

สื่อสำหรับครู ที่ 5 เรื่อง I'm a Doctor!
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 3 เรื่อง How to Take Care of Yourself 3
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Directions: Read the given situation and guess the disease from the symptoms in the situation. Use the internet to find more information.

Situation

Maria is a 28-year-old woman who loves running. She usually feels great after her morning jog, but recently, she's been feeling very tired. She also noticed that she's losing weight even though she's eating the same amount of food. Maria is always thirsty and needs to drink water all the time. Because of this, she has to go to the bathroom frequently, even during the night. She has also noticed that her vision is a bit blurry, and sometimes she feels pins and needles in her feet.

ข้อมูลเสริม Additional Sources:

Diabetes

- Fatigue
- Weight loss
- Thirst
- Frequent urination
- Blurry vision
- Tingling
- Slow wound healing

Influenza (Flu)

- High fever
- Severe muscle aches
- Headache
- Fatigue
- Dry cough
- Sore throat
- Chills and sweats

Asthma

- Shortness of breath
- Wheezing
- Chest tightness
- Coughing
- Difficulty sleeping
- Fatigue

Common Cold

- Runny or stuffy nose
- Sneezing
- Sore throat
- Cough
- Mild fever
- General fatigue
- Body aches

Hypertension (High Blood Pressure)

- Headache
- Dizziness
- Blurry vision
- Shortness of breath
- Chest pain or tightness
- Irregular heartbeat

Depression:

- Persistent sadness
- Loss of interest:
- Changes in appetite:
- Sleep disturbances:
- Fatigue or loss of energy:
- Difficulty concentrating:
- Physical symptoms:
- Suicidal thoughts:

ตัวอย่างการเขียนผังความคิด

Maria might have		
Symptoms	Causes	How to Prevent
1. Feeling tired 2. 3.	1. Unhealthy diet 2. 3.	1. Exercise regularly 2. 3.
Sources: (www.)		