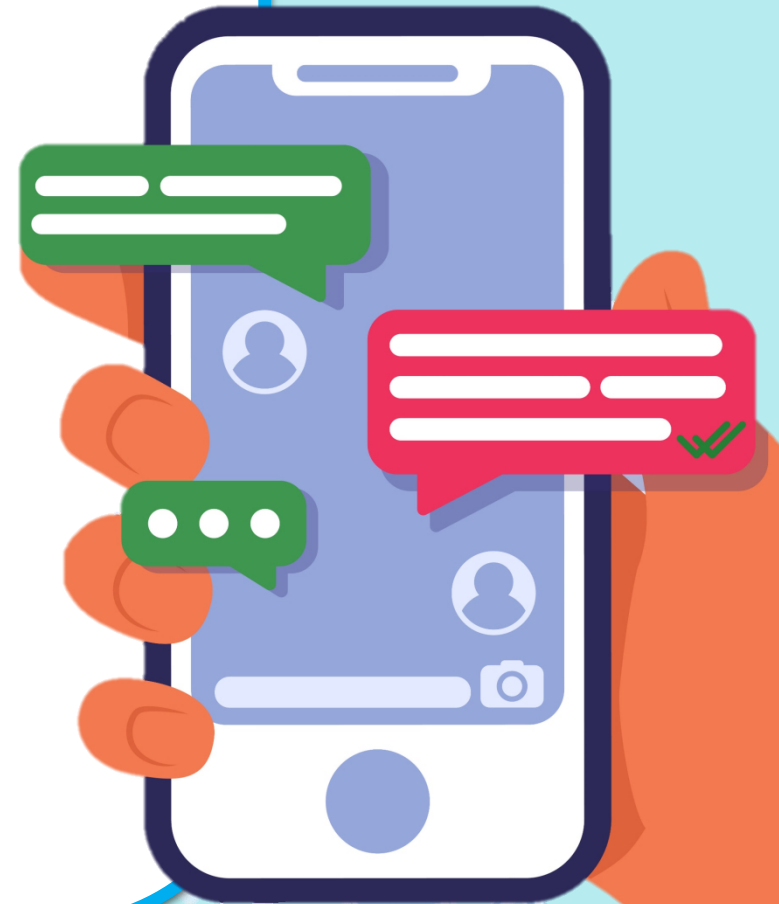
Could your phone **be bad** for your health ?

**Believe it or not,  
smartphones have  
germs! You carry it with  
you at school and  
while out shopping and  
jogging.**



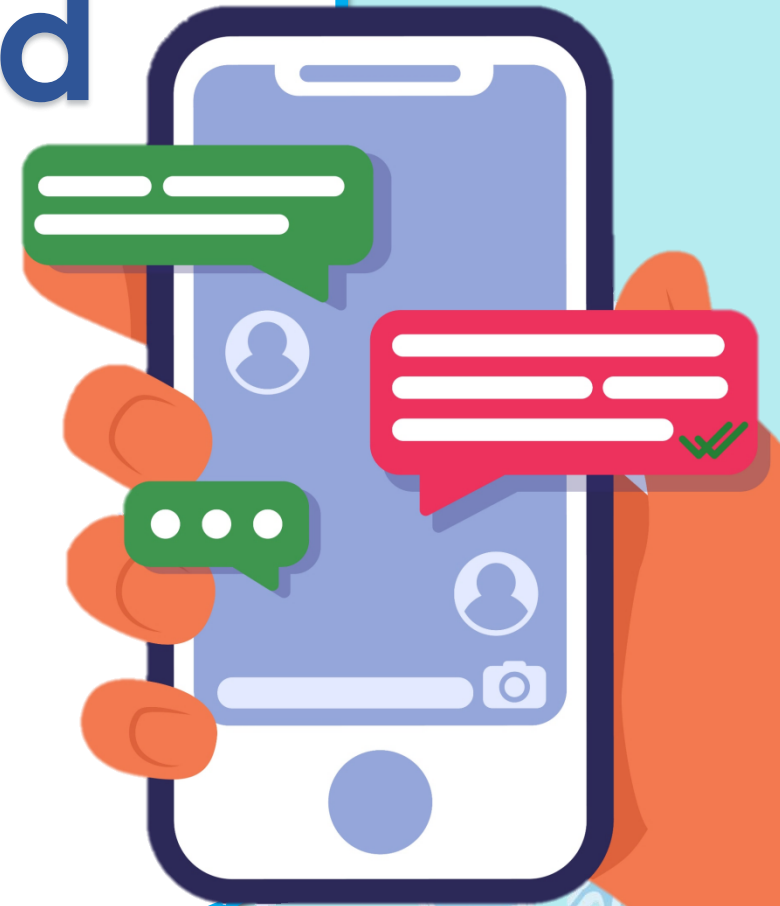
Could your phone **be bad** for your health ?

**Some even carry  
theirs into  
the bathroom.**



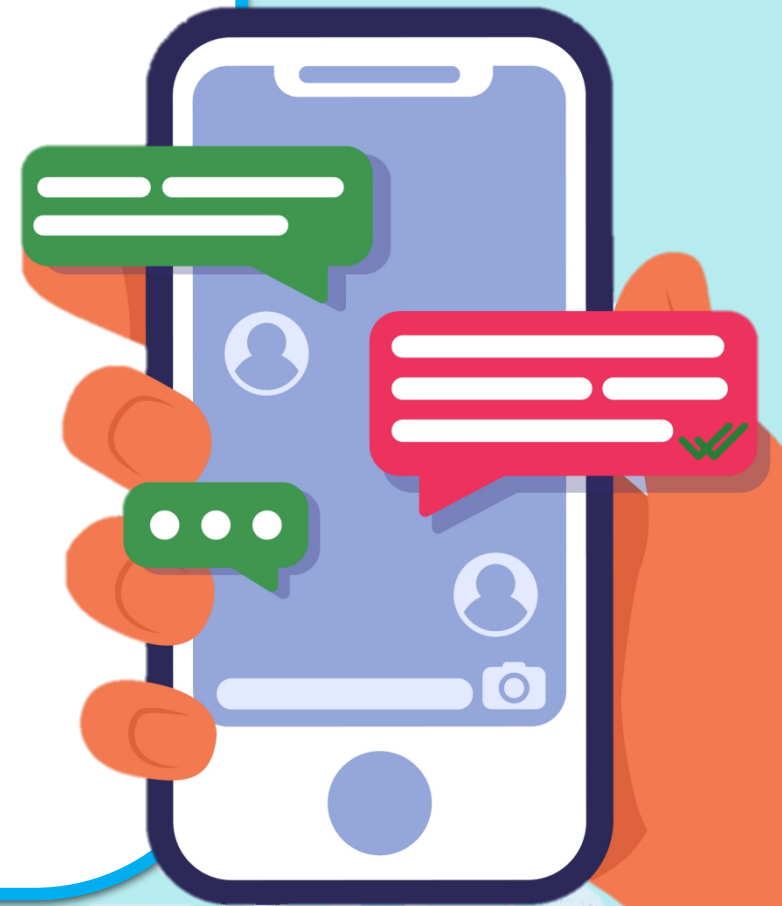
Could your phone **be bad** for your health ?

Smartphones  
**harbor** viruses and  
bacteria like  
E. coli that can  
make you sick.



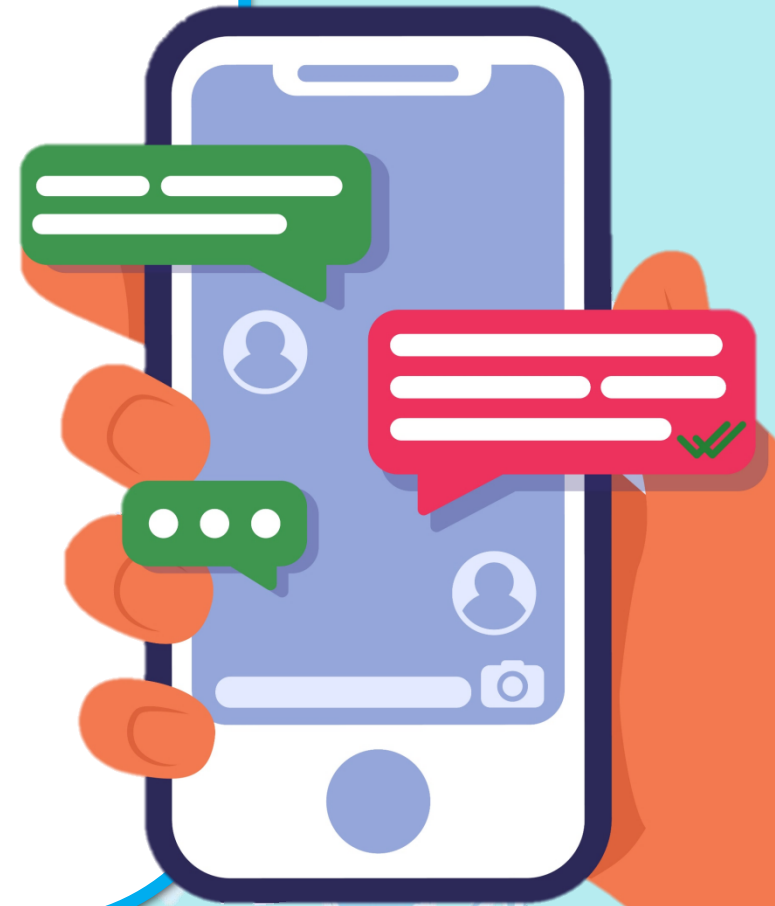
Could your phone **be bad** for your health ?

**Wipe it down using alcohol-based wipes that are safe to use on electronics at least once a day.**



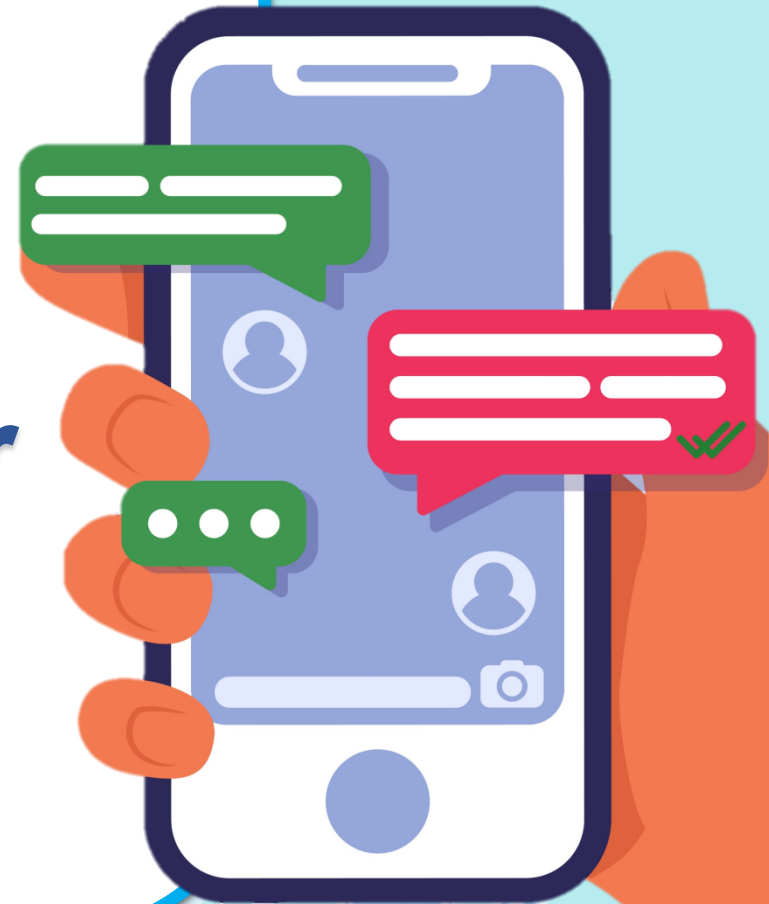
Could your phone **be bad** for your health ?

There is also evidence that looking down while texting and gaming on smartphones can **strain** neck muscles.



Could your phone **be bad** for your health ?

**It may lead to nerve pain that spreads to the back, shoulders, or down the arms.**



Could your phone **be bad** for your health ?

**Take regular breaks at least every 20 minutes when you are browsing on your phone and do regular exercise that strengthens muscles like yoga and Pilates.**





Could your phone **be bad** for your health ?

Lastly, blue light that is **emitted** by smartphones, computers, and other screens causes damaging health effects.



Could your phone **be bad** for your health ?

Exposure to blue light after the sun goes down **interferes** with sleep.



Could your phone **be bad** for your health ?

**It may contribute to  
heart disease.**



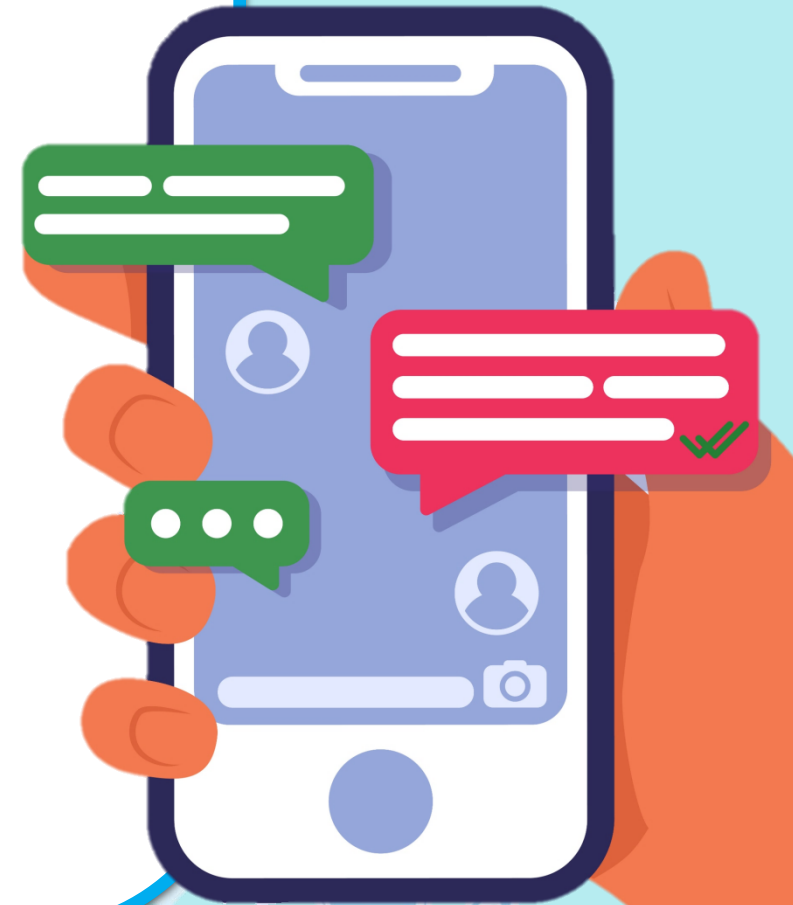
Could your phone **be bad** for your health ?

**Stop looking at  
the screen after  
you have turned off  
the lights at night.**



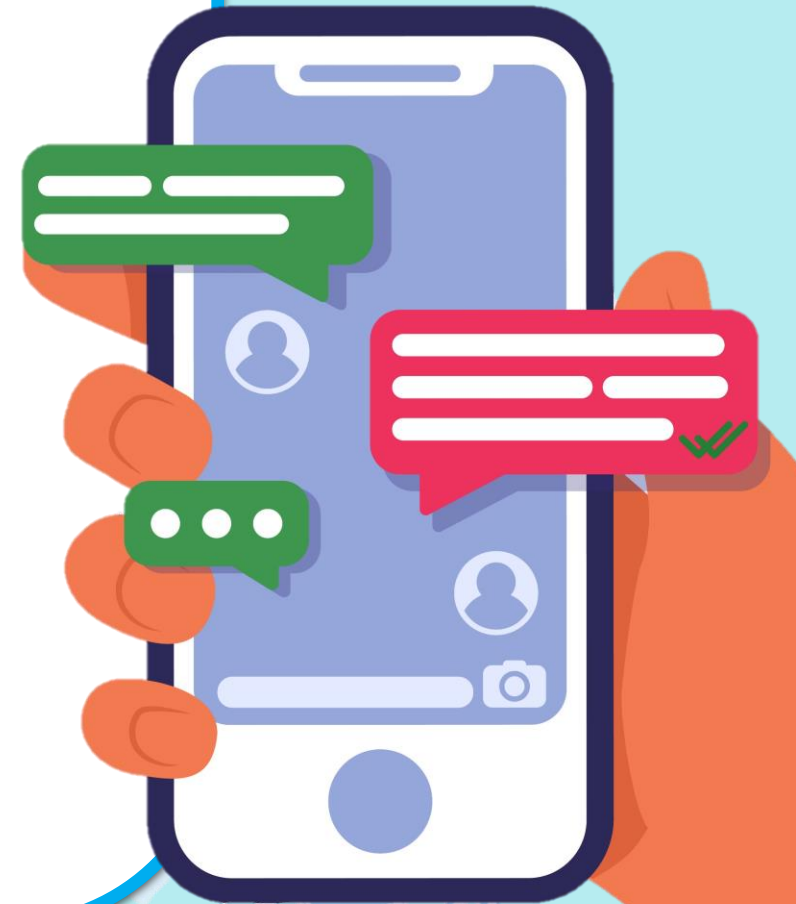
Could your phone **be bad** for your health ?

**While mobile phones ease our communication, there are harmful effects of misusing or overusing them.**



Could your phone **be bad** for your health ?

**Always remember that your health is very important as you might find that you are unable to return to good health once you have lost it.**



Part 1: According to the passage titled “Could your phone be bad for your health?”, what is some advice about how to take care of ourselves?

Use “should” and “shouldn’t” in your sentences.

✓ What we should do	
1	
2	
3	
✗ What we shouldn't do	
1	
2	
3	



# Part 1: According to the passage titled “Could your phone be bad for your health?”, what is some advice about how to take care of ourselves?

Use “should” and “shouldn’t” in your sentences.

✓ What we should do	
1	We should clean our phone at least once a day.
2	We should take a short break from browsing on the phone.
3	We should do exercise regularly.





# Part 1: According to the passage titled “Could your phone be bad for your health?”, what is some advice about how to take care of ourselves?

Use “should” and “shouldn’t” in your sentences.

## x What we shouldn't do

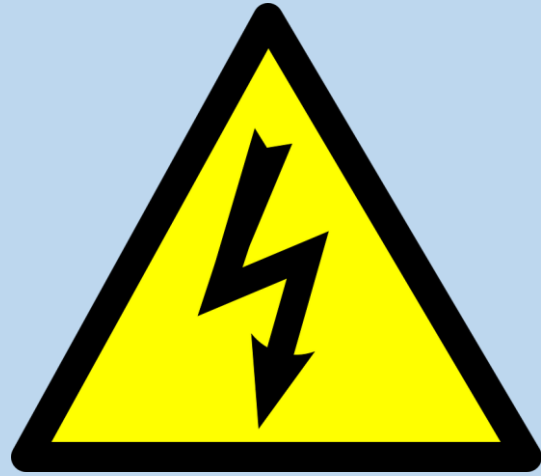


1 We shouldn't bring our smartphone into the bathroom.

2 We shouldn't look down at the phone for too long.

3 We shouldn't look at the screen when the light is off at night.





# Exercise 2

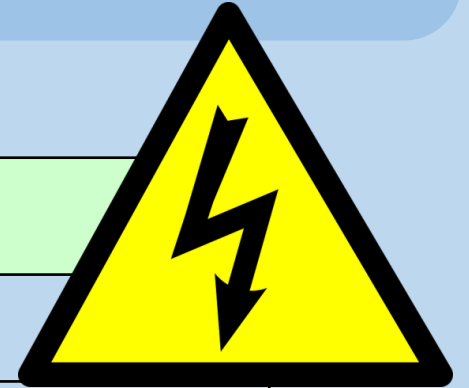
## Part 2:



Part 2: With your classmates, do some research on what else people **should** and **shouldn't** do to stay healthy and safe when using electronic devices.

Use “should” and “shouldn't” in your sentences.

✓ What we should do	
1	
2	
✗ What we shouldn't do	
1	
2	





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# บทเรียนครั้งต่อไป

เรื่อง Future Is Here.





# สิ่งที่ต้องเตรียม

- ใบงานเรื่อง Future Is Here
- บัตรคำศัพท์ เรื่อง Future Is Here

สามารถดาวน์โหลดใบความรู้และใบงานได้ที่

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



**New technology  
is not good or evil in  
and of itself. It's all  
about how people  
choose to use it.**

David Wong