

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

เรื่อง How Healthy Are You?

ครูผู้สอน ครูธีรวุฒิ ศรีสวัสดิ์

ครูสวรรณยา อุดรพรหม





จุดประสงค์การเรียนรู้

1. อ่านออกเสียงคำศัพท์ได้อย่างถูกต้อง
2. พุดประโยคถามตอบโดยใช้ how much, how many, a lot, a little, a few ได้
3. พุดแนะนำเกี่ยวกับกิจกรรมที่ควรทำเพื่อให้มีสุขภาพที่ดีในการดำเนินชีวิตได้



Do you get enough sleep every night?

An illustration at the bottom of the slide shows two men in athletic wear performing exercises. One man is doing a lunge while holding a large avocado, and the other is stretching his back. They are positioned over a large, colorful pile of various fruits and vegetables, including kiwi slices, strawberries, blueberries, lemons, and leafy greens, suggesting a connection between diet, exercise, and overall health.

Do you exercise regularly?

An illustration of two people at the bottom of the slide. On the left, a person with dark curly hair is shown from the chest up, wearing a red tank top. On the right, another person is shown from the chest up, wearing a red shirt and performing a side stretch with their right arm reaching over their head.



have a healthy diet





exercise regularly





drink a lot of water





get enough sleep





eat a little chocolate



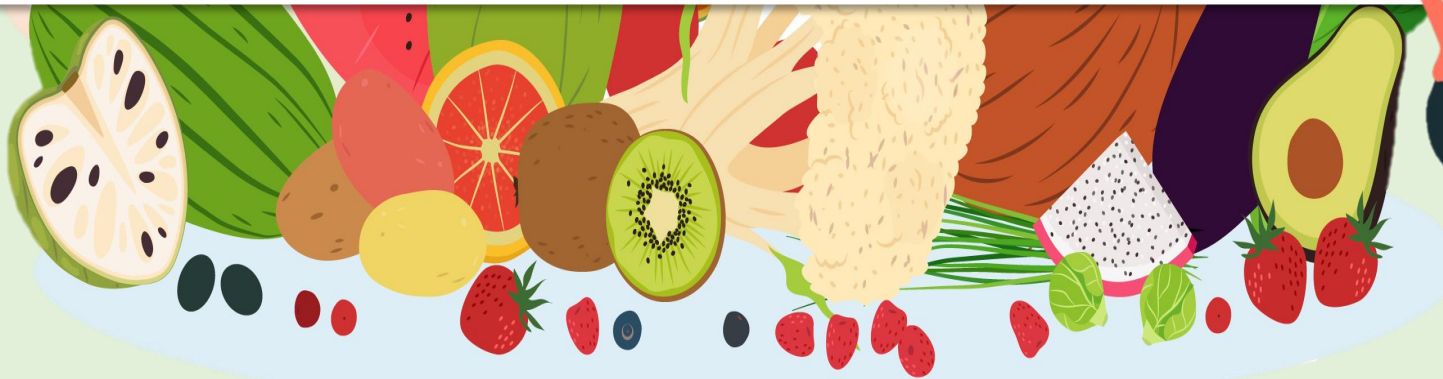


eat small meals





Seven Tips for Living a Healthy Life



Drink a lot of water - Most people do not drink enough water every day. Water is very important for our body. In general, about 8-10 glasses of water a day is healthy.

Exercise - Exercising every day can help you live a long healthy life. Exercise is good for your heart and it can help you lose weight.



Eat a lot of fruits and vegetables -

Experts say that we must eat a lot of fruits and vegetables everyday. Fruits and vegetables have important vitamins like vitamin C.

Eat small meals - Experts say that eating a few small meals every day is more healthy than a few big meals. In general, eat when you feel hungry, and stop when you are full. You don't need to wait for official meal times. Listen to your body.



Sleep - A good night's sleep is good for your memory, good for your heart, and it can help you live long and look young. But a lot of sleep is bad for your muscles. Experts recommend 8-10 hours every night.

Eat a little chocolate – Dark chocolate is good for you. Chocolate has antioxidants, and antioxidants help to keep your body clean inside. But chocolate also has sugar and caffeine in it, so a lot of chocolate is bad for you. .

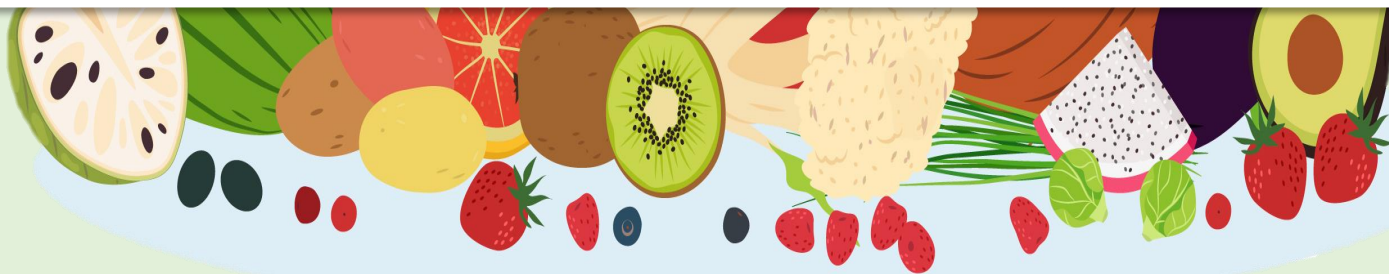


Don't drink much alcohol - A lot of alcohol is bad for your body, but a little alcohol may be good for the heart.



[illegible]

A decorative illustration at the bottom of the page featuring a variety of green foliage. On the left, there are large, light-green leaves. In the center, a small orange pumpkin-like object with a brown stem is visible. To its right is a large, dark-green, bushy plant. On the far right, there are several upright green leaves and a small yellow-green plant.



Uncountable	Full answers	Short answers
How much water do you drink every day?	I drink a lot of water. (10+ glasses) I drink quite a lot of water. (5-9 glasses) I don't drink much water. (1-4 glasses) I don't drink any water. (0 glasses)	A lot. Quite a lot. Not much. None.
Countable (plural)		
How many meals do you eat?	I eat a lot of meals. (6+) I eat quite a lot of meals. (4-5) I don't eat many meals. (1-3) I don't eat any meals. (0)	A lot. Quite a lot. Not many. None.



Uncountable	Full answers	Short answers
How much alcohol do you drink?	I drink a little alcohol.	A little.
Countable (plural)		
How many meals do you eat every day?	I eat a few meals.	A few.



ใบงานที่ 1

Instructions: Answer these questions with your partner.

ใบงานที่ 1 เรื่อง How healthy are you?
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 13 เรื่อง How healthy are you?
รายวิชาภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Work in Pairs:

Instructions: Answer these questions with your partner

1. How much water do you drink every day?
2. How much chocolate do you eat?
3. How many fruits and vegetables do you eat?
4. How much exercise do you do?
5. How many meals do you eat every day?
6. How much do you sleep every night?
7. How much milk do you drink?



Answer these questions with your partner.

1. How much water do you drink every day?
2. How much chocolate do you eat?
3. How many fruits and vegetables do you eat?
4. How much exercise do you do?
5. How many meals do you eat every day?
6. How much do you sleep every night?
7. How much alcohol do you drink?



ใบงานที่ 2

Instructions:

Put these words into the right categories of How much or How many.

ใบงานที่ 2 เรื่อง Grammar Exercise: How much or How many
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 13 เรื่อง How healthy are you?
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Instructions:

Put these words into the right categories of How much or how many.

meals	apples	masks
coffee	exercise	fruits
books	medicine	cheese
vegetables	sleep	ice cream
hours	water	chocolate

HOW MUCH

HOW MANY



ใบงานที่ 2

meals	apples	masks
coffee	exercise	fruits
books	medicine	cheese
vegetables	sleep	ice cream
hours	water	chocolate

HOW MUCH

coffee

water

exercise

cheese

medicine

ice cream

sleep

chocolate

HOW MANY

meals

apples

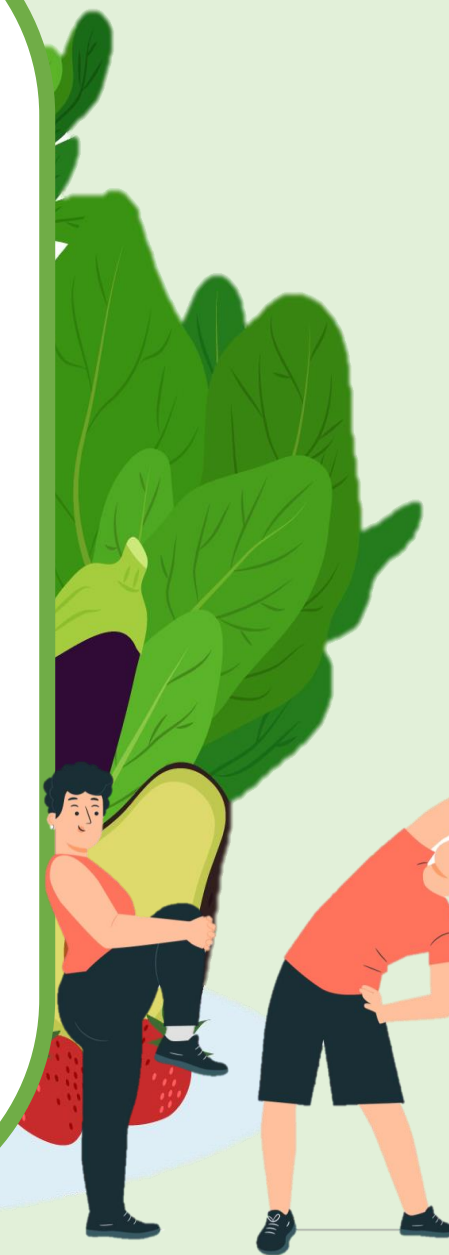
books

masks

vegetable

fruits

hours



ใบงานที่ 3

Instructions: Answer these questions with a lot, a few, a little. Then share the answers with your partner.

ใบงานที่ 3 เรื่อง Speaking Practice: A lot, A few, A little
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 13 เรื่อง How healthy are you?
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Instructions: Answer these questions with a lot, a few, a little. Then share the answers with your partner.

Questions	Name	Information
1. How many fruits do you eat after meals?		
2. How much Ice cream do you eat when you are stressed?		
3. How much medicine do you take when you are sick?		
4.		
5.		
6.		



บทเรียนครั้งต่อไป

เรื่อง A Healthy Living



สิ่งที่ต้องเตรียม

ใบงานเรื่อง

A Healthy Living

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