

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง How to Take Care of Yourself 3

ครูผู้สอน ครูศุภณัฐ รักพงษ์



How to Take Care of Yourself 3



Objectives

- 1. Identify the causes of the disease based on the given situation.**
- 2. Present the causes of the disease and how to protect oneself from it.**



Oaky felt **fatigued** when he woke up – **tired, achy**, with a pounding **headache** behind his eyes. He made breakfast, but realized he **couldn't taste or smell** anything. That afternoon, a **dry cough** started, followed by **fever and chills**.

Oaky might have COVID-19





GUESS WHAT 
WE ARE GOING TO LEARN!



ใบความรู้ที่ 4 เรื่อง How to Stay Safe Online

หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness

แผนการจัดการเรียนรู้ที่ 3 เรื่อง How to Take Care of Yourself 3

รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Five important steps for surfing the internet effectively:

1. **Know What You Want:** Have a clear idea of what you're looking for before you start browsing.
2. **Use Trusted Search Engines:** Stick to reliable search engines like Google or Bing to find what you need.
3. **Check Website Credibility:** Make sure the websites you visit are trustworthy and have accurate information.
4. **Stay Safe Online:** Protect your personal information and be cautious about who you interact with online.
5. **Organize and Limit Your Time:** Keep your bookmarks organized, set limits on your internet usage, and prioritize learning and safety.

Handout 4

How to Stay Safe Online



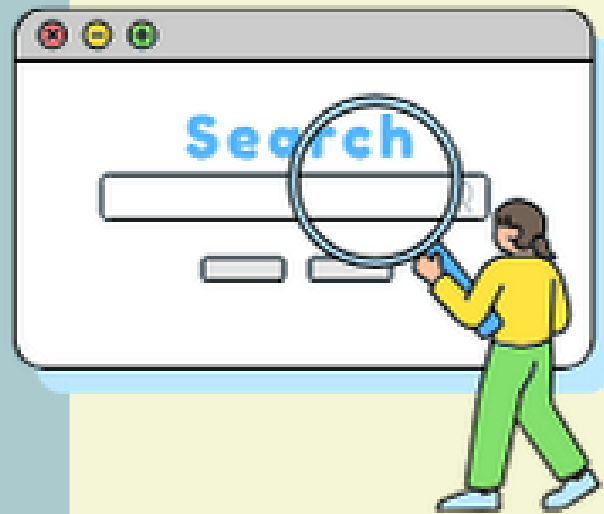
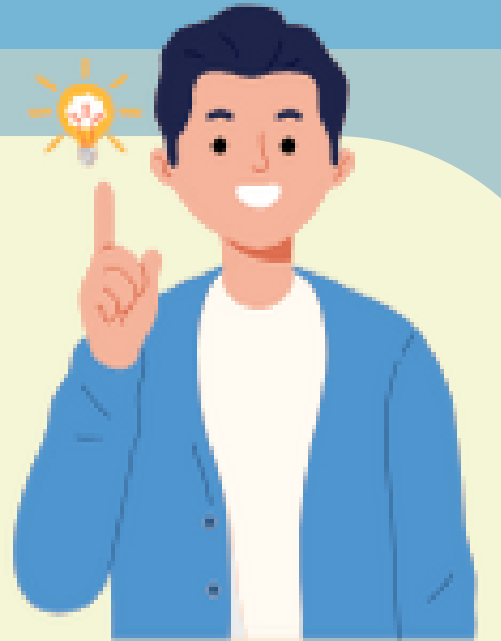
How to Stay Safe Online



How to Stay Safe Online

1. Know What You Want.

Have a **clear idea** of what you're looking for before you start browsing.



Stick to **reliable search engines** like Google or Bing to find what you need.

2. Use Trusted Search Engines.

3. Check Website Credibility.

Make sure the websites you visit are trustworthy and have **correct information**.



How to Stay Safe Online



Protect your personal information and be cautious about who you interact with online.

4. Stay Safe Online.

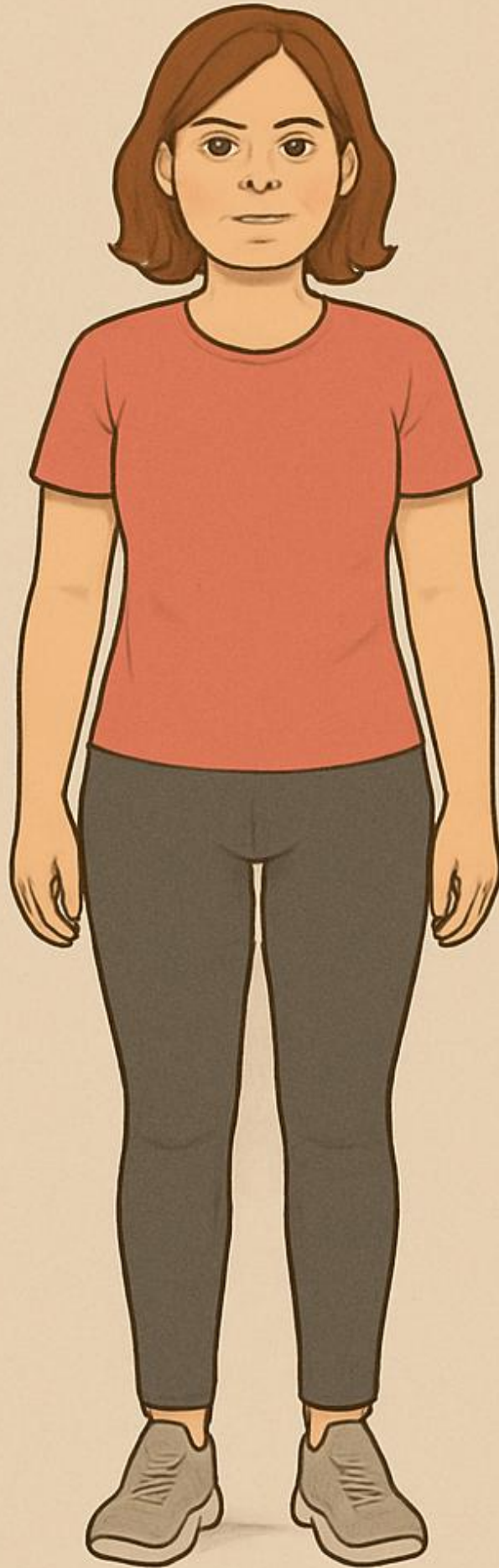
5. Organize and Limit Your Time.

Set limits on your internet usage, and prioritize learning and safety.





I'm a Doctor!



**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.

1. Use the internet to find more information about the symptoms and the disease.



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.



2. Make a chart to identify symptoms, causes, and prevention of the disease.

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





HOSPITAL

I'm a Doctor!





**Let's
Review!**

How to Stay Safe Online

1. Know What You Want.



2. Use Trusted Search Engines.

3. Check Website Credibility.



4. Stay Safe Online.



5. Organize and Limit Your Time.



Irregular Verb List



Base Form	Past Simple	Past Participle
find	found	found
bind	bound	bound
wind	wound	wound



บทเรียนครั้งต่อไป

เรื่อง

Common Illnesses 1



ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th
รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





สิ่งที่ต้องเตรียม



1. ใบงานที่ 1 เรื่อง The Two Common Diseases
2. ใบงานที่ 2 เรื่อง Venn Diagram



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*“He who has health has hope;
and he who has hope, has everything.”*

--- Thomas Carlyle---

(Scottish essayist, historian, and philosopher)

