

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง How to Take Care of Yourself 1

ครูผู้สอน ครูศุภณัฐ รักพงษ์



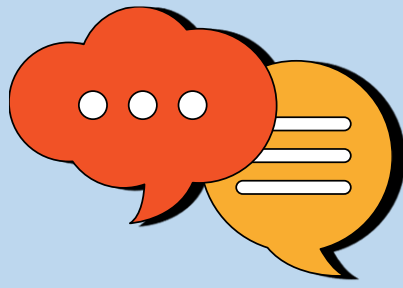
The background is a vibrant blue sky filled with white stars, teal clouds, and dashed white lines. At the bottom, a teal and green globe represents the Earth. On the left, a man with dark hair, wearing a white t-shirt with a teal heart and dark blue pants, is in a dynamic pose. On the right, a woman with dark hair in a ponytail, wearing a white crop top with a teal heart and dark blue leggings, is in a yoga-like pose. Above the text, several colorful, brushstroke-like lines radiate outwards. The text is written in a large, bold, white font with a dark blue outline and a drop shadow.

How to Take Care of Yourself ¹

Objectives

- 1. Pronounce vocabulary related to health and illness.**
- 2. Match the vocabulary to the correct meaning in context.**





What is this?

1

2

3

4

5

6

7

8

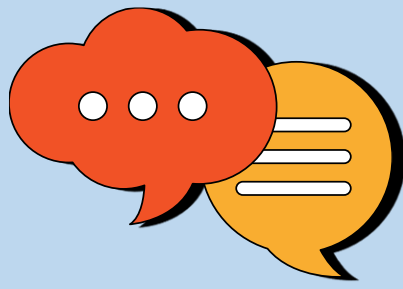
9

?

?

?

?



What is this?

doctor

world

sick

19

alone

health

mask

home

vaccine

?

?

?



GUESS WHAT 
WE ARE GOING TO LEARN!





symptom (n.)



any feeling of illness

Ex.

**Have you taken anything
for the symptoms?**

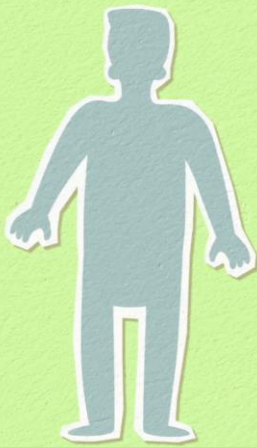
viral infection (n.)



any feeling of illness

Ex.

**Have you taken anything
for the **symptoms**?**



fluid (n.)



liquids that you drink

Ex.

**You can continue
with fluids and rest.**



throat (n.)



the front of the neck

Ex.

**I've had a sore throat for
the past few days.**





sore (adj.)



**painful and
uncomfortable**

Ex.

**I've had a sore throat for
the past few days.**



fatigued (adj.)



tired

Ex.

**I've been feeling very
fatigued.**



persistent (adj.)



**lasting for a long time
or difficult to get rid of**

Ex.

I've had a persistent cough.





low-grade (adj.)



less serious, little

Ex.

**I had a low-grade fever
yesterday.**



I have had
a sore throat
for the past
few days.



She has visited
the doctor
already.



Present Perfect

- focus on the result
of an action

- focus on completion
of an action

has/have + V.3

**I have been
drinking tea
for many days.**



**They have been waiting
for the doctor for an hour.**

Present Perfect Continuous

**- focus on the duration
or ongoing nature of an
action**

has/have + been + V.3

1. She has been feeling unwell since Monday.

Present Perfect Continuous

2. They've been waiting for the doctor for an hour.

Present Perfect Continuous

3. He has recovered from the flu.

Present Perfect

4. I have taken my medicine.

Present Perfect

5. They have visited the new wellness center.

Present Perfect



6. He has been experiencing back pain recently.

Present Perfect Continuous

7. I have lost 5 kilograms this year.

Present Perfect

8. We have received our vaccination shots.

Present Perfect

9. She has been experiencing headaches lately.

Present Perfect Continuous

10. I have improved my sleep quality.

Present Perfect



Error Detective



She has traveling to five different countries this year.

She has traveled to five different countries this year.



**I have working on this project
since morning.**

**I have been working on this project
since morning.**



**They have been knowing each other
since childhood.**

**They have known each other
since childhood.**



We waiting for the bus for over an hour.

**We have been waiting for the bus
for over an hour.**



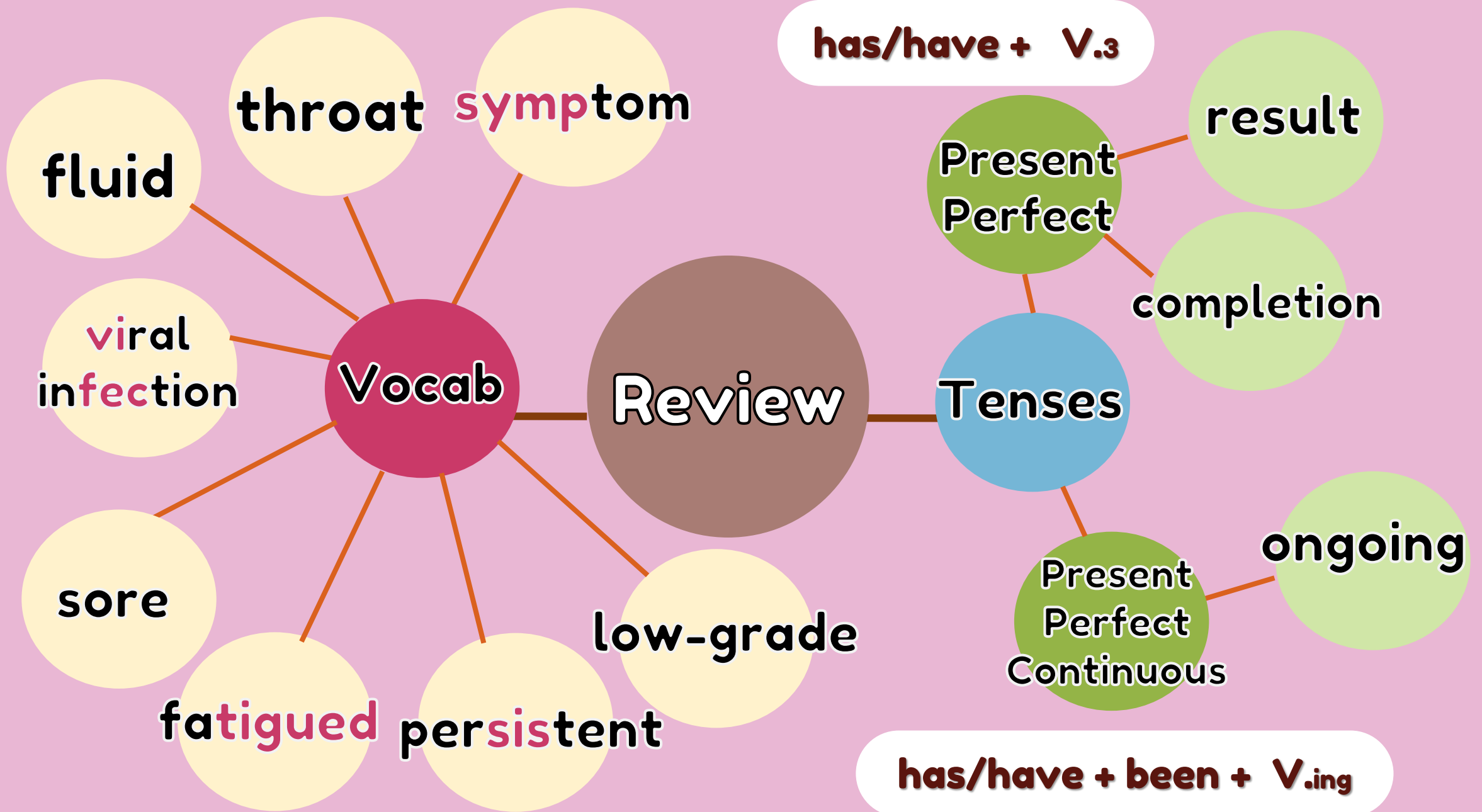
**They have been learn French
for six months.**

**They have been learning French
for six months.**

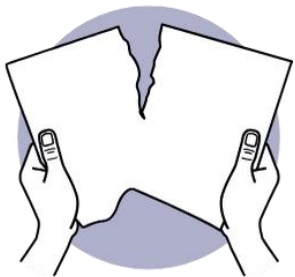




**Let's
Review!**



Irregular Verb List



Base Form	Past Simple	Past Participle
bear	bore	born
wear	wore	worn
tear	tore	torn

Regular Verb Pronunciation

Base Form	Past Simple & Past Participle	Base Form	Past Simple & Past Participle
wash	washed	watch	watched
brush	brushed	reach	reached
crash	crashed	touch	touched

บทเรียนครั้งต่อไป

เรื่อง How to Take Care of Yourself 2

ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th
รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3



สิ่งที่ต้องเตรียม

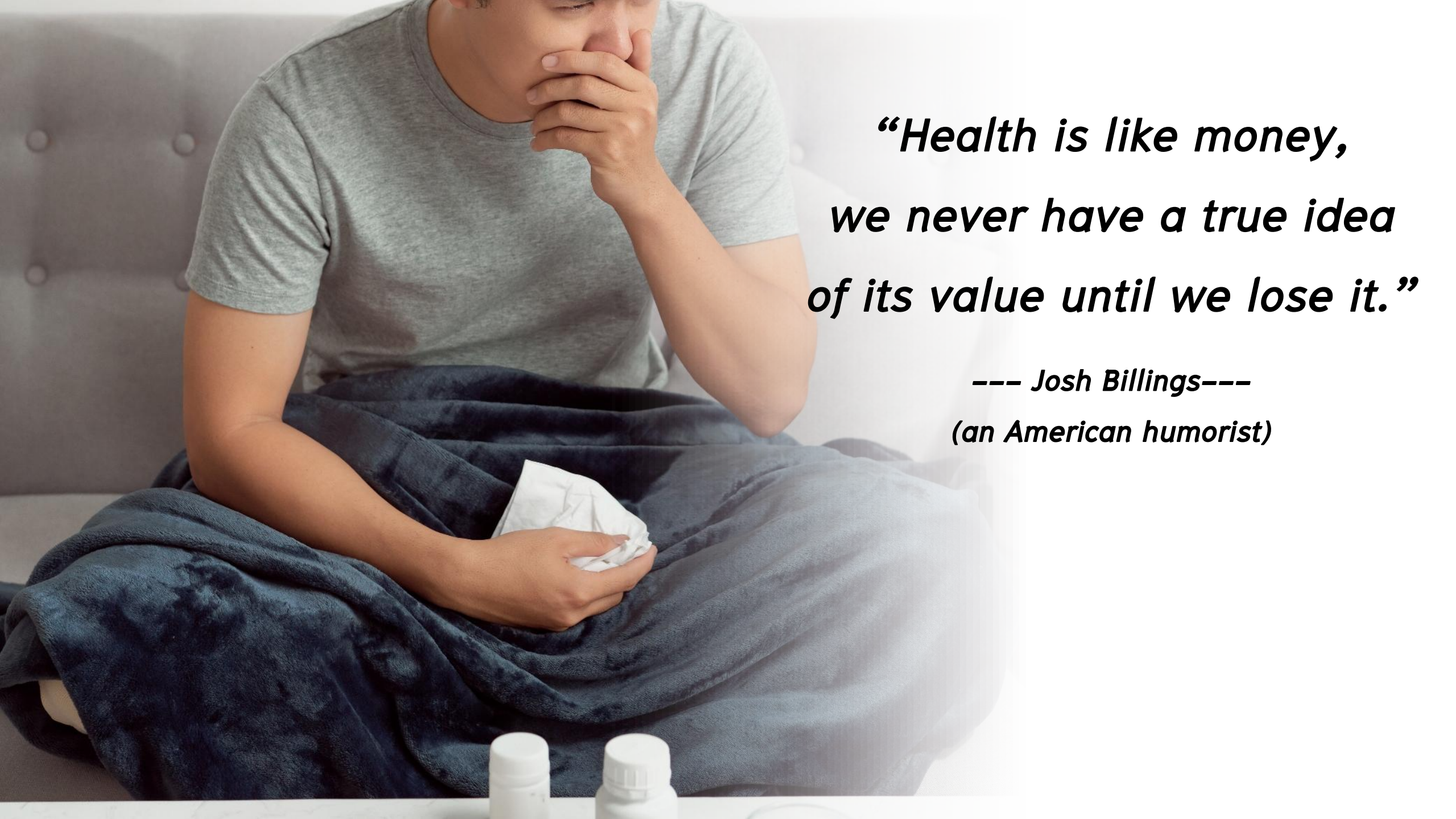
ใบความรู้ที่ 3

เรื่อง Visiting a Doctor

ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th

รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





***“Health is like money,
we never have a true idea
of its value until we lose it.”***

***--- Josh Billings---
(an American humorist)***