

# รายวิชา ภาษาอังกฤษ

รหัสวิชา อ21102

ชั้นมัธยมศึกษาปีที่ 1

เรื่อง | Always Eat Breakfast.

ครูผู้สอน

ครูปิ่นปิ่นทร์

แสงจันทร์

ครูชนิษฐา

มาลัยผ่อง





A top-down view of a breakfast meal. In the center is a white cup of coffee with a frothy top, sitting on a white saucer. To the right, a wooden cutting board holds two halves of a sandwich with lettuce, tomato, and meat. Next to it is a glass of orange juice. Below the coffee is a white plate with several slices of fresh orange. In the bottom right corner, a grey plate holds two sunny-side-up fried eggs. The entire meal is set on a light-colored, textured surface.

**I Always Eat Breakfast.**



# จุดประสงค์การเรียนรู้

1. ออกเสียงคำศัพท์เกี่ยวกับอาหารในหมวดหมู่ต่าง ๆ ได้ถูกต้อง
2. อ่านและจับใจความบทความเกี่ยวกับการรับประทานอาหารมือเข้าได้
3. พูดเล่าเกี่ยวกับมือเข้าที่ตนเองเลือกรับประทานได้





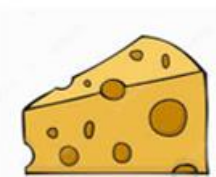
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# Say It Louder!





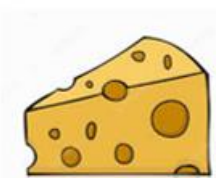
# Vocabulary: Food Lists



# Vocabulary: Food Lists



noodles





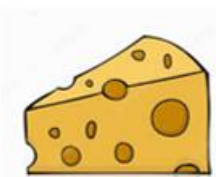
# Vocabulary: Food Lists



noodles



eggs



# Vocabulary: Food Lists



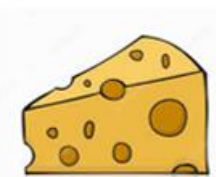
noodles



eggs



bread





# Vocabulary: Food Lists



noodles



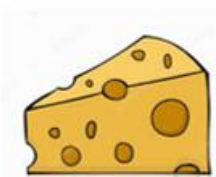
eggs



bread



bananas



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish





# Vocabulary: Food Lists



noodles



eggs



bread



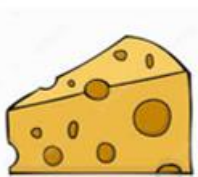
bananas



fish



milk



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



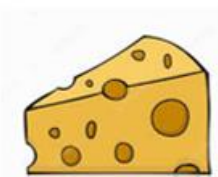
fish



milk



soup





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



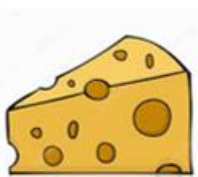
milk



soup



crackers



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



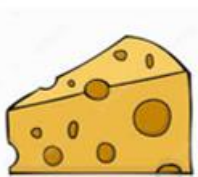
soup



crackers



meat





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



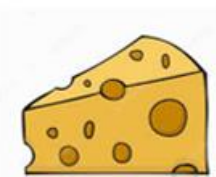
crackers



meat



broccoli



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



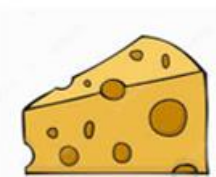
meat



broccoli



honey





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



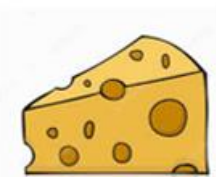
broccoli



honey



rice



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



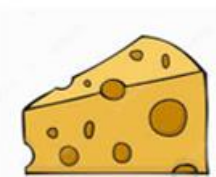
honey



rice



nuts





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



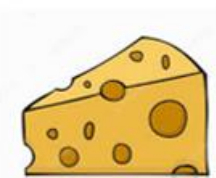
rice



nuts



carrots



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



nuts



carrots



cereal





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



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broccoli



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rice



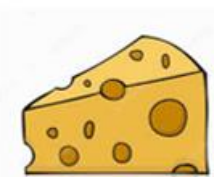
nuts



carrots



cereal



cheese



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



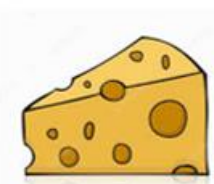
nuts



carrots



cereal



cheese



tomatoes





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



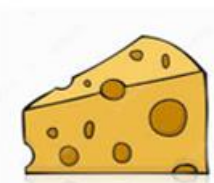
nuts



carrots



cereal



cheese



tomatoes



oil



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



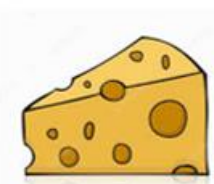
nuts



carrots



cereal



cheese



tomatoes



oil



bell peppers





# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



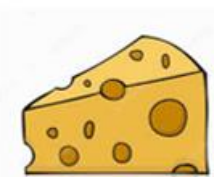
nuts



carrots



cereal



cheese



tomatoes



oil



bell peppers



oranges



# Vocabulary: Food Lists



noodles



eggs



bread



bananas



fish



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soup



crackers



meat



broccoli



honey



rice



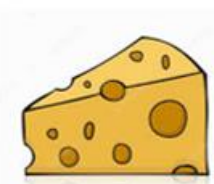
nuts



carrots



cereal



cheese



tomatoes



oil



bell peppers



oranges



jelly



Instructions: Put inside the circle C for countable and U for uncountable noun.



noodles



eggs



bread



bananas



fish



milk



soup



crackers



meat



broccoli



honey



rice



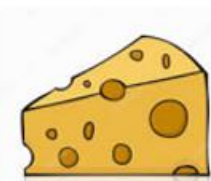
nuts



carrots



cereal



cheese



tomatoes



oil



bell peppers
























oranges



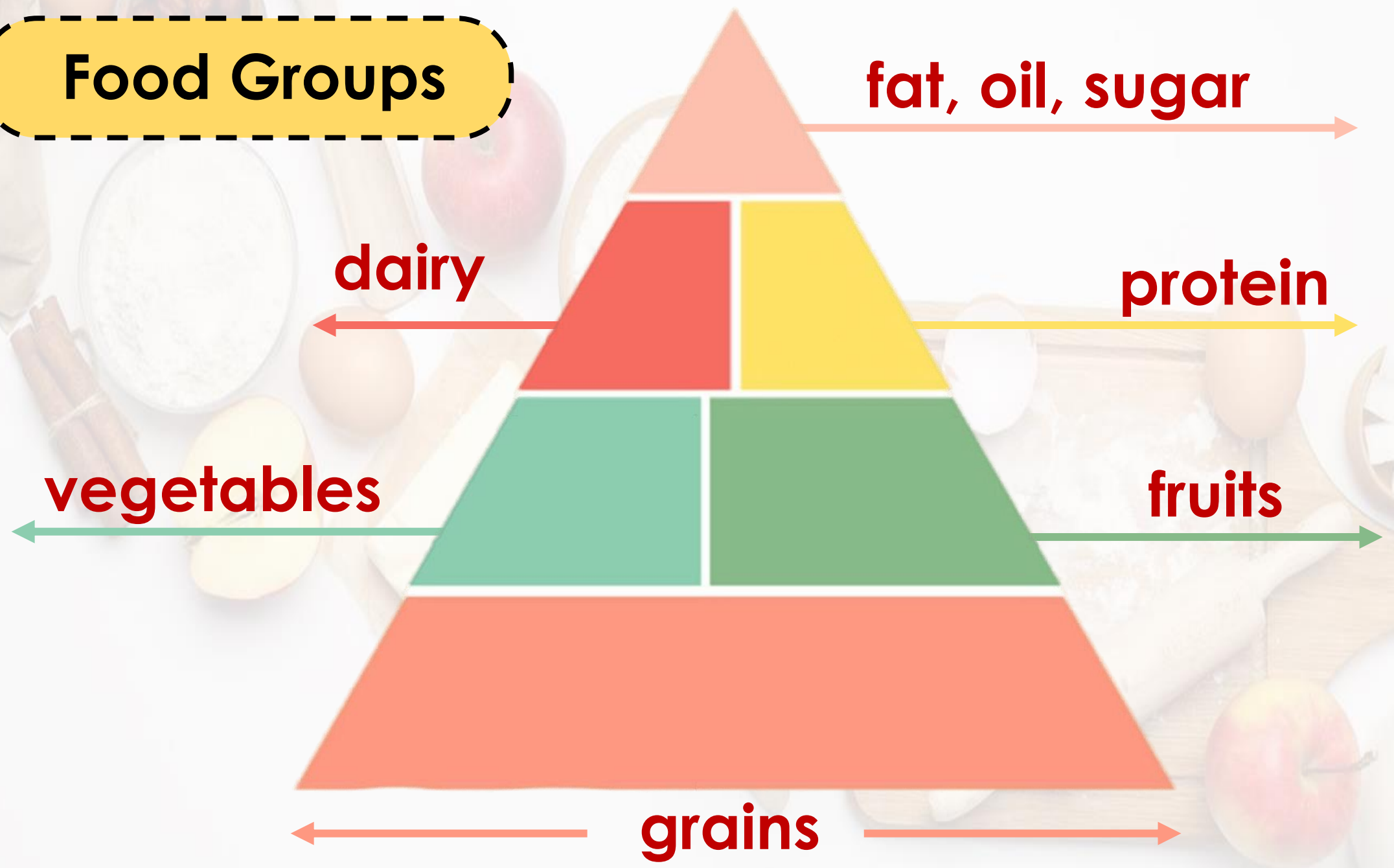
jelly

Instructions: Put inside the circle C for countable and U for uncountable noun.

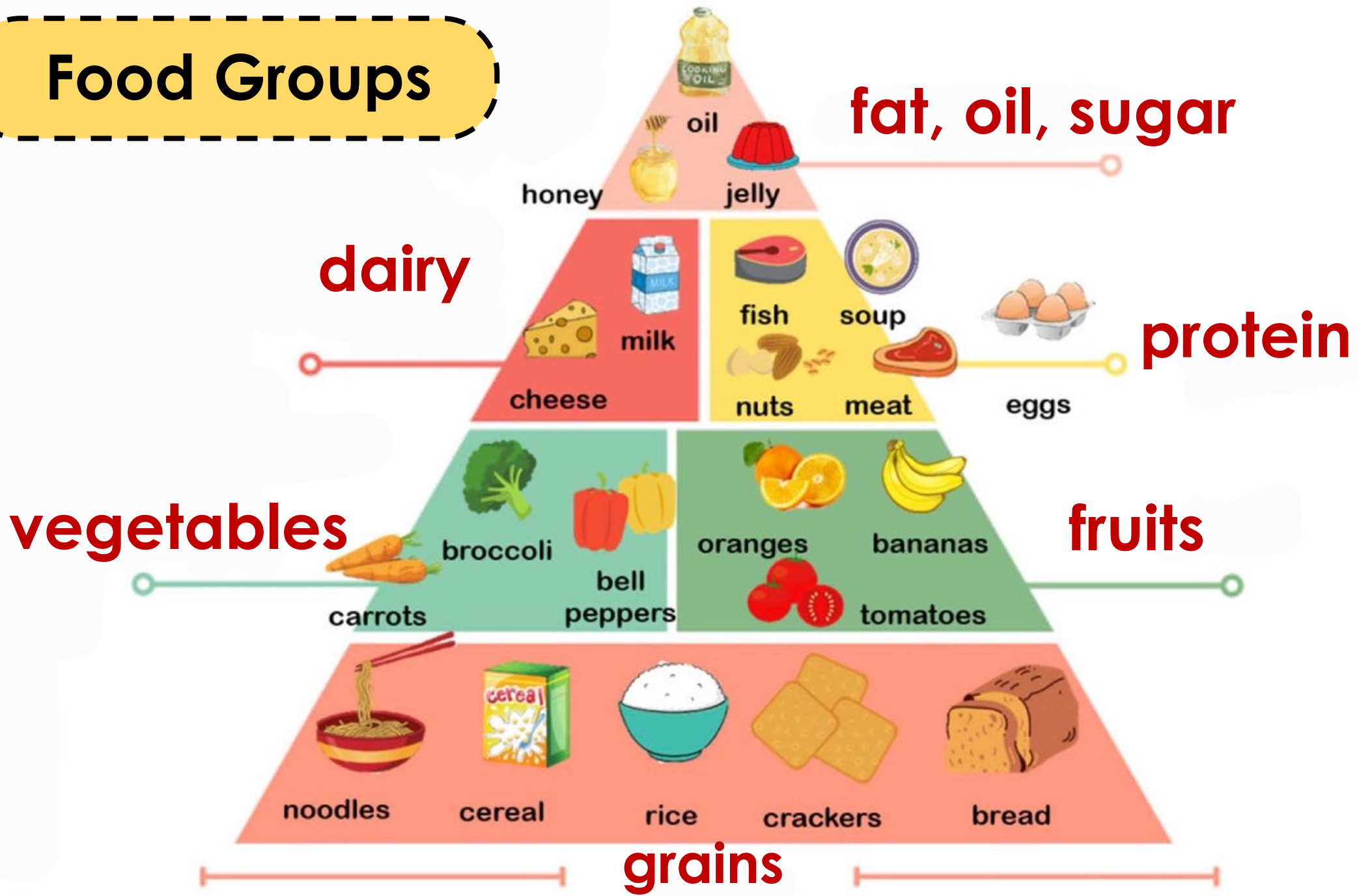
 <u>C</u> noodles	 <u>C</u> eggs	 <u>U</u> bread	 <u>C</u> bananas	 <u>U</u> fish	 <u>U</u> milk	 <u>U</u> soup
 <u>C</u> crackers	 <u>U</u> meat	 <u>U</u> broccoli	 <u>U</u> honey	 <u>U</u> rice	 <u>C</u> nuts	 <u>C</u> carrots
 <u>U</u> cereal	 <u>U</u> cheese	 <u>C</u> tomatoes	 <u>U</u> oil	 <u>C</u> bell peppers	 <u>C</u> oranges	 <u>U</u> jelly



# Food Groups



# Food Groups







2. อ่านและจับใจความบทความเกี่ยวกับการรับประทานมือเข้าได้

**Read then Write!**



## ใบงานที่ 1 เรื่อง **My Breakfast**

**Instructions:** Read the conversation then answer the below questions.

**Akira**



**Lisa**



<b>Lisa:</b>	Let's have breakfast together on Sunday.
<b>Akira:</b>	OK. Come to my house. My family always has a Japanese-style breakfast on Sunday.
<b>Lisa:</b>	Really? What do you have?
<b>Akira:</b>	We usually have fish, rice, and soup.
<b>Lisa:</b>	Fish for breakfast? That's interesting.
<b>Akira:</b>	And we always have green tea. What about you? What do you normally have for breakfast?
<b>Lisa:</b>	I always eat a sandwich with cheese and tomatoes and drink some milk for breakfast. Anyway, I never eat fish for breakfast but I like to try new things.



ใบงานที่ 1 เรื่อง **My Breakfast**

Instructions: Read the conversation then answer the below questions.

1. What breakfast does Akira always have on Sunday?



A large, empty, rounded rectangular box with a black border, intended for the student to write their answer to the question.

ใบงานที่ 1 เรื่อง **My Breakfast**

**Instructions:** Read the conversation then answer the below questions.

**1. What breakfast does Akira always have on Sunday?**



**She has Japanese-style breakfast on Sunday./  
She has fish, rice, soup and green tea.**



## ใบงานที่ 1 เรื่อง **My Breakfast**

**Instructions:** Read the conversation then answer the below questions.



Lisa:	Let's have breakfast together on Sunday.
Akira:	OK. Come to my house. My family always has <b>a Japanese-style breakfast</b> on Sunday.
Lisa:	Really? What do you have?
Akira:	<b>We usually have fish, rice, and soup.</b>
Lisa:	Fish for breakfast? That's interesting.
Akira:	And <b>we always have green tea.</b> What about you? What do you normally have for breakfast?
Lisa:	<b>I always eat a sandwich with cheese and tomatoes and drink some milk for breakfast.</b> Anyway, I never eat fish for breakfast but I like to try new things.

ใบงานที่ 1 เรื่อง **My Breakfast**

Instructions: Read the conversation then answer the below questions.

**2. What does Lisa always eat for breakfast?**

Lisa



A large, empty, rounded rectangular box with a black border, intended for the student to write their answer to the question.



ใบงานที่ 1 เรื่อง **My Breakfast**

**Instructions:** Read the conversation then answer the below questions.

**2. What does Lisa always eat for breakfast?**

**Lisa**



**She always eat a sandwich with cheese and tomatoes and drink some milk for breakfast.**

## ใบงานที่ 1 เรื่อง **My Breakfast**

**Instructions:** Read the conversation then answer the below questions.

Lisa



Lisa:	Let's have breakfast together on Sunday.
Akira:	OK. Come to my house. My family always has <b>a Japanese-style breakfast</b> on Sunday.
Lisa:	Really? What do you have?
Akira:	<b>We usually have fish, rice, and soup.</b>
Lisa:	Fish for breakfast? That's interesting.
Akira:	And <b>we always have green tea.</b> What about you? What do you normally have for breakfast?
Lisa:	<b>I always eat a sandwich with cheese and tomatoes and drink some milk for breakfast.</b> Anyway, I never eat fish for breakfast but I like to try new things.





3. พูดเล่าเกี่ยวกับมือเช้าที่ตนเองเลือกรับประทานได้

**Share It with Friends!**





# ใบงานที่ 2 เรื่อง Let's Make a Healthy Dish!

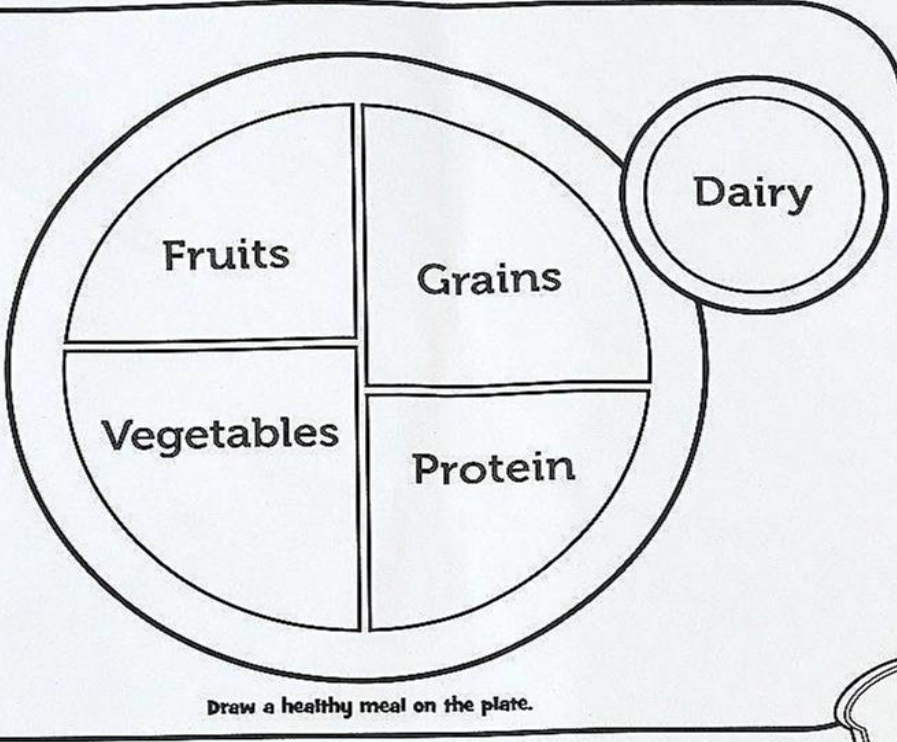


## Make a Healthy Plate!

**Fruits**  
Focus on fruits.  
List some fruits here:

**Vegetables**  
Vary your veggies.  
List some vegetables here:

**Empty Calories**  
Empty calories are calories from solid fats and/or added sugars with fewer or no nutrients.  
List some foods that contain empty calories here:



**Dairy**  
Get your calcium-rich foods.  
List some dairy foods here:

**Grains**  
Make at least half of your grains whole grains.  
List some grains here:

**Protein**  
Go lean with protein.  
List some proteins here:

THIS HEALTHY PLATE BELONGS TO: \_\_\_\_\_



# ใบงานที่ 2 เรื่อง Let's Make a Healthy Dish!

A: What do you always have for breakfast?

**Make a Healthy Plate!**

**Fruits**  
Focus on fruits.  
List some fruits here.

**Vegetables**  
Vary your veggies.  
List some vegetables here.

**Empty Calories**  
Empty calories are calories from solid fats and/or added sugars with fewer or no nutrients.  
List some foods that contain empty calories here.

**Protein**  
Go lean with protein.  
List some proteins here.

**Dairy**  
Get your calcium-rich foods.  
List some dairy foods here.

**Grains**  
Make at least half of your grains whole grains.  
List some grains here.

Draw a healthy meal on the plate.

THIS HEALTHY PLATE BELONGS TO: \_\_\_\_\_

orientaltrading.com 349194\_0113

B: I (always) have.....

B: I (always) eat.....

# Wrap Up

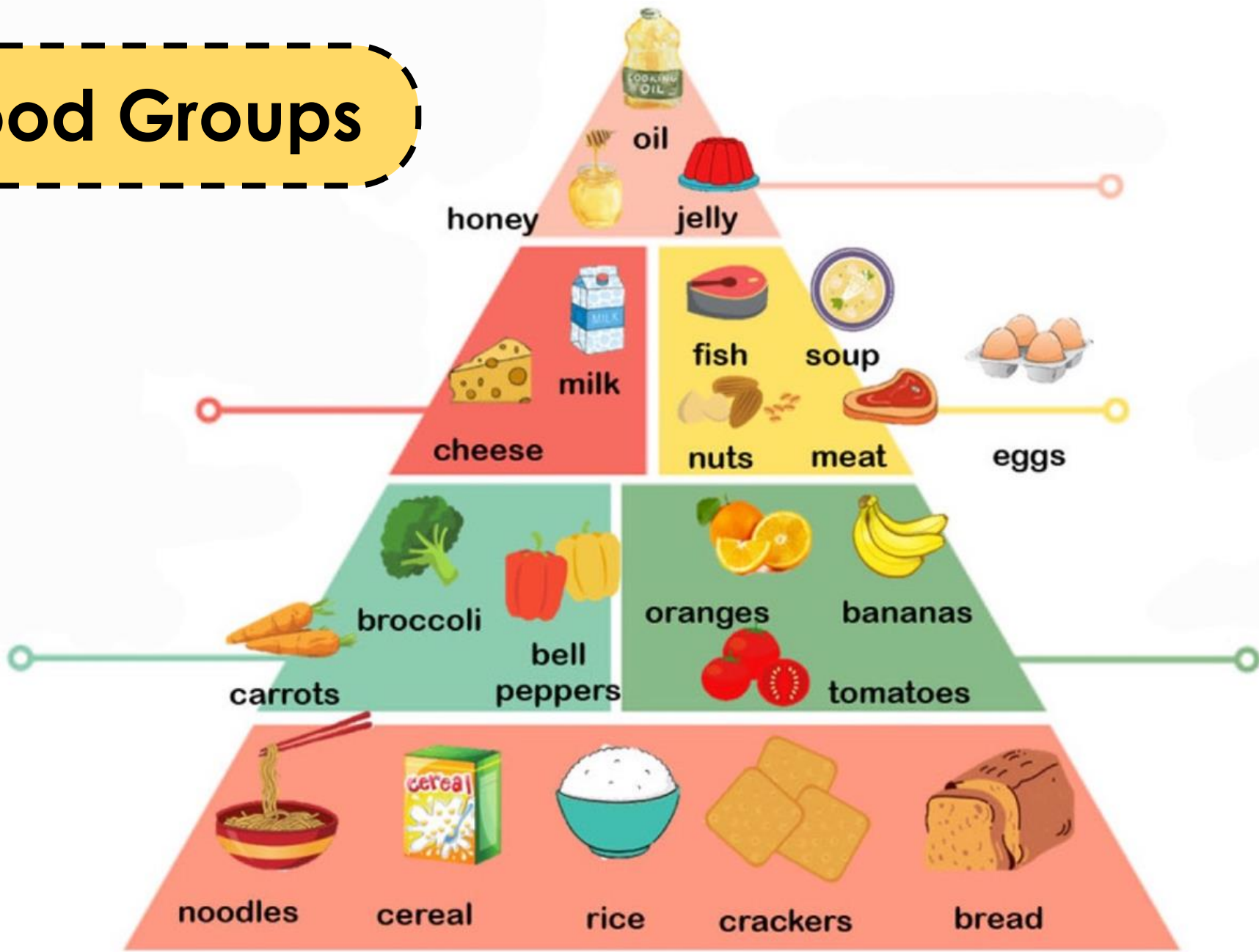


1. ออกเสียงคำศัพท์เกี่ยวกับอาหารในหมวดหมู่ต่าง ๆ ได้ถูกต้อง
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3. พูดเล่าเกี่ยวกับมือเข้าที่ตนเองเลือกรับประทานได้



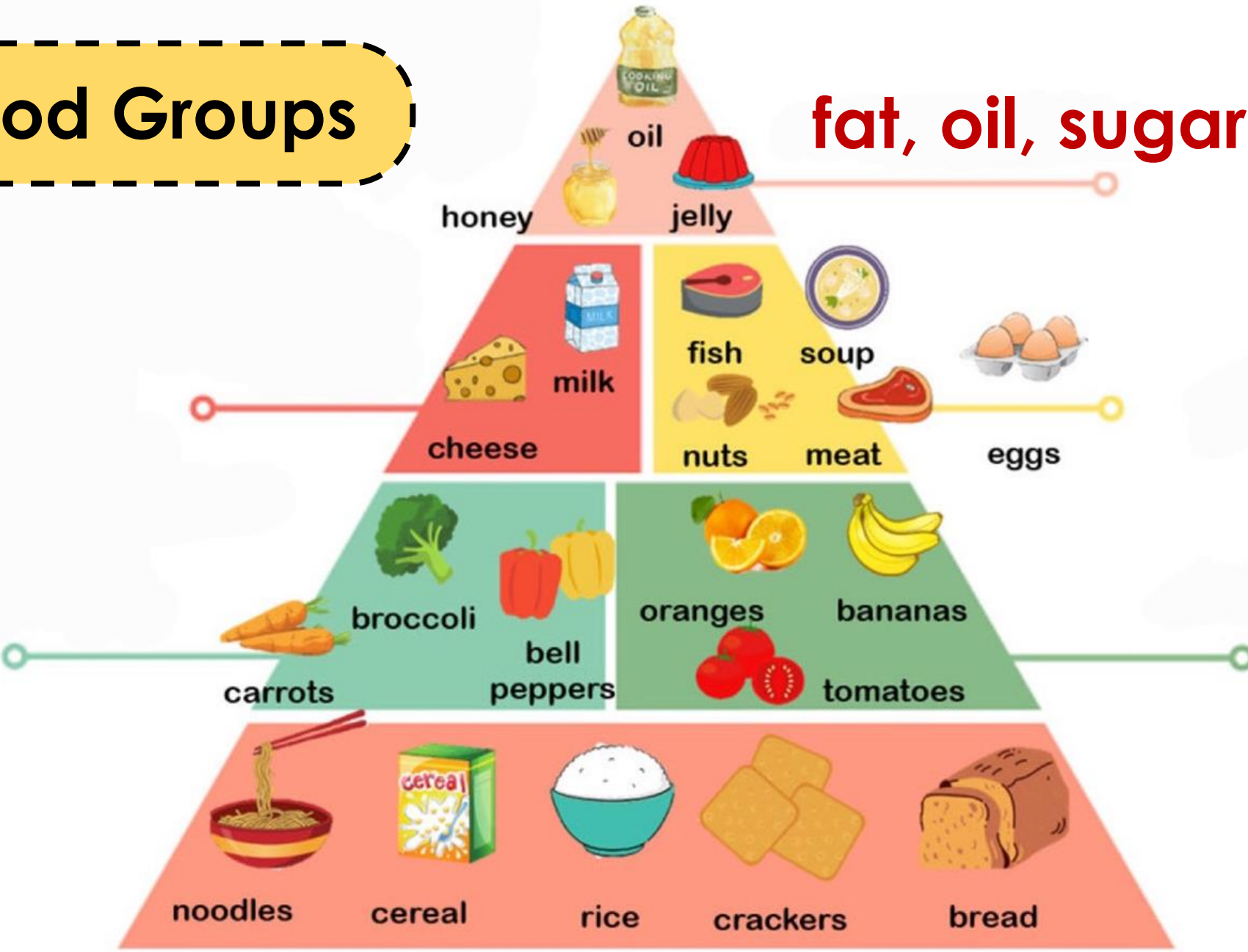


# Food Groups



# Food Groups

fat, oil, sugar

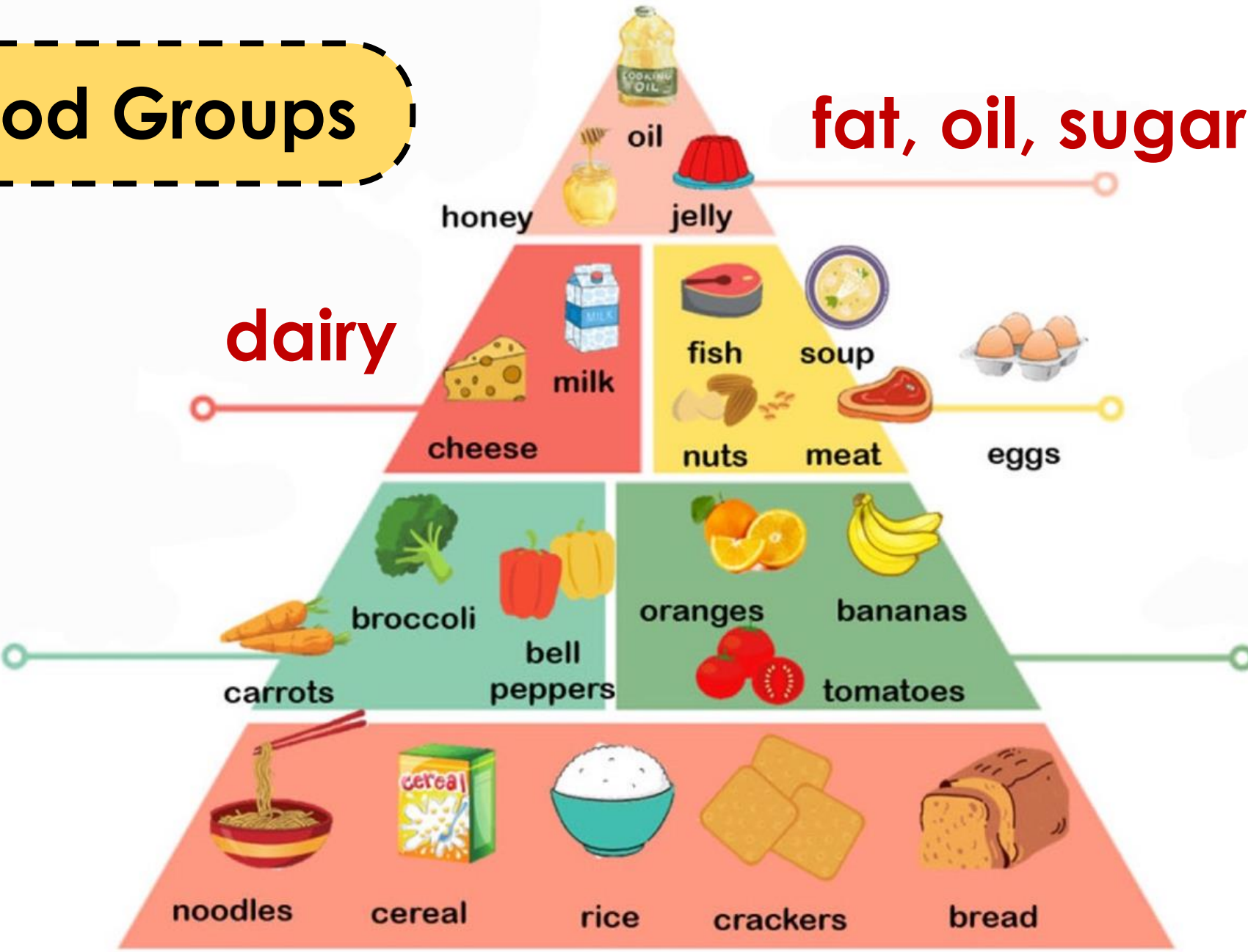




# Food Groups

fat, oil, sugar

dairy



noodles

cereal

rice

crackers

bread

carrots

broccoli

bell peppers

oranges

bananas

tomatoes

cheese

milk

nuts

soup

meat

eggs

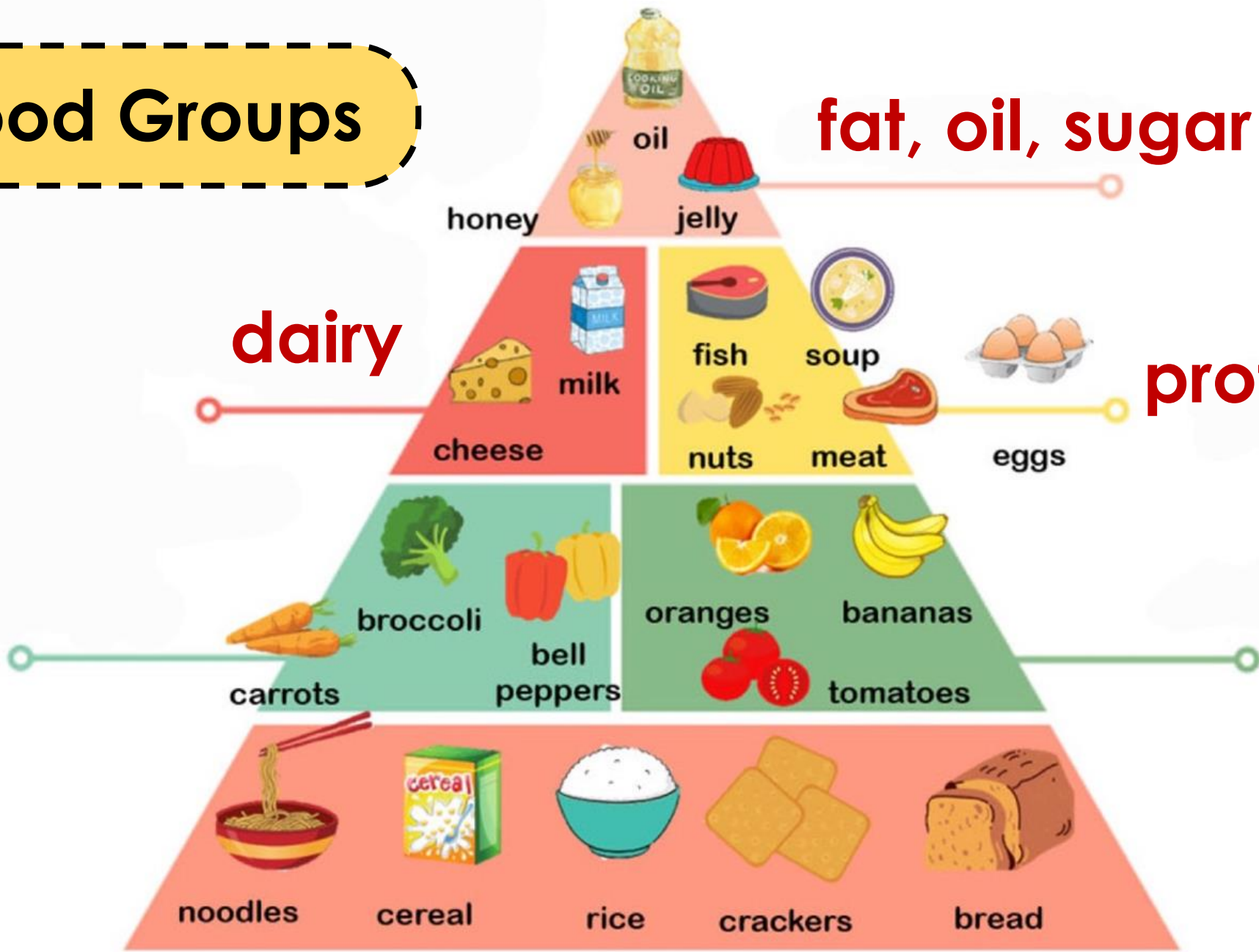
honey

oil

jelly



# Food Groups





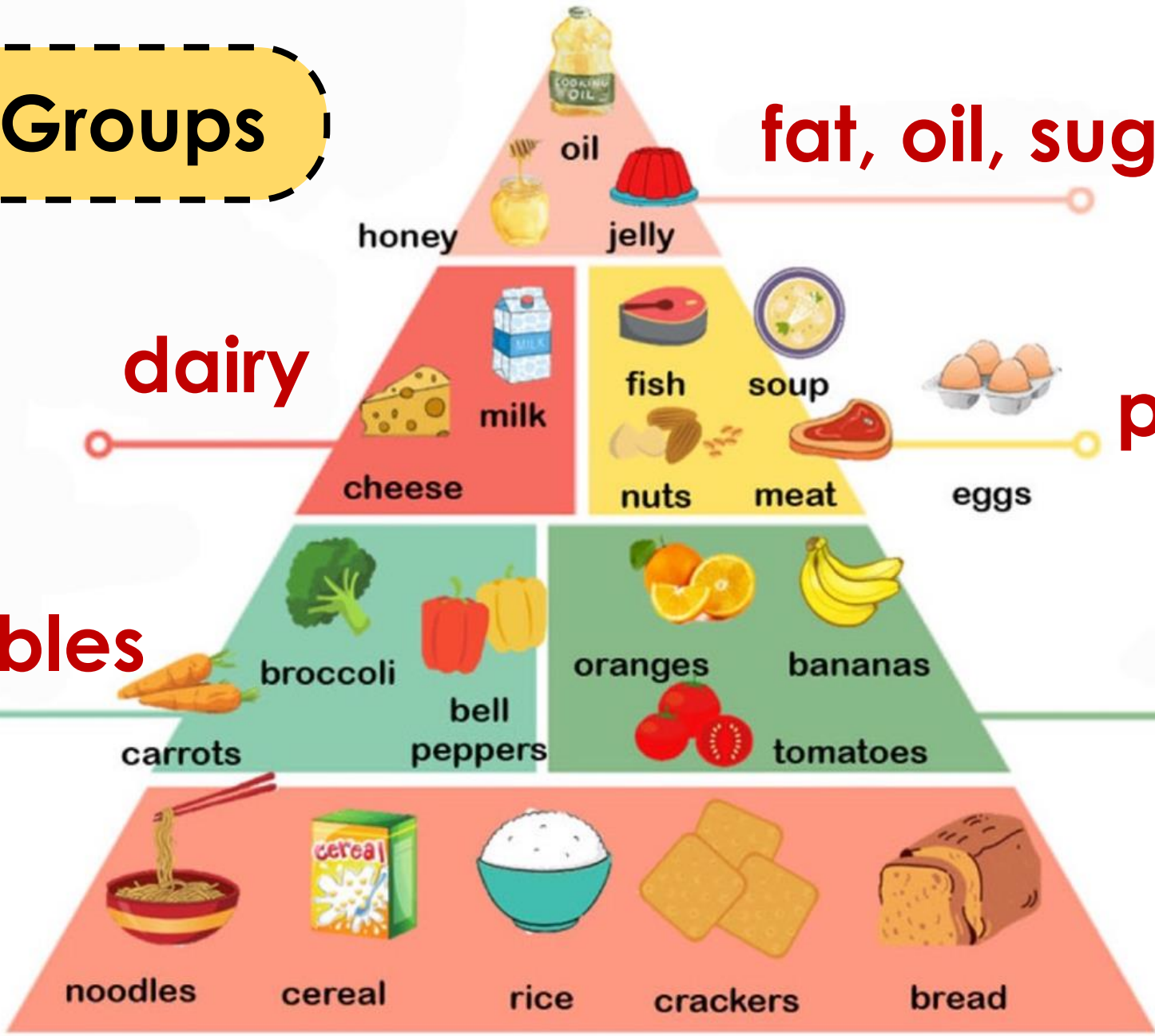
# Food Groups

fat, oil, sugar

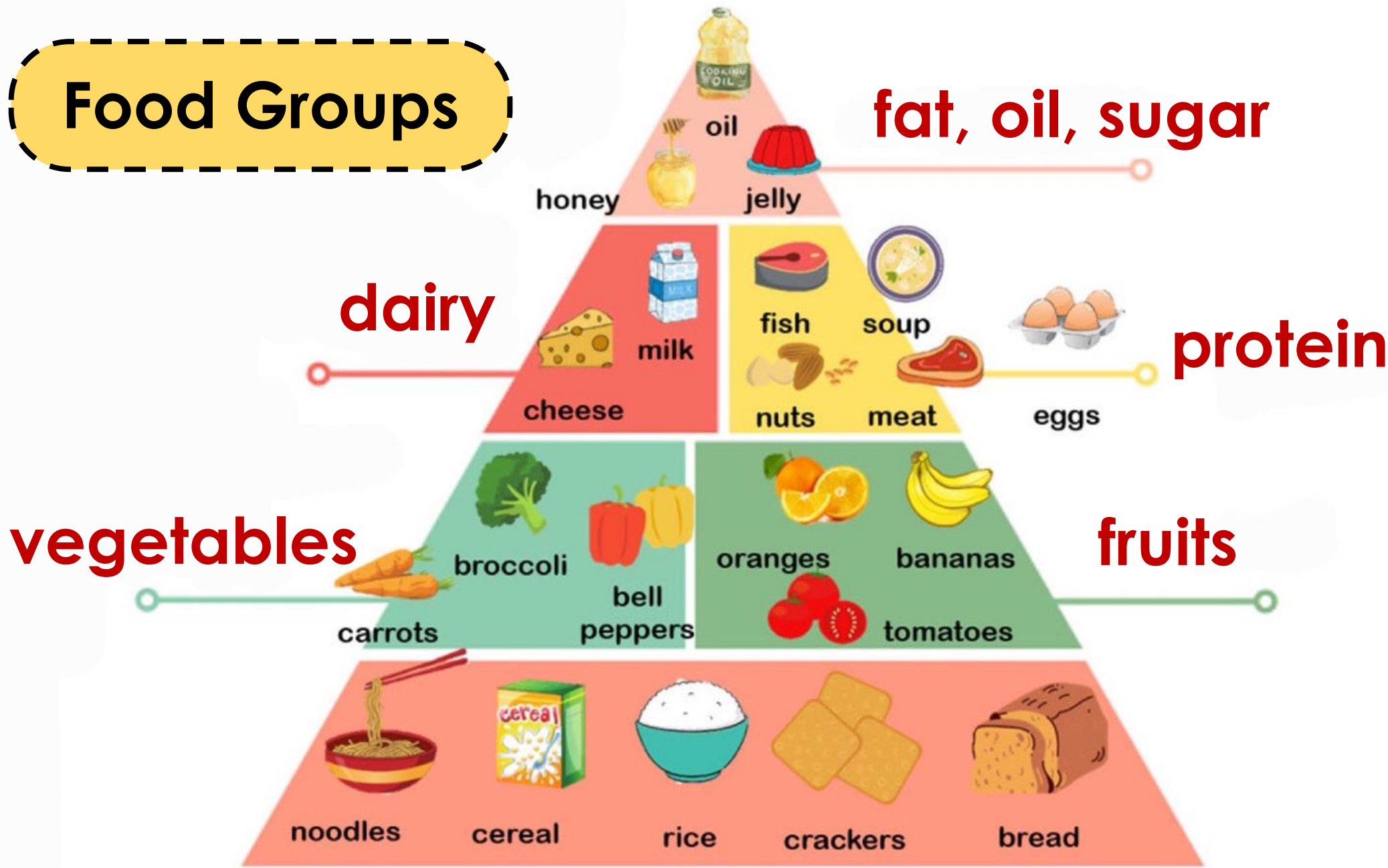
dairy

protein

vegetables

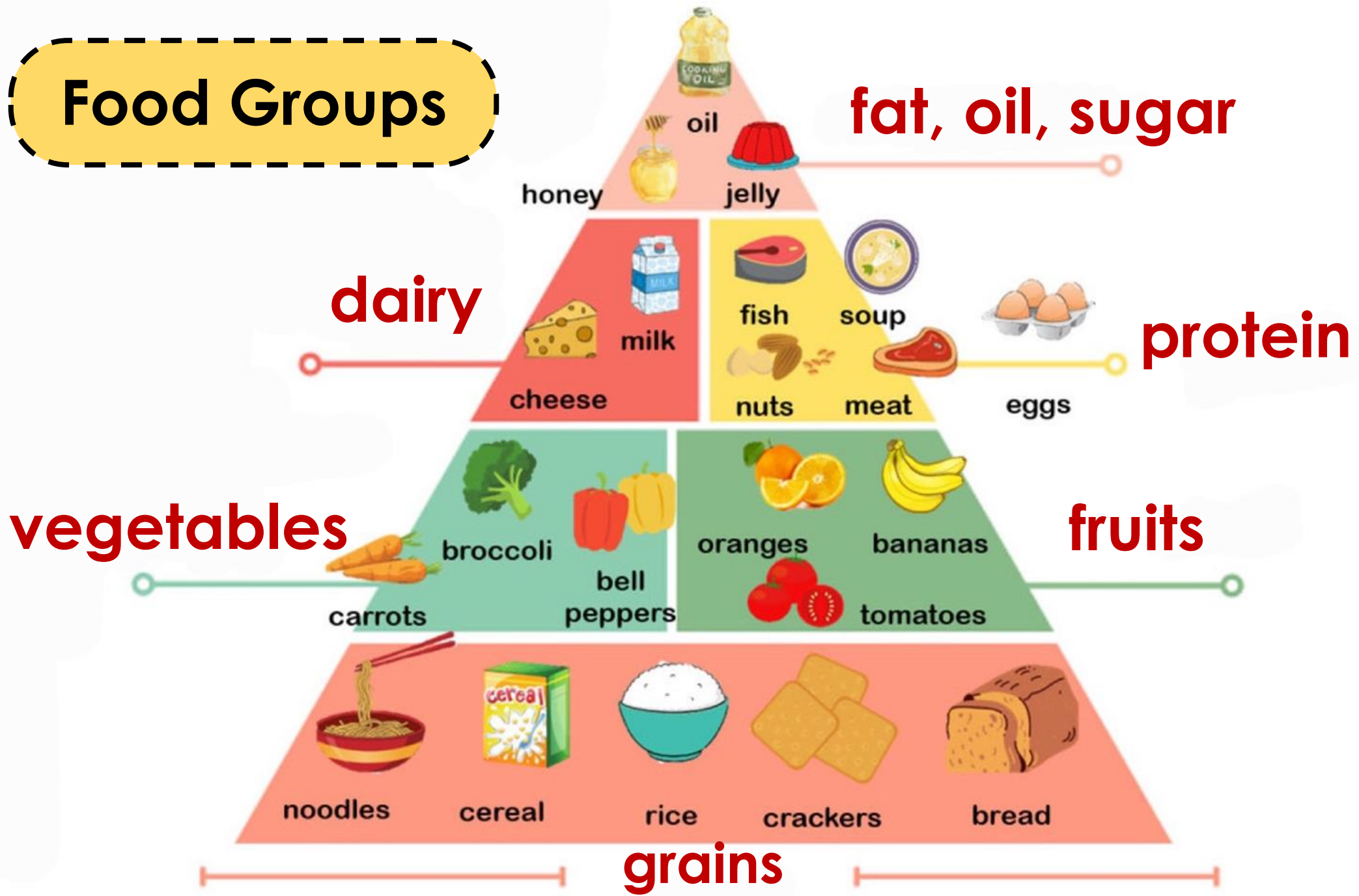


# Food Groups





# Food Groups



# บทเรียนครึ่งต่อไป

## เรื่อง A Piece of Cake

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

รายวิชาภาษาอังกฤษ  
ชั้นมัธยมศึกษาปีที่ 1