

# รายวิชา ภาษาอังกฤษ

รหัสวิชา **อ23101** ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง How to Take Care of Yourself 2

ครูผู้สอน ครูศุภณัฐ รักพงษ์

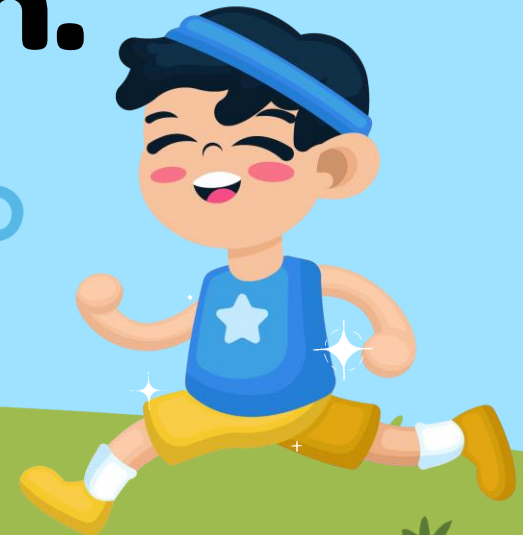


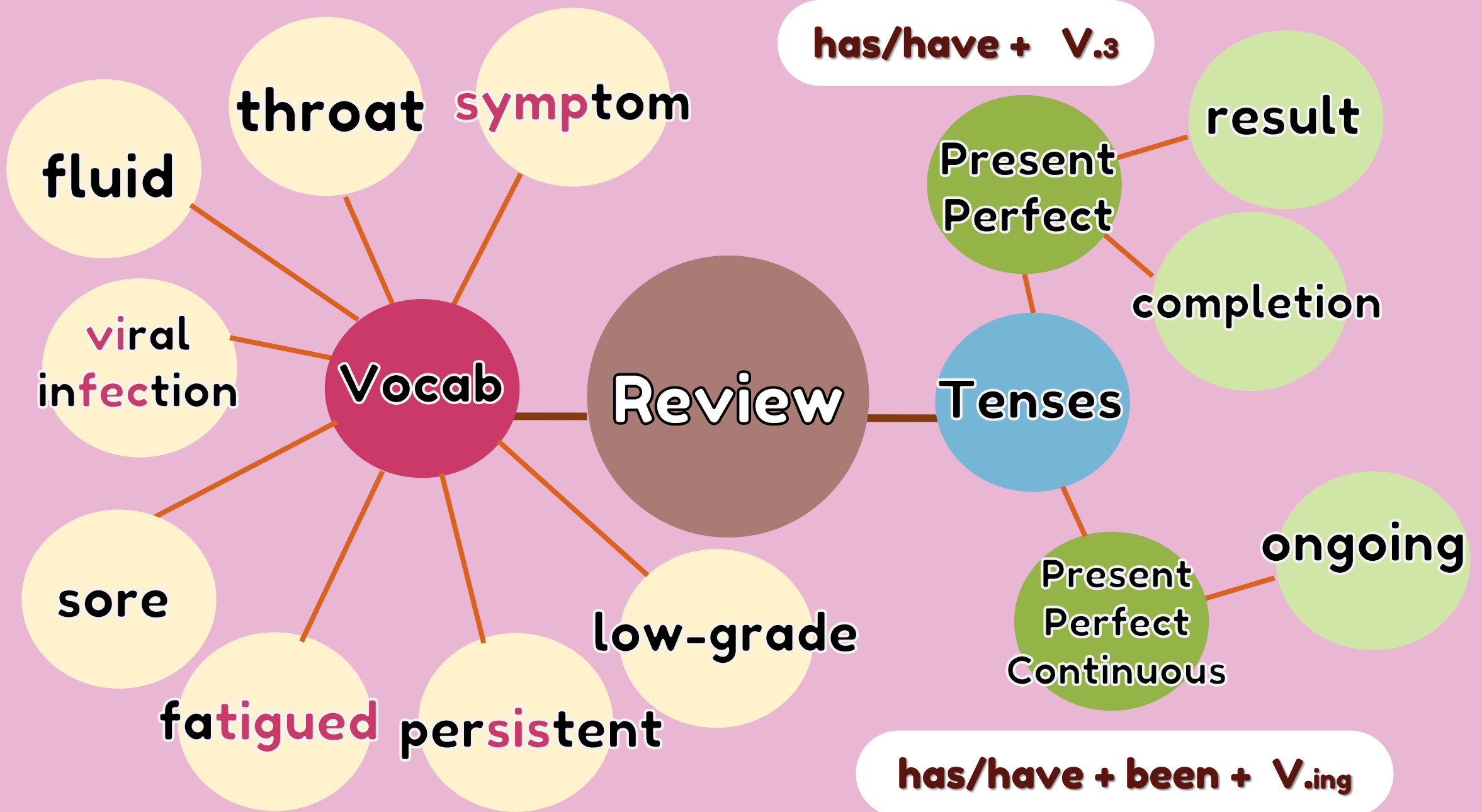


# How to Take Care of Yourself **2**

# Objective

**Identify the main idea  
from the conversation.**





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**GUESS WHAT**   
**WE ARE GOING TO LEARN!**

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ใบความรู้ที่ 3 เรื่อง Visiting a Doctor  
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness  
แผนการจัดการเรียนรู้ที่ 2 เรื่อง How to Take Care of Yourself 2  
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

- Doctor: Good afternoon. What brings you in today?
- Patient: Hi, Doctor. I've had a persistent cough and a sore throat for the past few days.
- Doctor: Any fever or other symptoms?
- Patient: Yes, I had a low-grade fever yesterday and I've been feeling very fatigued.
- Doctor: Have you noticed any chest pain?
- Patient: No, just the cough and fatigue.
- Doctor: Have you taken anything for the symptoms?
- Patient: I've been drinking tea and taking over-the-counter cough syrup, but it hasn't helped much.
- Doctor: It sounds like you might have a viral infection. Continue with fluids and rest. If your symptoms worsen or don't improve in a few days, we may need to do further tests.
- Patient: Thank you, Doctor. I'll do that.
- Doctor: You're welcome. Get well soon.

## Handout 3

# Visiting a Doctor





# Visiting a Doctor



An illustration of a doctor's office. A doctor with dark hair and glasses, wearing a white lab coat over a blue shirt, sits on a yellow chair on the right. He has a stethoscope around his neck and holds a clipboard. A patient with brown hair, wearing a blue sweater and black pants, sits on a yellow chair on the left. A green plant is behind the patient. The background shows a light blue wall with white shelves holding books and a small potted cactus on a shelf to the right. Two speech bubbles are present: one from the doctor and one from the patient.

**Good afternoon.  
What brings you in today?**

**Hi, Doctor. I've had  
a persistent cough and a sore  
throat for the past few days.**





**Any fever or other  
symptoms?**

**Yes, I had a low-grade fever  
yesterday and I've been  
feeling very fatigued.**



**Have you noticed  
any chest pain?**

**No, just the cough  
and fatigue.**

An illustration of a doctor's office. A doctor with dark hair and glasses, wearing a white lab coat over a blue shirt, sits on the right. He has a stethoscope around his neck and holds a clipboard. A patient with brown hair, wearing a blue sweater and dark pants, sits on the left. A large green plant is behind the patient. The background features light blue shelves with books and a small potted cactus on a shelf to the right. Two speech bubbles are present: one from the doctor asking a question and one from the patient responding.

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


**I've been drinking tea  
and taking over-the-counter  
cough **syrup**, but it hasn't  
helped much.**

An illustration of a doctor's office. A male patient with brown hair, wearing a blue sweater and black pants, sits on a yellow chair on the left. A male doctor with black hair and glasses, wearing a white lab coat over a blue shirt and dark pants, sits on a yellow chair on the right. The doctor has a stethoscope around his neck and is holding a clipboard. They are separated by a white desk. A large speech bubble originates from the doctor, containing the text 'It sounds like you might have a viral infection.' The background features light blue shelves with various items, including a potted plant and a small cactus.

**It sounds like you might  
have a **viral infection**.**

An illustration of a doctor's office. A male patient with brown hair, wearing a blue sweater and black pants, sits on a yellow chair on the left. A male doctor with black hair and glasses, wearing a white lab coat over a blue shirt and dark pants, sits on a yellow chair on the right. The doctor has a stethoscope around his neck and is holding a clipboard. They are separated by a white desk. A large speech bubble originates from the doctor, containing text. The background features light blue shelves with various items, including a potted plant and a small cactus.

**Continue with **fluids** and rest.  
If your symptoms worsen or  
don't improve in a few days,  
we may need to do further tests.**



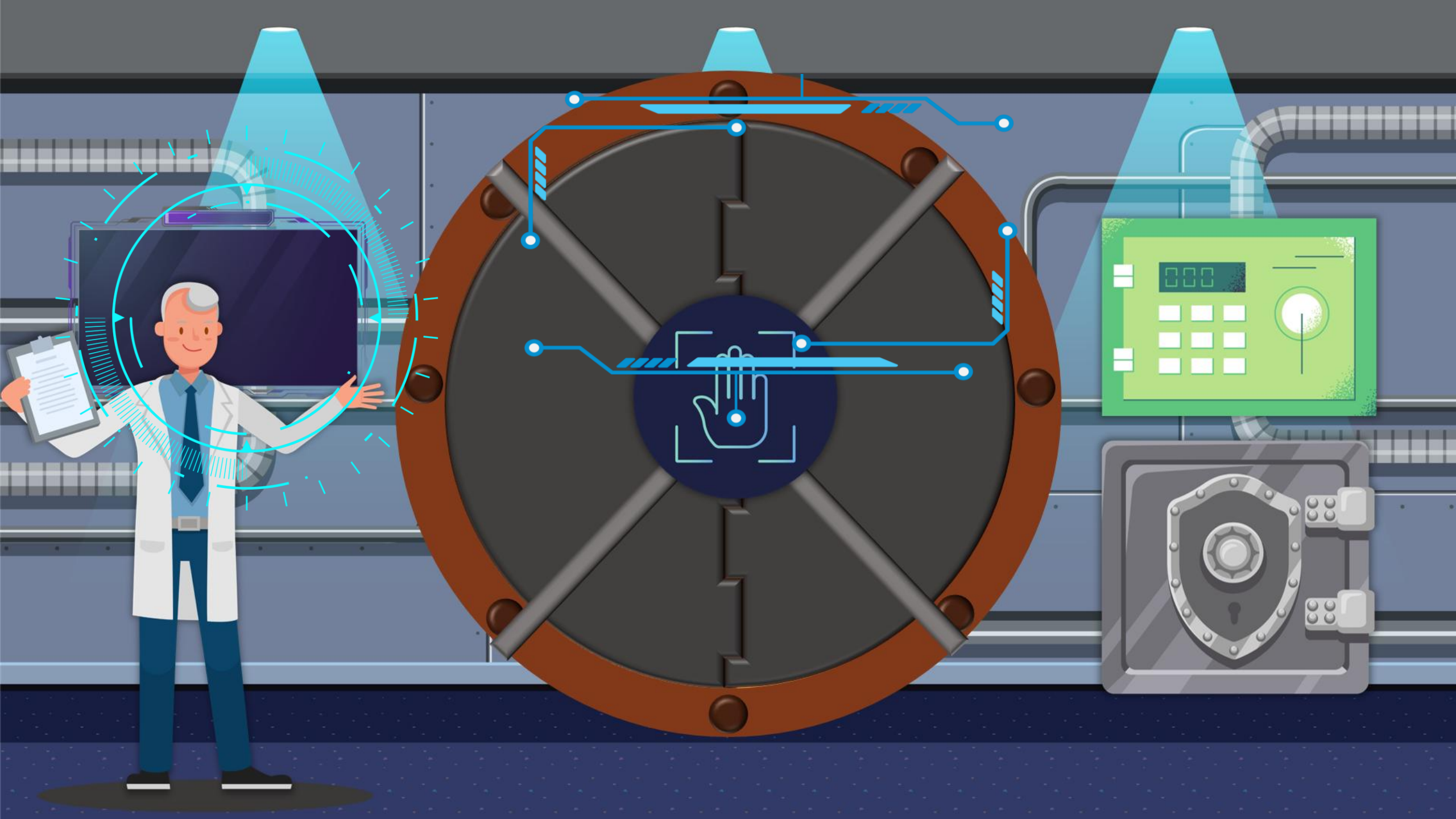
**Thank you, Doctor.  
I'll do that.**

**You're welcome.  
Get well soon.**



# Treasure Raider





**1. What were 2 symptoms that the patient report to the doctor?**

**1. Persistent cough**

**2. Sore throat**



**2. How long** has the patient been experiencing a cough and sore throat?

**A few days**



### **3. How did the patient describe his fever?**

**Low-grade fever**





**4. What were 2 things that the patient has taken for the symptoms?**

**1. Tea**

**2. Cough syrup**





**5. From the doctor, the patient  
might have \_\_\_\_? \_\_\_\_.**

**viral infection**



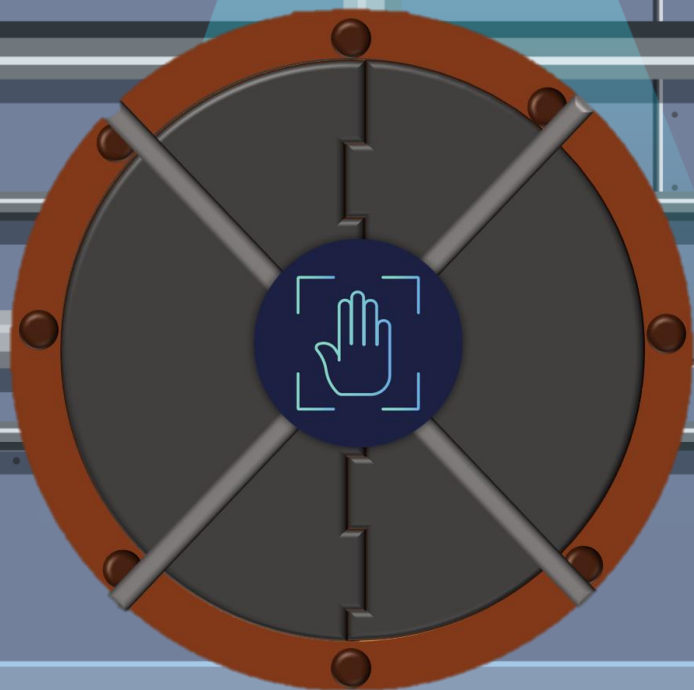
**6. What were 2 things that the doctor advised the patient?**

**1. Continue with fluids.**

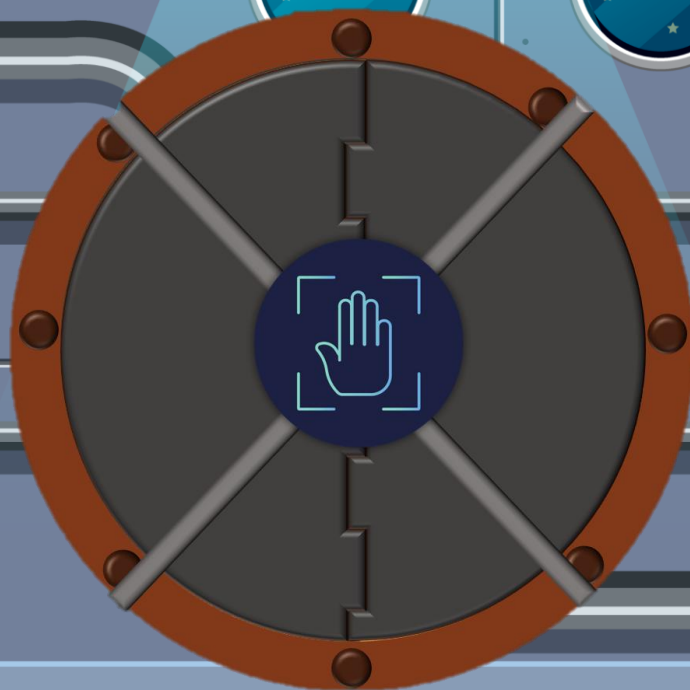
**2. Take a rest.**



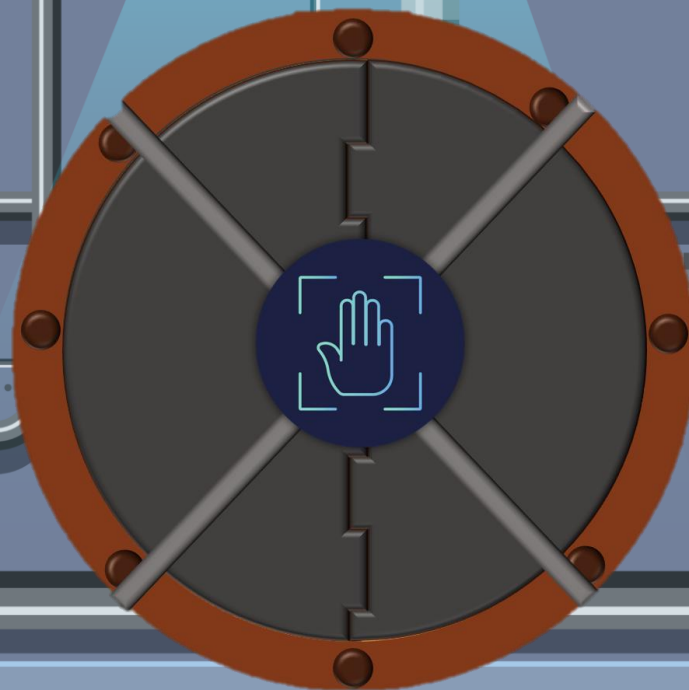
SAFE 1



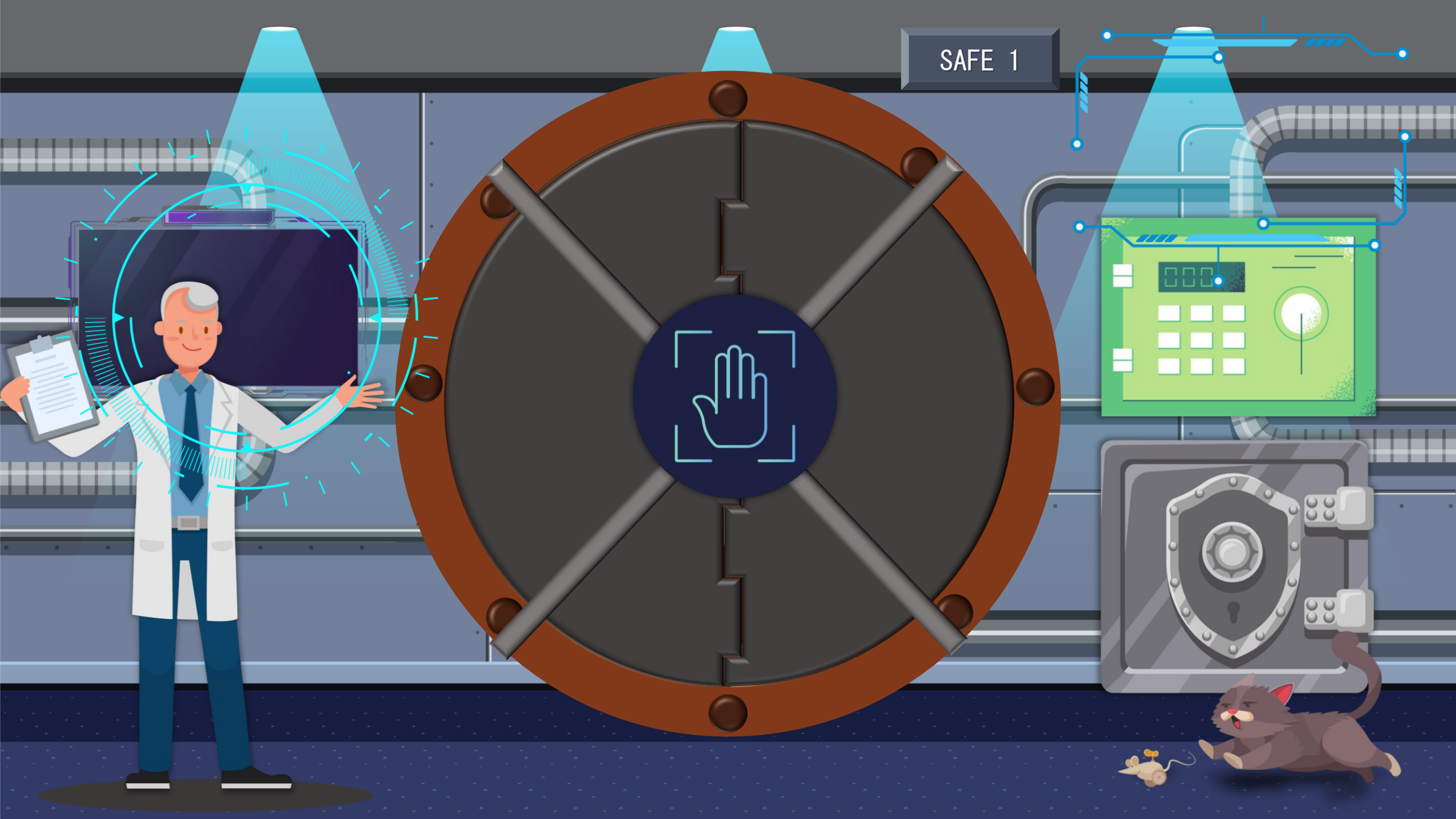
SAFE 2



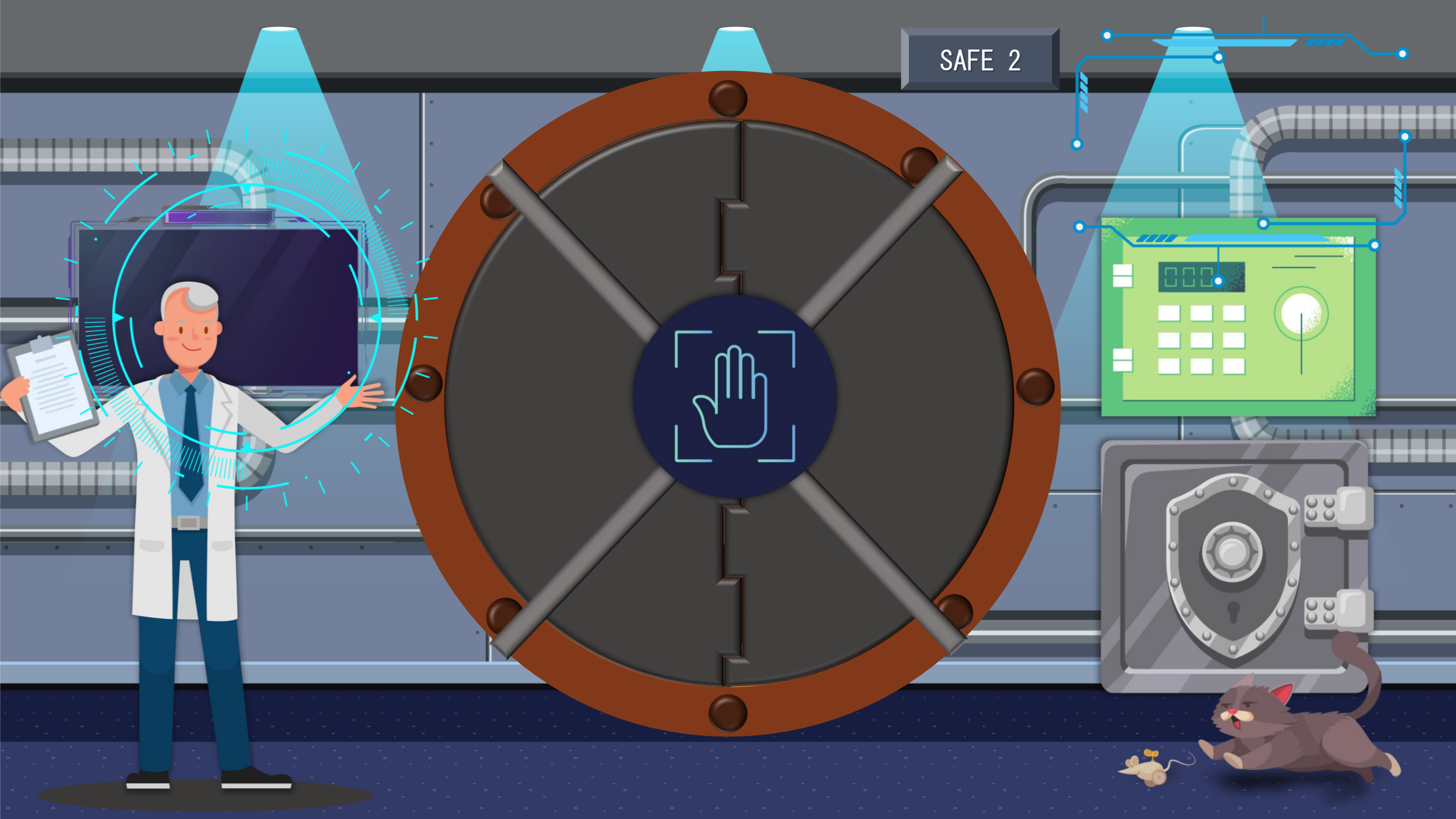
SAFE 3



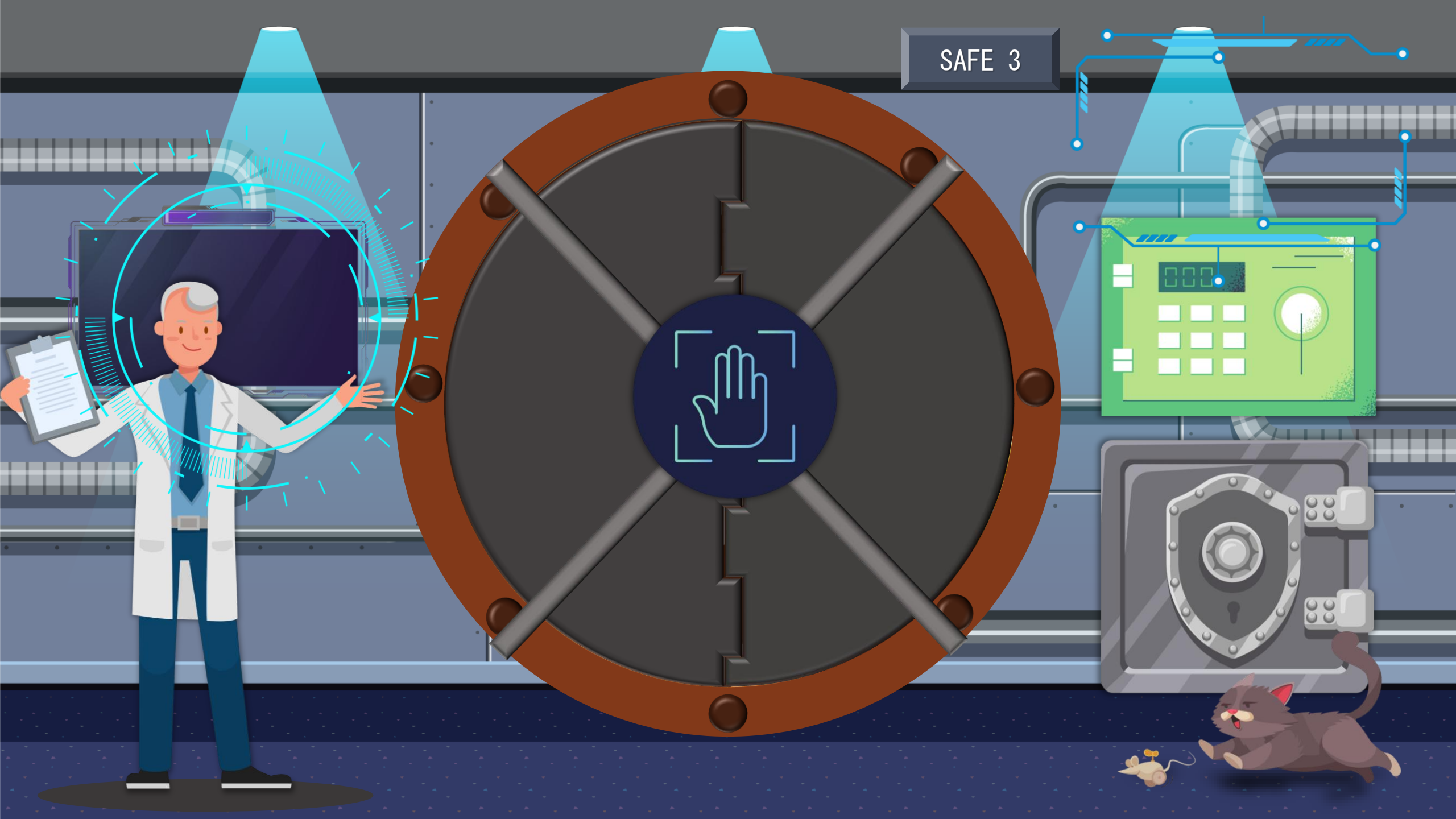
SAFE 1



SAFE 2



SAFE 3





# Role Play





**Let's  
Review!**

**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**



# Irregular Verb List



**wring**

**wrung**

**wrung**



**sting**

**stung**

**stung**



**swing**

**swung**

**swung**

# บทเรียนครั้งต่อไป

## เรื่อง How to Take Care of Yourself 3

ดาวน์โหลดเอกสารได้ที่ [www.dltv.ac.th](http://www.dltv.ac.th)  
รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





# สิ่งที่ต้องเตรียม

1. ใบความรู้ที่ 4


เรื่อง How to Stay Safe Online

2. สื่อสำหรับครู ที่ 5 เรื่อง I'm a Doctor!

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

รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3



A colorful illustration of a woman with long dark hair, wearing a yellow shirt, holding a large red heart. She has a joyful expression with closed eyes and a wide smile. The background is a warm, light orange color. To the left, there's a green circle with a sad face and a tear, and a yellow circle with a happy face. Several small red hearts are scattered around. The bottom of the image is decorated with various green leaves, a yellow flower, a white flower, a red flower, and a red puzzle piece. A butterfly is also visible. The overall theme is positive and self-care.

*“ Our bodies are our gardens –  
our wills are gardeners.”*

*--- William Shakespeare’s play Othello---*