

# รายวิชา ภาษาอังกฤษ

รหัสวิชา อ21102

ชั้นมัธยมศึกษาปีที่ 1

เรื่อง **Medicine and Herbs**

ครูผู้สอน

ครูชนิษฐา

มาลัยพ่วง

ครูปิ่นปิ่นทร์

แสงจันทร์



# Medicine and Herbs





**Do you know?**





**tablet**



**capsule**



**galangal**



# Benefit

Galangal has been used as a culinary spice and healing plant for a very long time. Galanga or galangal is native to southeast Asia, where it has been an important part of many Asian cultures. Traditionally, galanga is used as a flavoring spice in the cuisines of Thailand, Indonesia, Malaysia, and China.



**ginger**



# Benefit

Ginger, which comes from a flowering root plant, especially provides a variety of great health benefits. Not only does it contain vitamin C, magnesium and potassium, but it also provides multiple health benefits.



## Benefit

Gingerol could also explain ginger's role in keeping blood sugar levels steady. One study found that people who took ginger pills daily saw decreased levels of triglycerides, total cholesterol and bad cholesterol.



**garlic**



# Benefit

Garlic is widely used for several conditions linked to the blood system and heart, including atherosclerosis (hardening of the arteries), high cholesterol, heart attack, coronary heart disease, and hypertension.



**le**mongrass



# Benefit

Lemongrass is used as a flavoring. For example, lemongrass leaves are commonly used as "lemon" flavoring in herbal teas. Lemongrass is also used in making vitamin A and natural citral.





**hot basil**



**white hot basil**

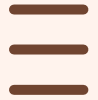


**red hot basil**



# Benefit

People use holy basil for reducing anxiety, stress, diabetes and wound infections. Holy basil uses for protecting the liver and protecting against radiation.



**Let's practice!**





ใบงานที่ 1  
หน่วยการเรียนรู้ที่ 8 เรื่อง Health and Illness  
แผนการจัดการเรียนรู้ เรื่อง Medicine and Herbs  
รายวิชาภาษาอังกฤษ รหัสวิชา อ21102 ภาคเรียนที่ 2 ชั้นมัธยมศึกษาปีที่ 1

ชื่อ ด.ญ/ด.ช..... ชั้น ..... เลขที่.....

Directions: Choose 1 herb and fill in the table with the needed information.

| Name of Herb | Benefits | More Information and Opinion |
|--------------|----------|------------------------------|
|              |          |                              |

Pictures





## Pictures

## Benefits

## More Information and Opinion


Holy basil



People use holy basil for reducing anxiety, stress, diabetes and wound infections. Holy basil uses for protecting the liver and protecting against radiation.

Holy basil is sometimes called "hot basil" because of its peppery taste. Stir fried holy basil with minced pork is my favorite dish.



| <b>Name of Herbs</b> | <b>Pictures</b>  | <b>Benefits</b>  | <b>More Information and Opinion</b>  |
|----------------------|--|--|--|
| Garlic               |  | <p>Garlic is used for the prevention of lung cancer, breast cancer, stomach cancer. Garlic is also used for several conditions linked to the blood system and heart.</p> | <p>Garlic is used widely as a flavoring in cooking, but it has also been used as a medicine throughout ancient and modern history. We don't like garlic because of garlic's smell.</p> |

# Wrap Up





# บทเรียนครั้งต่อไป

เรื่อง

## Conventional and Complementary Medicine

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

รายวิชาภาษาอังกฤษ

ชั้นมัธยมศึกษาปีที่ 1

