

# รายวิชา ภาษาอังกฤษ

รหัสวิชา อ22101

ชั้นมัธยมศึกษาปีที่ 2

## Eating Habits (2)

ครูผู้สอน ครูวัลลภ ใจหมั่น

ครูพรทิพย์ พงษ์ทอง





# Eating Habits (2)

# Let's review!

**What are the common food allergens?**

**What happens if you eat those things?**

**How can you protect yourself?**





# จุดประสงค์การเรียนรู้

1. ออกเสียงคำศัพท์เกี่ยวกับการแพ้อาหารและสารอาหารได้
2. เขียนประโยคเกี่ยวกับการแพ้อาหารและสารอาหารได้
3. ออกแบบโปสเตอร์เกี่ยวกับการลดอัตราเสี่ยงต่อการแพ้  
(Allergy Safety Rules) ได้

# Word Bank



**allérgic** (adj.)

**I'm allergic to peanuts.**



**á**llergies (n.)

I have food **allergies**.



**á**llergen (n.)

**Peanuts are one of the most common food allergens.**





# FOOD ALLERGENS

## — The Big-8 —



Milk



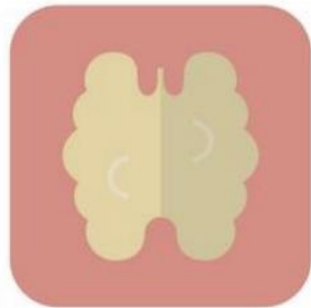
Fish



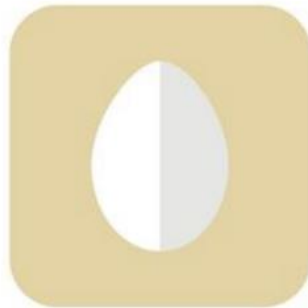
Peanuts



Soybean



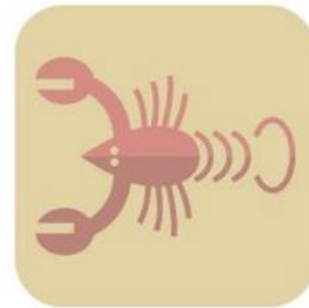
Tree Nuts



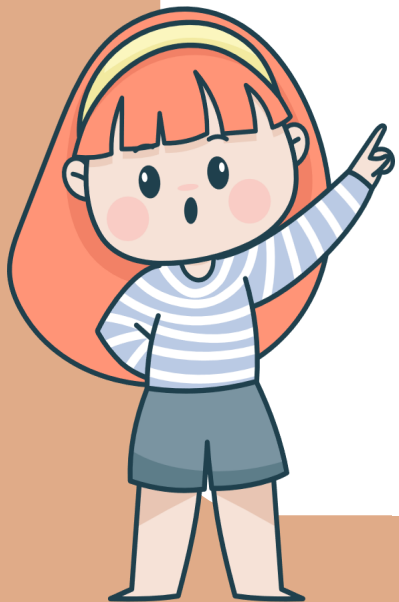
Eggs



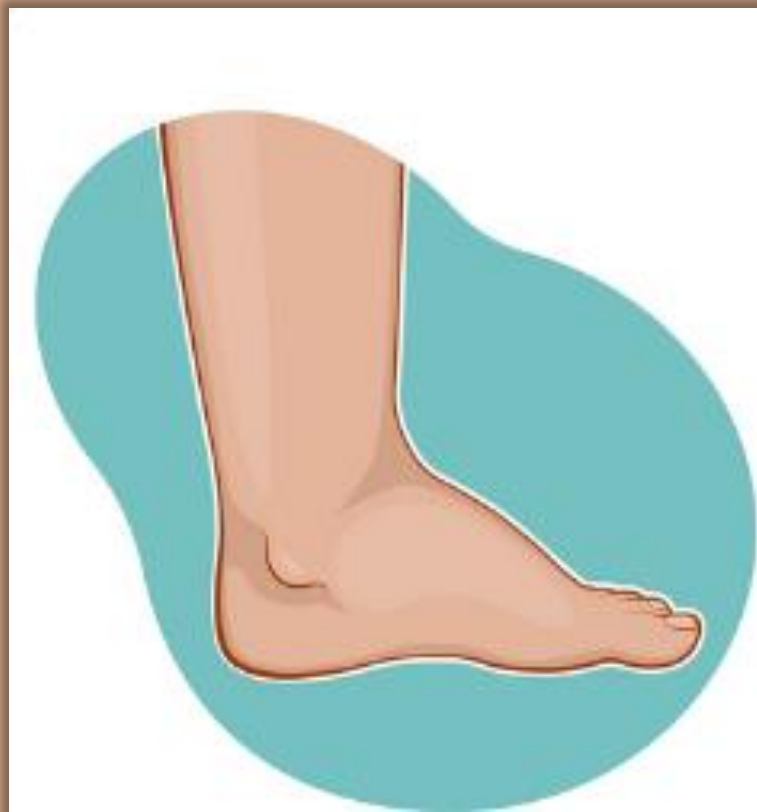
Wheat



Crustacean  
Shellfish



# Food Allergy Symptoms



**swollen** (adj.)

I get a swollen foot.

# Food Allergy Symptoms



**itchy** (adj.)

She's itchy all over.

# Food Allergy Symptoms



**rash** (n.)

I get a rash on my hand.

# Food Allergy Symptoms



**hives** (n.)

**He gets hives on both of his arms.**

# Food Allergy Symptoms



**diarrhea** (n.)

She gets diarrhea.

# Food Allergy Symptoms



**cramp** (n.)

**He gets cramps.**



# ALLERGY SAFETY RULES

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1.

**ALWAYS WASH HANDS**  
before and after meals to prevent cross contamination



2.

**DON'T SHARE SNACKS**  
with kids that have food allergies

AllerMates®



3.

**LEARN THE SIGNS**  
of an allergic reaction

- hives
- itching
- swelling
- belly ache
- vomiting
- wheezing
- trouble breathing



WE ARE AN  
**ALLERGY AWARE ZONE!**



4.

**ALWAYS ASK**  
a trusted adult  
if a food is safe

**Foods that most often cause an allergic reaction:**

PEANUTS • TREE NUTS • WHEAT • SOY  
MILK • EGGS • FISH • SHELLFISH

However, other, less common foods can also cause allergic reactions

CALL  
911

5.

**ALERT AN ADULT**  
immediately if  
you or a friend  
is having an  
allergic reaction



Adults: The most recent medical guidelines state not to hesitate in using Epinephrine in response to Anaphylactic symptoms.

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## What Are the Major Food Allergens?



While many different foods can cause allergic reactions, these are the eight most common allergenic foods: 1. Milk 2. Fish (e.g., bass, flounder, cod) 3. Peanuts 4. Soybeans 5. Tree nuts (e.g., almonds, walnuts, pecans) 6. Eggs 7. Wheat 8. Crustacean shellfish (e.g., crab, lobster, shrimp)



## How Major Food Allergens Are Listed

### **Allergy Advice**

**Contains: Egg, Mustard**

**May contain:  
Nuts, Peanuts, Sesame  
Seeds, Celery,  
Wheat, Barley, Fish,  
Soybeans, Milk,  
Sulphites and Cereals  
containing Gluten.**

The allergen's food source name must be shown on the food label immediately after or next to the list of ingredients in a "Contains" statement. Example: "Contains soy, wheat, and milk ...". The labeling of foods helps allergic consumers identify foods or ingredients that they should avoid.

#### **Symptoms of food allergies**

(allergic reactions), can include:

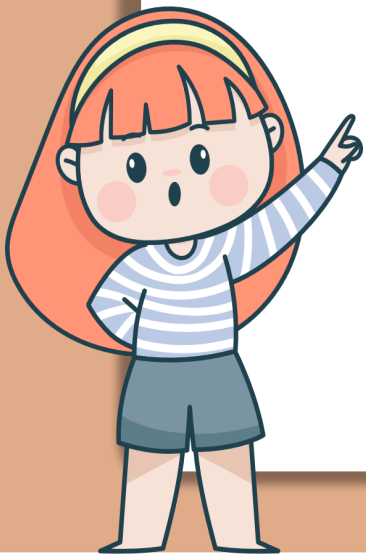
- Hives • Coughing • Rash
- Dizziness • Diarrhea • Cramps
- Itchy sensation in the mouth
- Face, tongue, or lip swelling and vocal cords
- Difficulty breathing • Loss of consciousness

#### **What to do if symptoms occur**

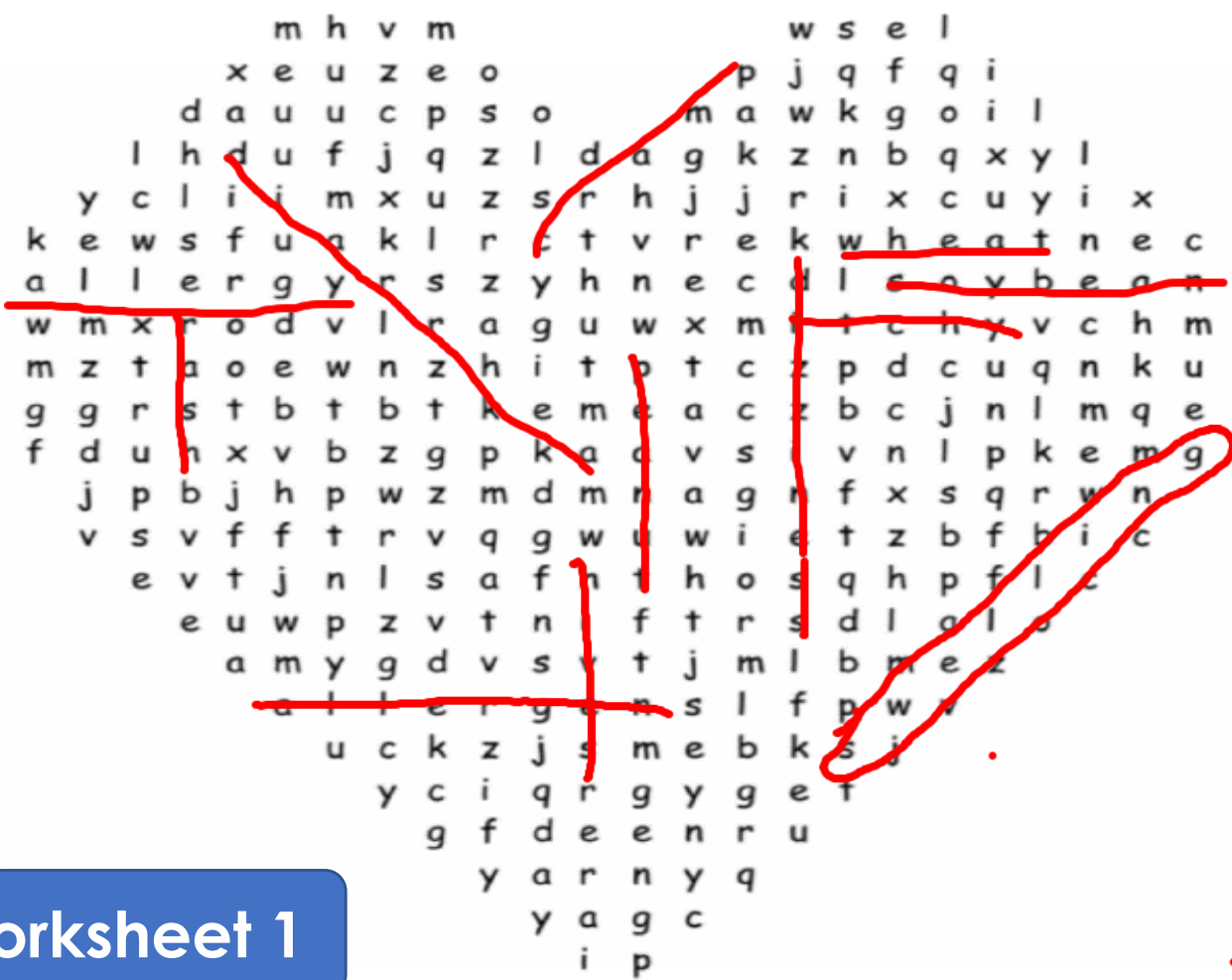
The above symptoms after eating certain foods may be a sign of a food allergy. Please contact medical health care.

**If you or your family member have food allergies use these tips to help reduce your risk of getting sick:**

1. Always read food labels.
2. Avoid foods that you are allergic to.
3. Know what to do in case an allergic



A. Instructions: Find the following words in the puzzle. (ค้นหาคำศัพท์ที่ซ่อนอยู่ในภาพปริศนานี้ ในแนวตั้ง แนวนอน และแนวทแยง)



- ~~allergy~~
- ~~allergen~~
- ~~rash~~
- ~~itchy~~
- ~~hives~~
- ~~dizziness~~
- ~~swelling~~
- ~~diarrhea~~
- ~~cramp~~
- ~~peanut~~
- ~~wheat~~
- ~~soybean~~



Worksheet 1

B: Instructions: Use the above words to complete the sentences. (ใช้คำข้างต้นเติมลงในช่องว่างให้ถูกต้อง)

1. When I drink milk, I often have

**diarrhea.**

2. An ant bit me. I feel **itchy.**

3. I have an **allergy** to animal hair.

4. He can't stand up because of his

**dizziness.**

5. Sunny got a **cramp** in her leg after running a marathon.

6. Prawns are a kind of **allergen** which cause some people's lips to swell.

7. Flour is made from **wheat.**

8. Tofu is a **soybean** product.

Worksheet 1



C. Instructions: Read “Food Allergies: What You Need to Know” and answer the questions.

1. How many different kinds of allergens are there?

five

six

seven

eight

2. Where can you see allergen information?

In nutrition facts.

Next to the list of ingredients

Under the food brand.

In front of the net weight.

3. From the label example, what is the kind of allergen warning?

Milk

Wheat

Fish

Soybean

**Worksheet 1**



C. Instructions: Read “Food Allergies: What You Need to Know” and answer the questions.

4. Which of the following is NOT a symptom of food allergies?

Rash

Hives

Fever

Difficulty breathing

5. If you or your family member have food allergies, what should you do?

- Get medical health care.

- Always read food labels.

- Avoid foods that you are allergic to.

- Know what to do in case an allergic reaction

occurs.

Worksheet 1



D. Instructions: Summarize what you read into this organizer. (สรุปสิ่งที่อ่านลงในแผนภาพความคิดนี้)

### Types of Food Allergens

1. Milk
2. Eggs
3. Fish
4. Crustacean shellfish
5. Tree nuts
6. Peanuts
7. Wheat
8. Soybeans

### Symptoms of Food Allergens

1. Hives
2. Coughing
3. Rash
4. Dizziness
5. Itchy sensation in the mouth
6. Face, tongue, or lip swelling
7. Diarrhea
8. Difficulty breathing
9. Cramps
10. Loss of consciousness

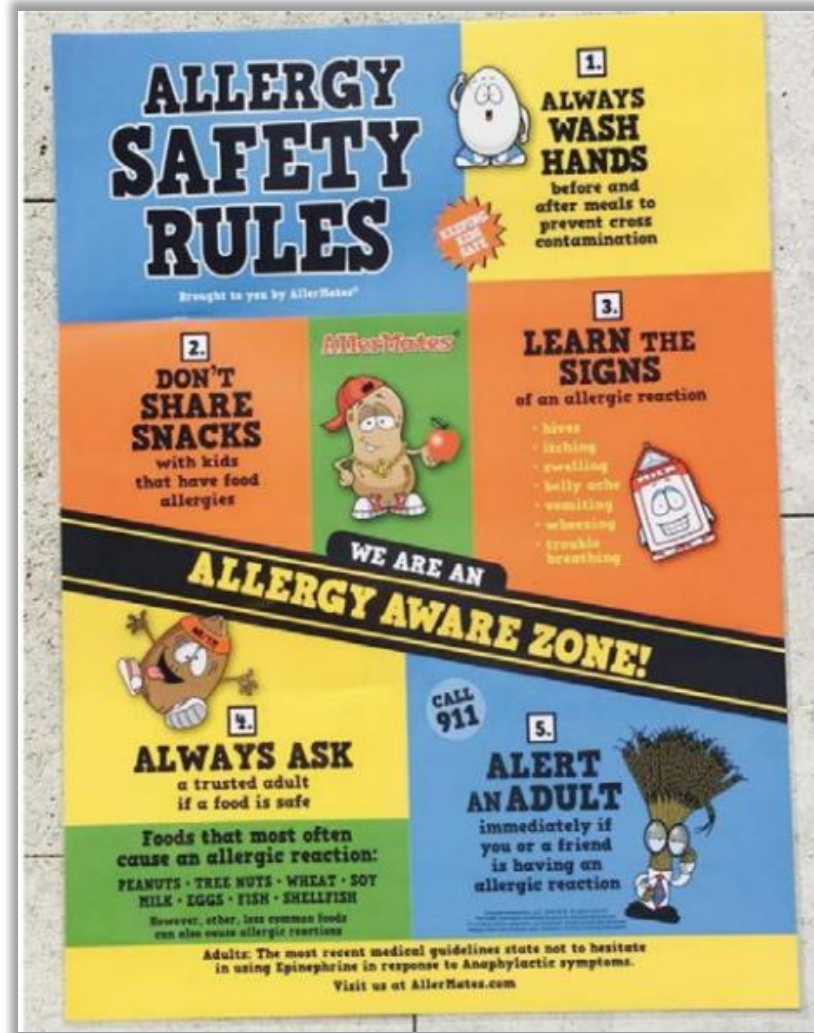
### How to protect yourself from food allergies

1. Contact health care for healthy service.
2. Always read food labels.
3. Avoid foods that you are allergic to.
4. Know what to do in case an allergic reaction occurs.

**Worksheet 1**



A. Instructions: Look at the picture below and answer these questions. (ดูภาพนี้และตอบคำถามให้ถูกต้อง)



Worksheet 2



1. What do you have to do before and after meals?

I have to wash my hands before and after meals.

2. What can a person be allergic to?

Peanuts, tree nuts, wheat, soy, milk, eggs, fish, shellfish.

3. What should you do if you are not sure food is safe?

I always ask a trusted adult if food is safe.

4. What are the signs of allergic reactions?

Hives, itching, swelling, belly ache, vomiting, wheezing, trouble breathing.

**Worksheet 2**

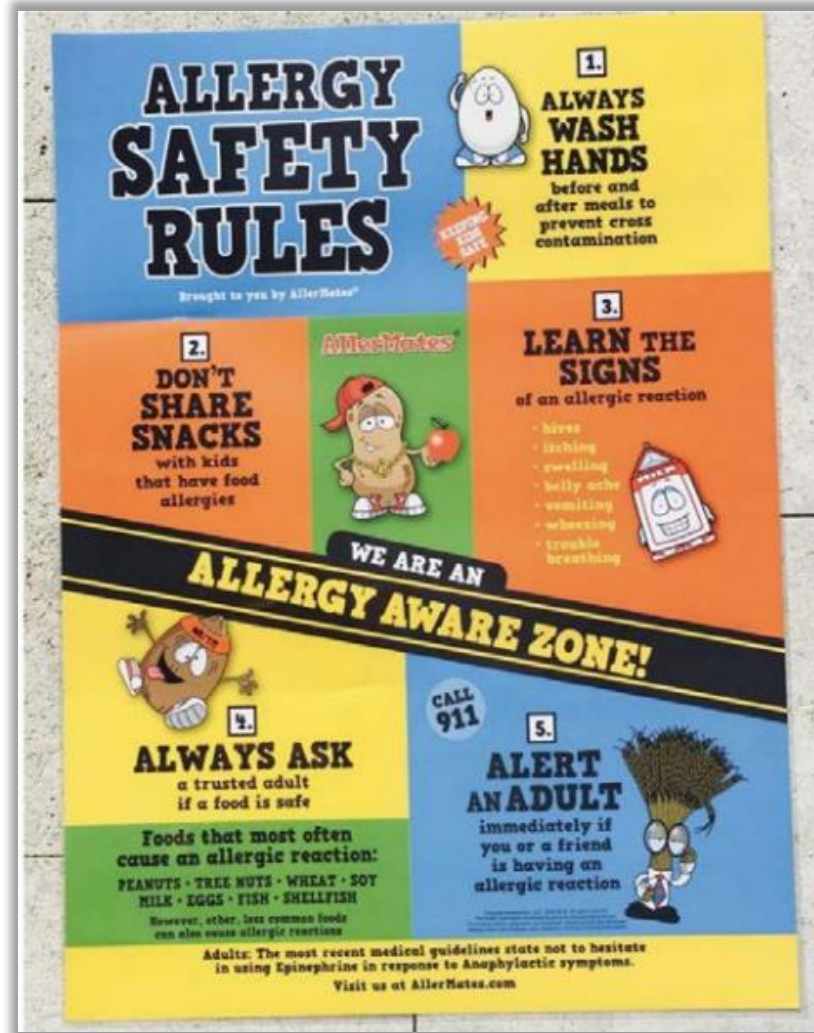


B. Instructions: Design your own poster about “Allergy Safety Rules”. (ออกแบบโปสเตอร์ข้อมูลให้ความรู้เรื่อง “Allergy Safety Rules”)



**Worksheet 2**

A. Instructions: Look at the picture below and answer these questions. (ดูภาพนี้และตอบคำถามให้ถูกต้อง)



Worksheet 2



# บทเรียนครั้งต่อไป

เรื่อง **How Many Calories  
Are There in this Food?**



## สิ่งที่ต้องเตรียม

1. ใ้ความรู้ เรื่อง Food Labels
2. ใ้งาน เรื่อง Food Labels



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

