

รายวิชาภาษาอังกฤษ

รหัสวิชา อ16101

ชั้นประถมศึกษาปีที่ 6

เรื่อง Good Food Good Health

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Good Food
Good Health

Time to review!; **Nutrients in Food**

What nutrients are they high in?
They are high in _____.

vitamin

fiber



Time to review!; **Nutrients in Food**

What nutrients are they high in?
They are high in _____.



calcium

fat



Time to review!; **Nutrients in Food**

What nutrients are they high in?
They are high in _____.



fat

sugar



Time to review!; **Nutrients in Food**

What nutrients are they high in?
They are high in _____.



starch



Objectives

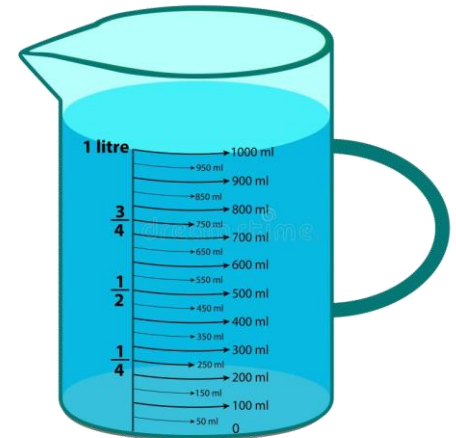
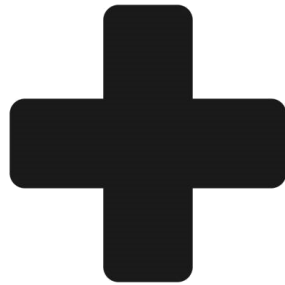


The students can be able to

- pronounce and explain the meanings of words related to foods and nutrients.
- write information about nutrients in food.



Time to learn; Foods and Beverage



crab porridge

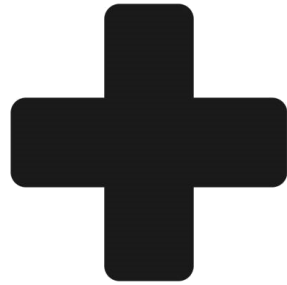
Time to learn; Foods and Beverage



crab porridge
ข้าวต้มปู



Time to learn; **Foods and Beverage**



carrot juice

Time to learn; **Foods and Beverage**

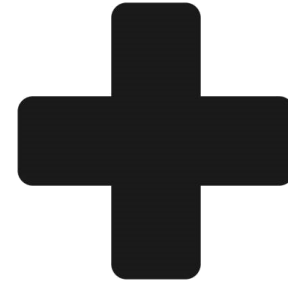
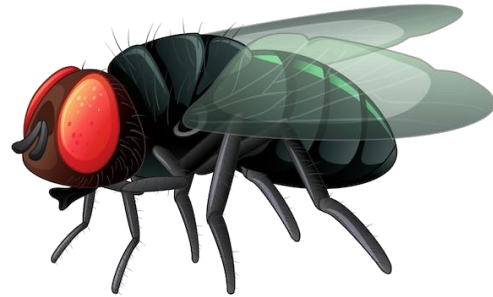


carrot juice

น้ำแครอท



Time to learn; **Foods and Beverage**



pork fried rice

Time to learn; **Foods and Beverage**



pork fried rice

ข้าวผัดหมู



Time to learn; Foods and Beverage



pineapple

Time to learn; **Foods and Beverage**

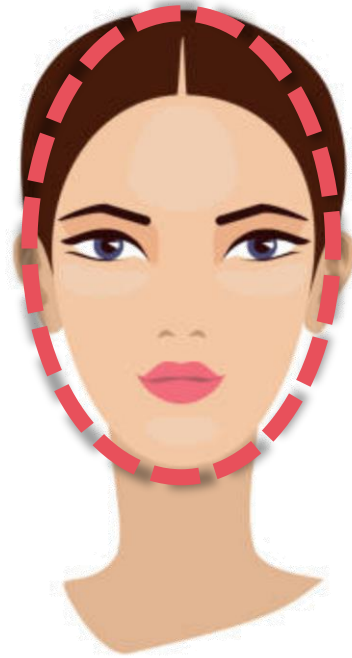


pineapple

สับปะรด



Time to learn; **Foods and Beverage**



cereals

Time to learn; Foods and Beverage



cereals/grains

อาหารเช้าที่ทำจาก

ธัญพืชอบแห้ง



Time to learn; **Foods and Beverage**



grapes

องุ่น





Time to review!

crab porridge

pineapple

carrot juice

cereals/grains

pork fried rice

grapes





Time to learn!: Nutrients in Foods

What did you have for your breakfast yesterday?

I had cereals and milk.

What nutrient is it high in?

It is high in calcium, starch, and fiber.





Time to learn!: Nutrients in Foods

What did you have for your lunch yesterday?

I had pork fried rice.

What nutrient is it high in?

It is high in starch, protein, and fiber.





Time to learn!: Nutrients in Foods

What did you have for your dinner yesterday?

I had chicken salad.

What nutrient is it high in?

It is high in protein, vitamin, and fiber.



Worksheet 8:

Good Food (1)












Instructions:

Look at the menu for each meal in a day. Then, put the correct main food groups in worksheet 8.

Instructions: Look at the menu for each meal in a day. Then, put the correct main food groups in worksheet 8.

คำสั่ง: ดูเมนูในแต่ละมื้ออาหารใน 1 วัน จากนั้นใส่กลุ่มของอาหารให้ถูกต้องในใบงานที่ 8

MENU	Breakfast	Break time	Lunch	Dinner
	 <p>crab porridge</p>	 <p>carrot juice</p>	 <p>pork fried rice</p>	 <p>beef burger</p>
	 <p>apple</p>	 <p>grapes</p>	 <p>cake</p>	 <p>pineapple</p>
	 <p>milk</p>			

Worksheet 8(1)



Breakfast



crab porridge



apple



milk

Break Time



carrot juice



grapes



pork fried rice



cake

Dinner



beef burger



pineapple



Worksheet 8: Good Food (2)



Instructions A:

Look at the menu for each meal in a day. Then, put the correct main food groups.

Part A

Instructions: Look at the menu for each meal in a day. Then, put the correct main food groups.

คำสั่ง A: เลือกคำที่กำหนดให้มาเติมในช่องว่าง

vitamin	fiber	protein	starch
calcium	sugar	fat	

Meals	Menus / Foods	Food group
Breakfast	crab porridge	
	- crab	
	- rice	
	Apple	
	Milk	
Play time	carrot juice	
	Grapes	
Lunch	pork fried rice	
	- pork	
	- rice	
	Cake	
Dinner	beef burger	
	- bread	
	- beef	
	- vegetables	
	- cheese	
	pineapple	

Worksheet 8(2)



vitamin
calcium

fiber
sugar

protein
fat

starch

Meals	Menus / Foods	Food group
Breakfast	crab porridge	
	- crab	protein
	- rice	starch
	apple	vitamin and fiber
	milk	calcium



Worksheet 8(2)



vitamin
calcium

fiber
sugar

protein
fat

starch

Meals	Menus / Foods	Food group
Play time	carrot juice	
	grapes	
Lunch	pork fried rice	
	- pork	
	- rice	
	cake	



Worksheet 8(2)



vitamin
calcium

fiber
sugar

protein
fat

starch

Meals	Menus / Foods	Food group
Dinner	beef burger	
	- bread	
	- beef	
	- vegetables	
	- cheese	
	pineapple	



คำชี้แจงกิจกรรมนักเรียน

นักเรียนทำใบงานที่ 8 Part A
เรื่อง Good Food (2)

ให้นักเรียนเลือกคำศัพท์เกี่ยวกับ
สารอาหารที่กำหนดให้มาเติม
ในช่องว่างให้เหมาะสม
กับอาหารในตาราง



คำชี้แจงบทบาทครูปลายทาง

1. คอยให้ความช่วยเหลือนักเรียน
ในขณะที่นักเรียนทำใบงาน
2. คอยตรวจสอบและประเมินการ
เขียนคำศัพท์ของนักเรียนจาก
การทำใบงาน



(Key) Worksheet 8(2)

vitamin
calcium

fiber
sugar

protein
fat

starch

Meals	Menus / Foods	Food group
Play time	carrot juice	vitamin and fiber
	grapes	vitamin and fiber
Lunch	pork fried rice	
	- pork	protein
	- rice	starch
	cake	starch, sugar, and fat



(Key) Worksheet 8(2)

vitamin
calcium

fiber
sugar

protein
fat

starch

Meals	Menus / Foods	Food group
Dinner	beef burger	
	- bread	starch
	- beef	protein
	- vegetables	vitamin and fiber
	- cheese	fat and calcium
	pineapple	vitamin and fiber



Homework

Worksheet 8: Good Food (3)



Instructions B:

Complete the sentences by using the menus in Part A.

Part B

Instructions: Complete the sentences by using the menus in Part A.

คำสั่ง B: เลือกข้อความที่เหมาะสมจาก Part A มาเติมในประโยคให้สมบูรณ์

Yesterday, James had breakfast with _____.
_____. In his break time, he had _____.
_____. He ate _____.
_____ for lunch and he ate _____.
_____ for his dinner.

Part C

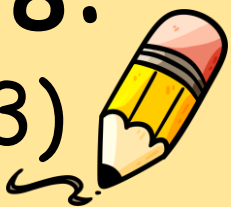
Instructions: Complete the sentences **with your own information** about food.

คำสั่ง C: เติมคำหรือข้อความในช่องว่างโดยใช้ข้อมูลส่วนตัว

Yesterday, I had breakfast with _____.
In my break time, I had _____.
I ate _____ for lunch and I ate
_____ for my dinner.

Homework

Worksheet 8: Good Food (3)



Instructions C:

Complete the sentences with
your own information about
food.

Part B

Instructions: Complete the sentences by using the menus in Part A.

คำสั่ง B: เลือกข้อความที่เหมาะสมจาก Part A มาเติมในประโยคให้สมบูรณ์

Yesterday, James had breakfast with _____.
_____. In his break time, he had _____.
_____. He ate _____.
_____ for lunch and he ate _____.
_____ for his dinner.

Part C

Instructions: Complete the sentences **with your own information** about food.

คำสั่ง C: เติมคำหรือข้อความในช่องว่างโดยใช้ข้อมูลส่วนตัว

Yesterday, I had breakfast with _____.
In my break time, I had _____.
I ate _____ for lunch and I ate
_____ for my dinner.

Worksheet 8(3): Part C



Yesterday, I had breakfast with _____.

In my break time, I had _____.

I ate _____ for lunch and I ate
_____ for my dinner.

Wrap Up



A meal eaten in the middle of the day.

lunch

A meal eaten in the evening.

dinner

A substance that is needed to help a living thing to grow.

nutrient

The first meal of the day.

breakfast



บทเรียนครั้งต่อไป

Food Survey

สิ่งที่ต้องเตรียม 

1. ใบงานที่ 9 เรื่อง Food Survey
2. ใบงานที่ 10 เรื่อง Food Survey Graph

สามารถดาวน์โหลดได้ที่ www.dltv.ac.th

