

# รายวิชา ภาษาอังกฤษ

รหัสวิชา อ22101

ชั้นมัธยมศึกษาปีที่ 2

**Eat Healthy, Stay Healthy**

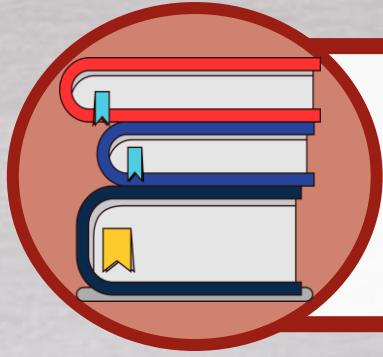
ครูผู้สอน ครูพรทิพย์ พงษ์ทอง

ครูวัลลภ ใจหมั่น





**Eat Healthy, Stay Healthy**



## จุดประสงค์การเรียนรู้

1. รู้และเข้าใจคำศัพท์ที่ใช้ในพีระมิดอาหาร
2. เขียนข้อมูลเกี่ยวกับอาหารลงในแผนภาพพีระมิดอาหารได้
3. เขียนข้อมูลเขียนประเภทอาหารที่ตนรับประทานในแต่ละวัน  
ในพีระมิดอาหารได้



**How many food groups are there?**

**proteins**

**carbohydrates**

**fiber**

**vitamins & mineral**

**fats**



# Word Station

# proteins (n.)



**It is one of the many substances necessary for the body to grow and be strong, found in food such as meat, cheese, fish, or eggs.**

# carbohydrates (n.)



**It is one of several substances, such as sugar or starch, that provide the body with energy, or foods containing these substances such as bread, potatoes, pasta, and rice.**

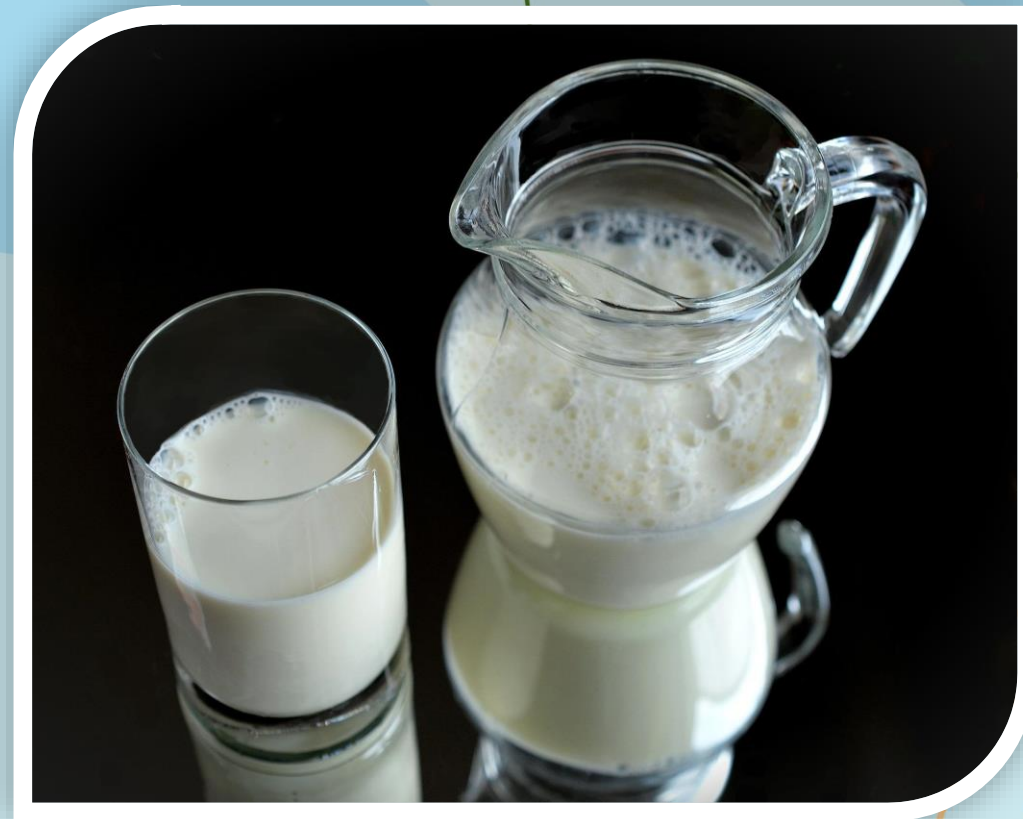
# fruits and vegetables (n.)







**fats and sweets (n.)**



**dairy (n.)**



**rapeseed (n.)**



**olive oil (n.)**

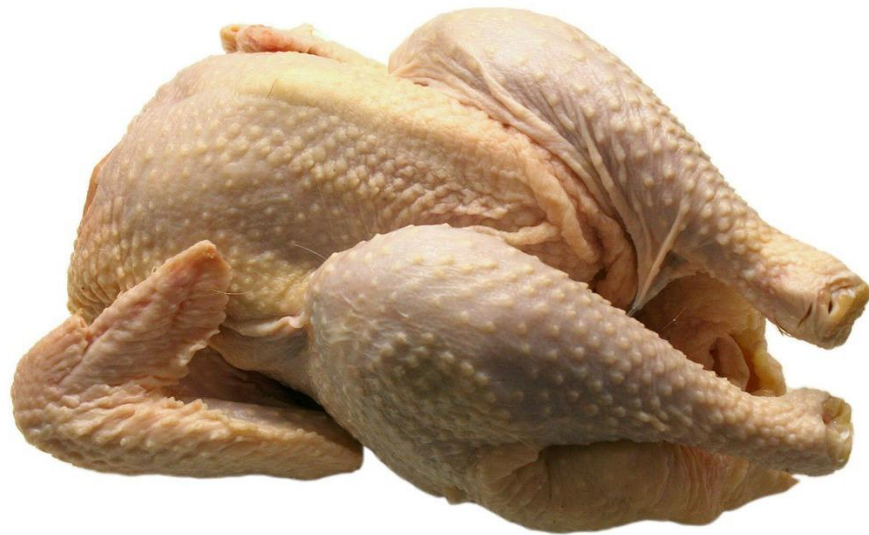


**sunflower oil (n.)**



**corn oil (n.)**

# poultry (n.)



**It is the meat from birds such as chickens.**



**sausages (n.)**



**ham (n.)**



**bacon (n.)**

# ใบความรู้ เรื่อง Food Pyramid

Healthy Food for Life

www.healthyireland.ie



## The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils

In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese

3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit

5-7 Servings a day

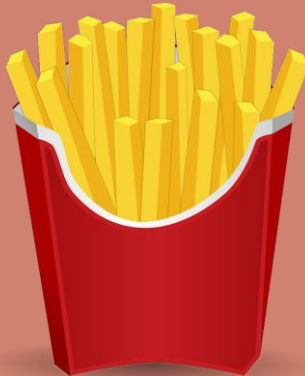
Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.



**foods and drinks high  
in fat, sugar, and salt**

**NOT  
every  
day**



**Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.**

## fats, spreads, and oils

In very  
small  
amount



**Use as little as possible. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling or stir-frying.**



**meat, poultry, fish, eggs,  
beans, and nuts**

**2  
servings  
a day**



**Choose lean meat, poultry (without skin), and fish. Eat oily fish up to twice a week. Choose eggs, beans, and nuts. Limit processed salty meats such as sausages, bacon, and ham.**

# milk, yogurt, and cheese

5 for children  
aged 9-12 and  
teenagers aged  
1-18

3  
servings  
a day



**Enjoy cheese in small amounts. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Women who are pregnant or breastfeeding need 3 servings a day.**



**vegetables,  
salad, and fruit**

**5-7  
servings  
a day**



**Base your meals on these and enjoy a variety of colors.  
More is better. Limit fruit juice to unsweetened once a day**

## The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

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NOT every day

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.

# Worksheet 1 : Food Pyramid

## Instruction:

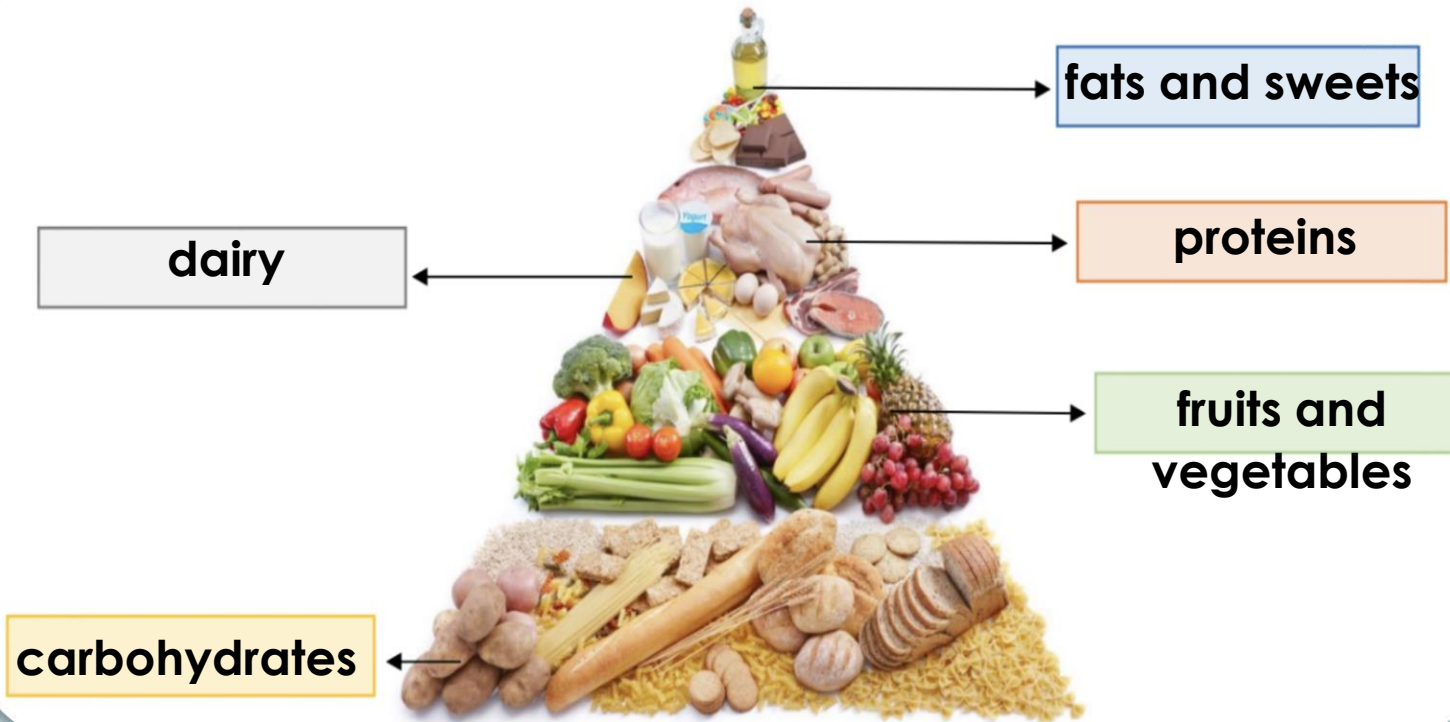
**Complete** the healthy food pyramid by adding these food groups; **proteins, carbohydrates, fruits and vegetables, fats and sweets, and dairy.**



# Worksheet 1 : Food Pyramid

Let's check!

proteins  
carbohydrates  
fruits and vegetables  
fats and sweets  
dairy



# Worksheet 2 : Food Pyramid

**Instruction: Read the food pyramid, then decide if each sentence below is true (T) or false(F). Circle "T" or "F".**

1. Children need 2 servings of milk a day.	T	F
2. It is ok to eat 3 servings of sweets a day.	T	F
3. The group which includes fats is the smallest group in the pyramid.	T	F
4. People need fruits and vegetables the most in the pyramid.	T	F
5. Chicken (without skin) is a good choice for health.	T	F
6. Yoghurt is part of the second step in the pyramid.	T	F
7. People shouldn't eat grains daily.	T	F
8. The base of the pyramid is beans and nuts.	T	F
9. People should eat dairy products 1-3 times a day.	T	F
10. Fruit is the first step of the pyramid.	T	F



## The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

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Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

1. Children need 2 servings of milk a day.

## The Food Pyramid

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Not needed for good health.

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Milk, yogurt and cheese



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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

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Milk, yogurt and cheese



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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

2. It is okay to eat 3 servings of sweets a day.

# The Food Pyramid

Not needed for good health.

Foods and drinks high in fat, sugar and salt



For adults, teenagers and children aged five and over

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

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Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



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Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

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Wholemeal cereals and breads, potatoes, pasta and rice



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Vegetables, salad and fruit



5-7 Servings a day

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T

F

3. The group which includes fats is the smallest group in the pyramid.

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

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Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

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Vegetables, salad and fruit



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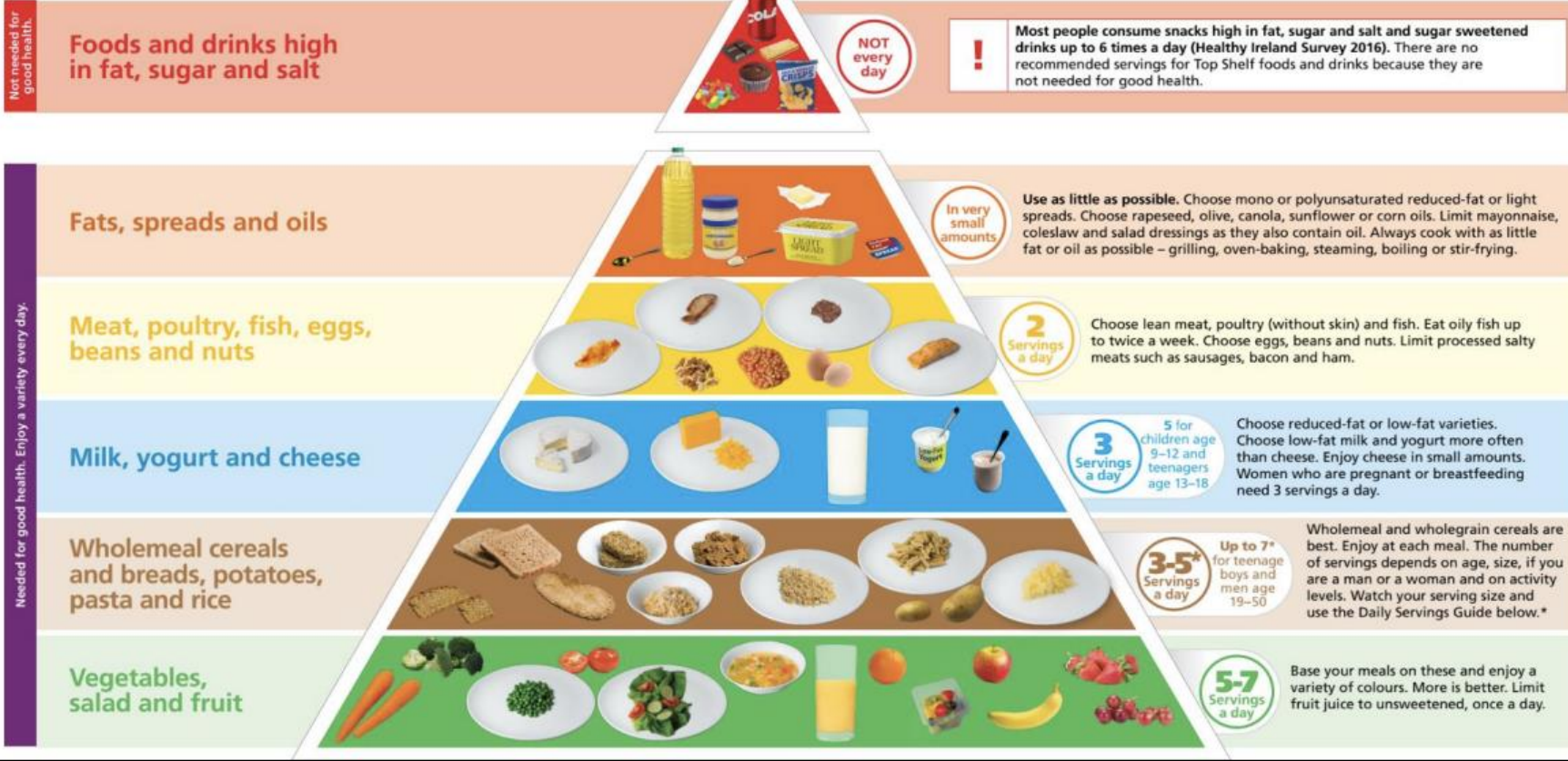
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3. The group which includes fats is the smallest group in the pyramid.

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For adults, teenagers and children aged five and over



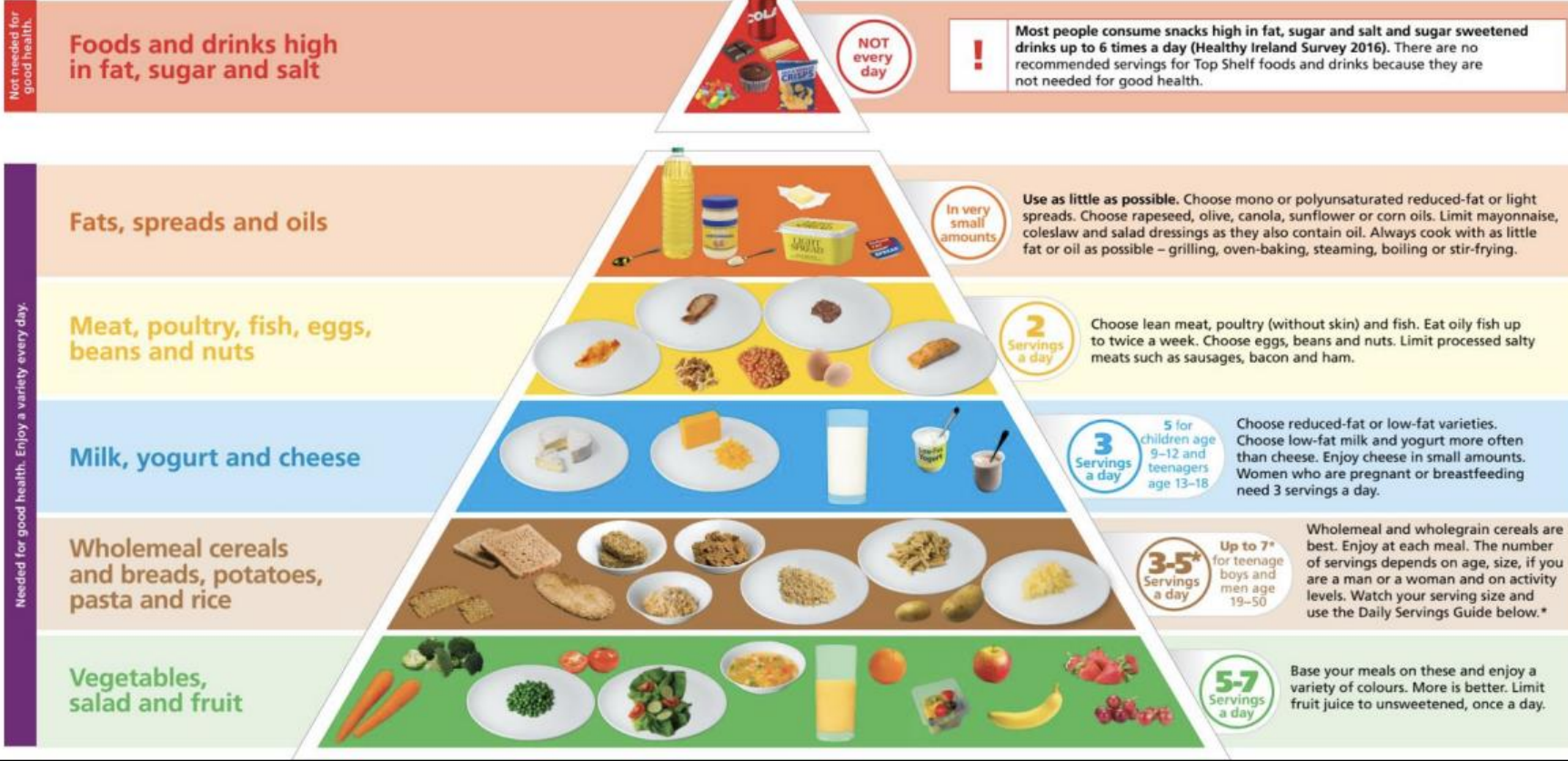
T

F

4. People need fruits and vegetables the most in the pyramid.

# The Food Pyramid

For adults, teenagers and children aged five and over



T

F

4. People need fruits and vegetables the most in the pyramid.



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Fats, spreads and oils



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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5 Servings a day

Up to 7\* for teenage boys and men age 19-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

5. Chicken (without skin) is a good choice for health.

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

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Milk, yogurt and cheese



3 Servings a day

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Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

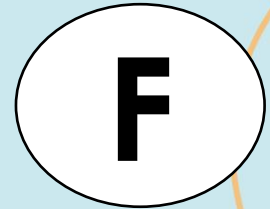
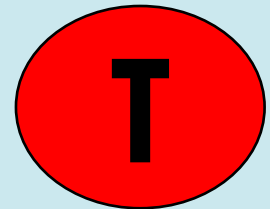
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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



5. Chicken (without skin) is a good choice for health.

# The Food Pyramid

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No needed for good health.

Foods and drinks high in fat, sugar and salt



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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

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Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit



5-7 Servings a day

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T

F

6. Yoghurt is part of the second step in the pyramid.

# The Food Pyramid

For adults, teenagers and children aged five and over

No need for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

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3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

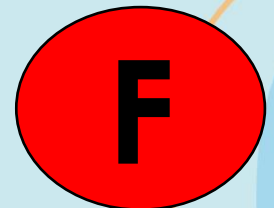
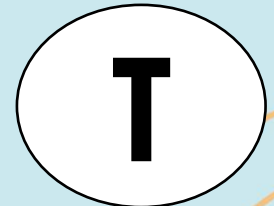
Up to 7\* for teenage boys and men age 19-50  
Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



6. Yoghurt is part of the second step in the pyramid.

# The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

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7. People shouldn't eat grains daily.

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8. The base of the pyramid is beans and nuts.

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9. People should eat dairy products 1-3 times a day.

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10. Fruit is the first step of the pyramid.

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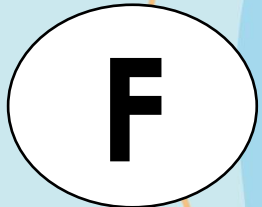
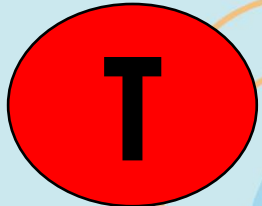
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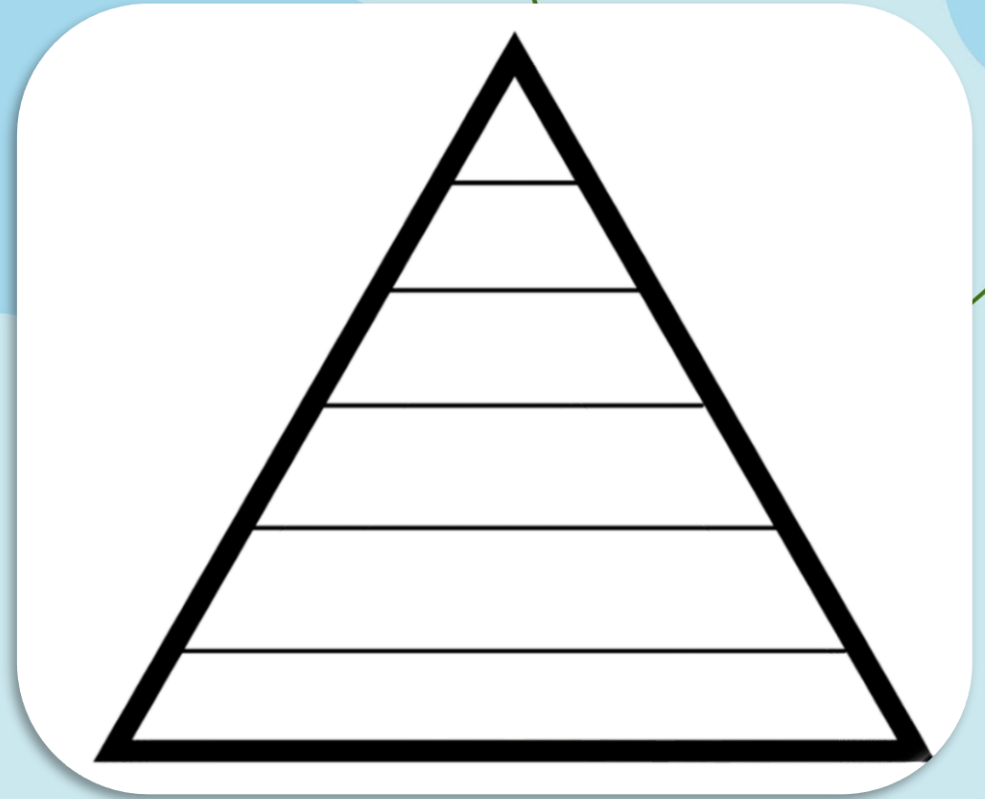
10. Fruit is the first step of the pyramid.

# Worksheet 3 : My Food Pyramid

Instruction : **Complete** your food pyramid by filling in the food groups you eat every day.

We cannot live without food because food contains all the things we need:

- **to give us energy**
- **to grow**
- **to keep us healthy**



My favorite foods are:

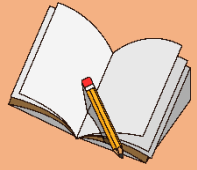
.....

My unhealthy foods are:

.....

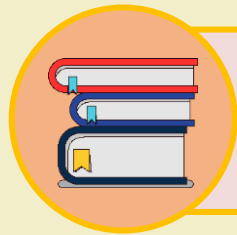
I am going to try and eat more of:

.....



# บทเรียนครั้งต่อไป

## เรื่อง **Food Labels**



### สิ่งที่ต้องเตรียม

ใบความรู้ที่ 1 เรื่อง Nutrition Facts Labels

ใบความรู้ที่ 2 เรื่อง ฉลากผลิตภัณฑ์อาหารจำลอง

ใบงานที่ 1 เรื่อง Compare the Snack (A)

ใบงานที่ 2 เรื่อง Compare the Snack (B)



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

