



รายวิชา ภาษาอังกฤษ

รหัสวิชา **อ23101** ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง Food Ingredients 1

ครูผู้สอน ครูศุภณัฐ รักพงษ์

Food Ingredients 1

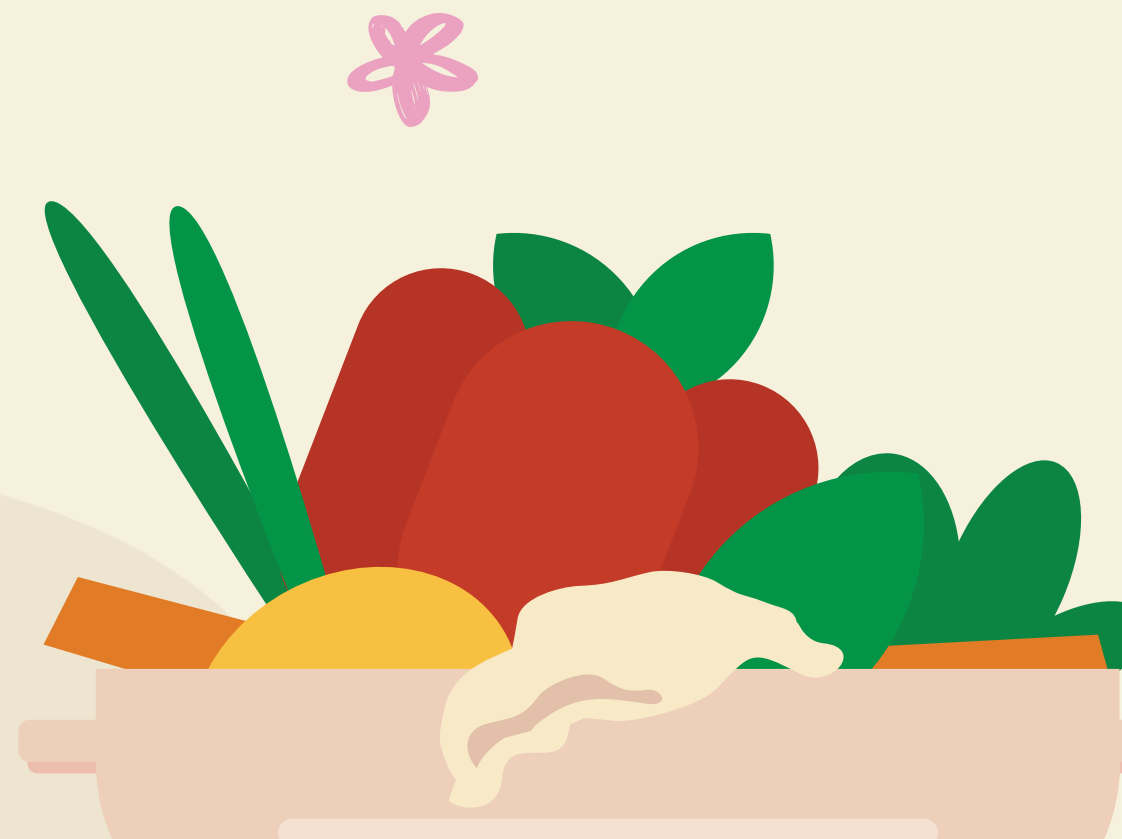
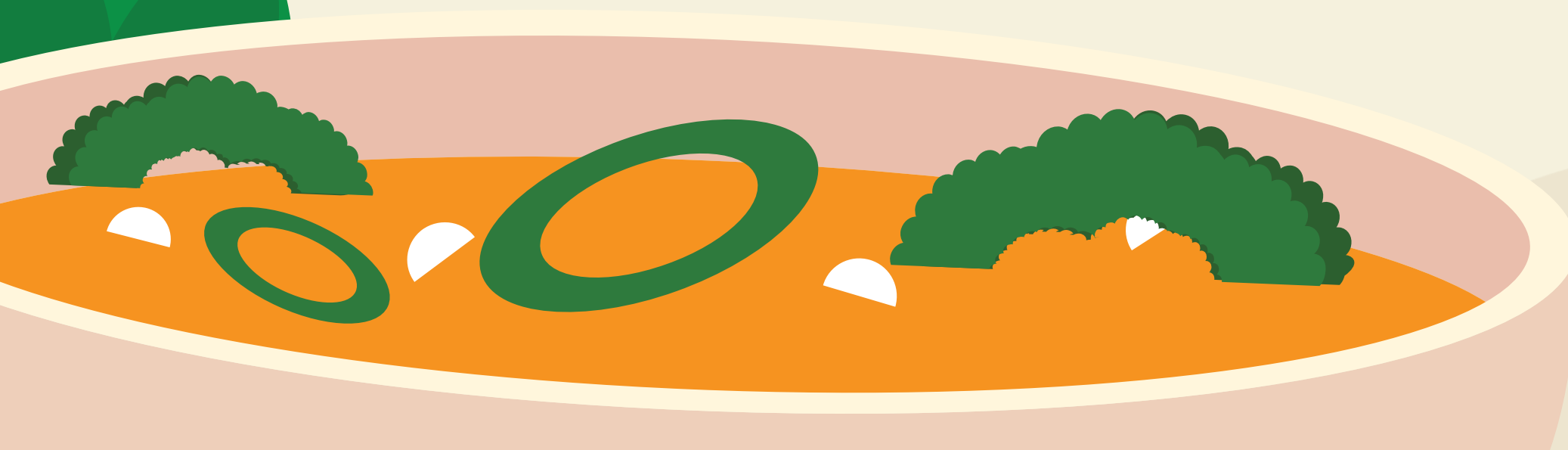




Objective



**Be able to identify nutrients
in different foods.**



What is this food?

fats

carbs

proteins

minerals

vitamins

Pork Burger





GUESS WHAT 
WE ARE GOING TO LEARN!





quantifier





a variety of



a batch of



a drizzle of



a container of

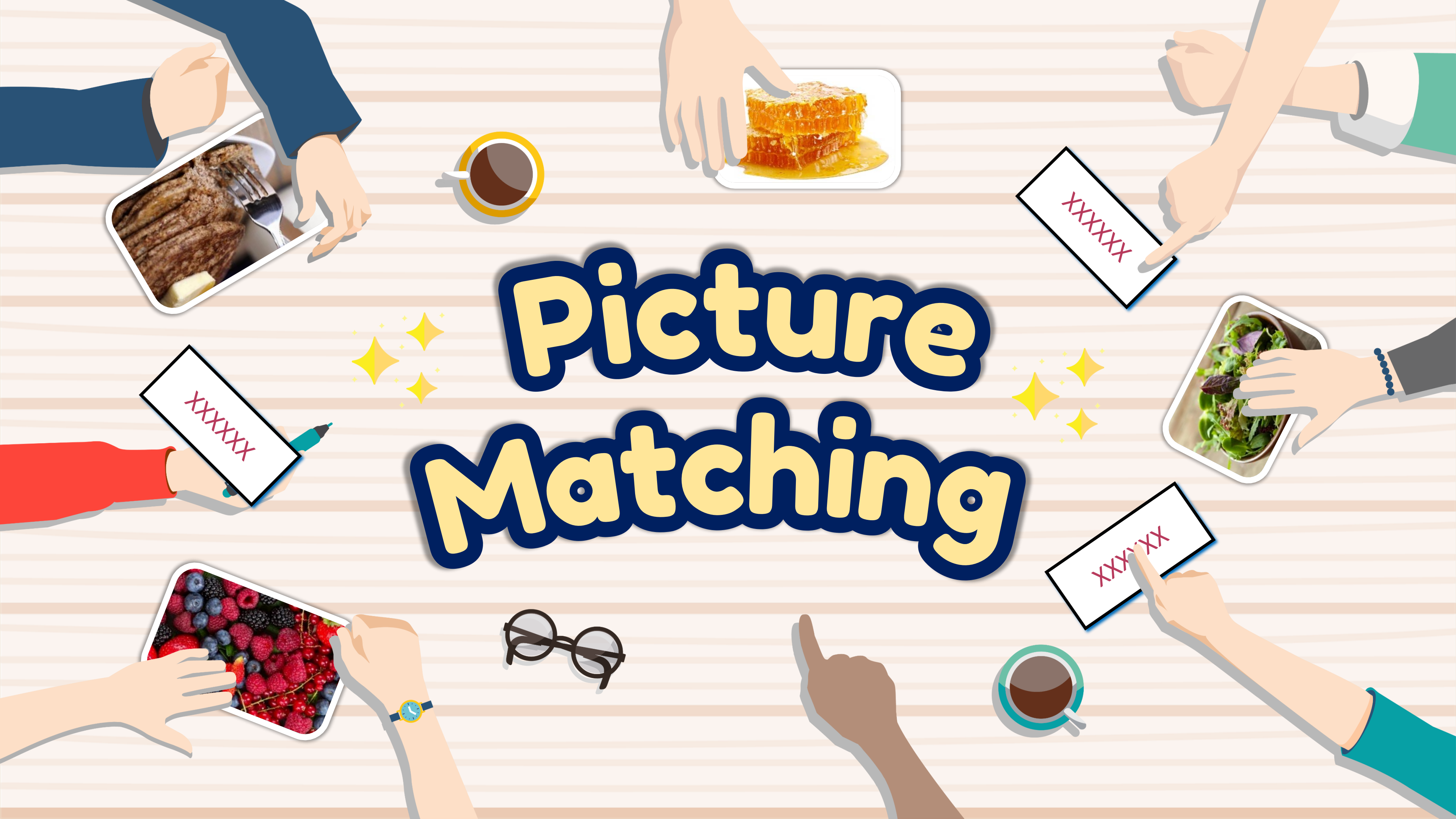


a hint of



a side of

Picture Matching



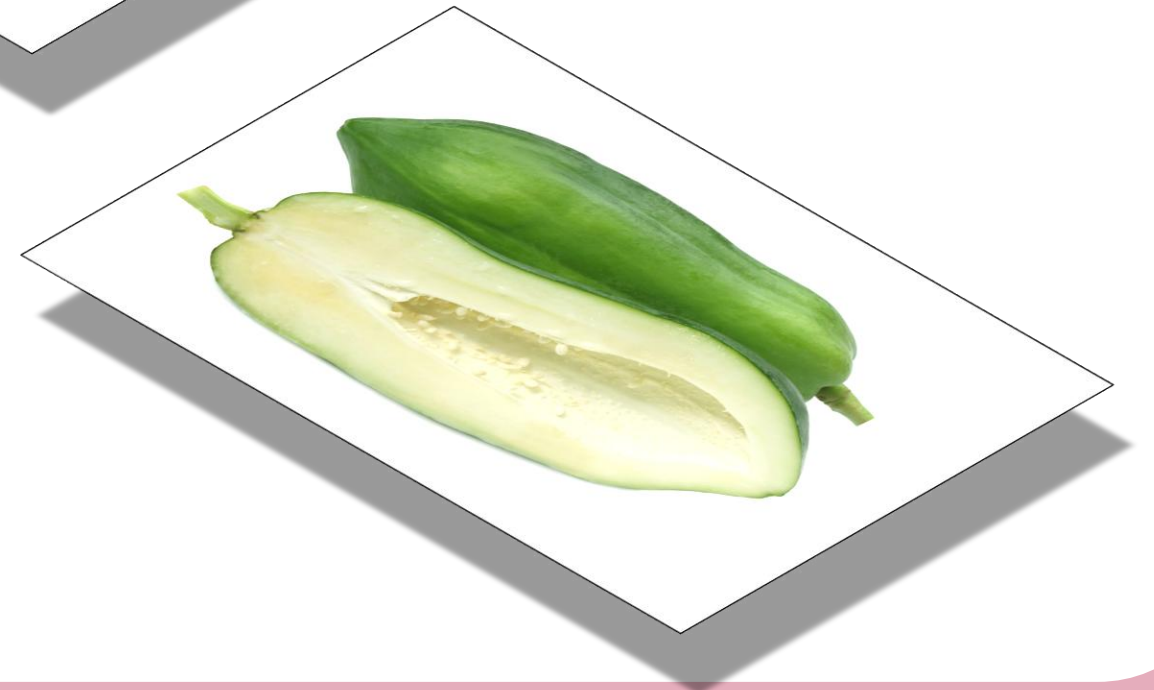
1. Get into groups.



2. Get cards from the teacher.

tomatoes

papayas



3. Match the pictures with the correct words.

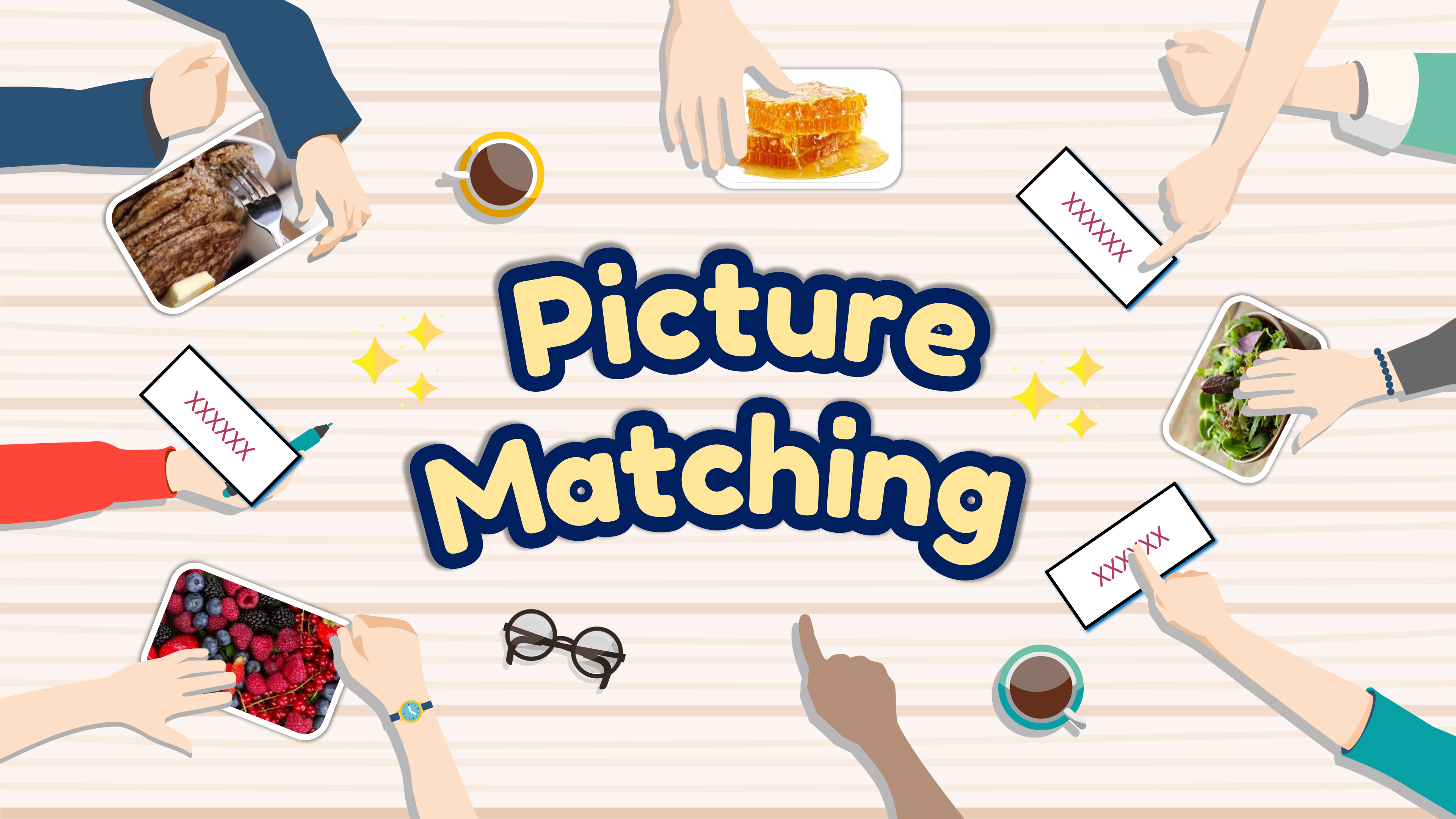
tomatoes



papayas



Picture Matching



**Whole-
grain
pancakes**



Salad



**Fresh
berries**



**Mixed
greens**



Honey



**Cherry
tomatoes**



**Olive
oil**



Zucchini



**Lemon
juice**



Mushrooms



Herbs



**Quinoa
salad**



**Scrambled
eggs**



Cucumber



Spinach



**Bell
peppers**



**Greek
yogurt**



**Grilled
chicken
breast**



**Whole-
grain
rolls**



**Diced
vegetables**



**Apple
slices**



**Lemon
dressing**



Grapes



**Avocado
slices**



Granola



**Feta
cheese**



**Sliced
almonds**



**Homemade
vinaigrette**



**Turkey
burgers**



**Mixed
berry
salad**



**Vegetable
skewers**



Mint



ใบความรู้ที่ 6 Lisa's Special Day

หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness

แผนการจัดการเรียนรู้ที่ 9 เรื่อง Food Ingredients 1

รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Next Saturday, Lisa will be preparing food for a picnic day with her family. She will focus on ensuring that all meals are nutritious and well-portioned.

For breakfast, she will make a variety of options to start the day right. She will be making a batch of whole-grain pancakes and serving them with fresh berries and a drizzle of honey. To add some protein, she will prepare scrambled eggs with spinach. Lisa will also include a side of Greek yogurt topped with granola and sliced almonds.

As the day progresses, she will be preparing lunch. She will make a large salad using mixed greens, cherry tomatoes, cucumber, and bell peppers. To make it more filling, she will be adding grilled chicken breast slices and a sprinkle of feta cheese. Lisa will prepare a homemade vinaigrette using olive oil, lemon juice, and herbs. She will also pack whole-grain rolls and some fresh fruit, such as apple slices and grapes, for a sweet yet healthy dessert.

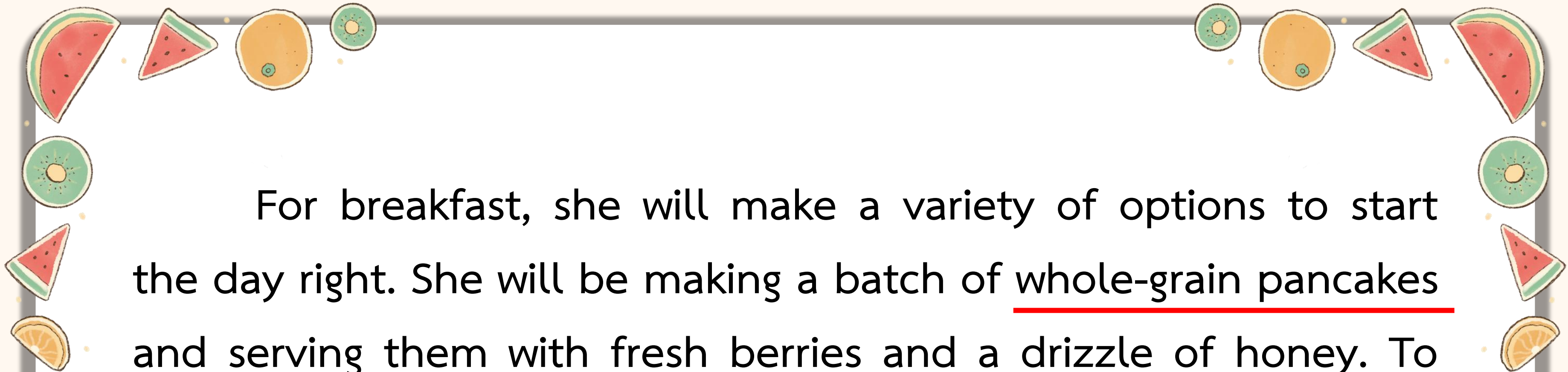
For dinner, Lisa will be organizing a small barbecue. She will be grilling lean turkey burgers and vegetable skewers with zucchini, mushrooms, and cherry tomatoes. Alongside, she will prepare a quinoa salad with diced vegetables and a light lemon dressing. She will make sure to include some healthy fats by packing a container of avocado slices. To finish off the day, Lisa will prepare a light dessert of mixed berry salad with a hint of mint.

Handout 6

Lisa's Special Day

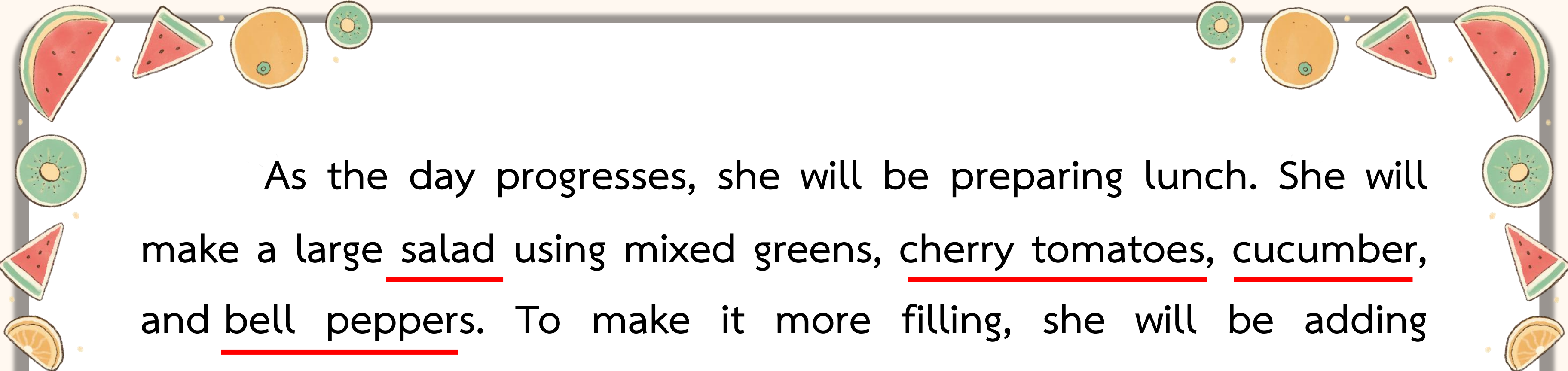
Underline foods you find in the passage.



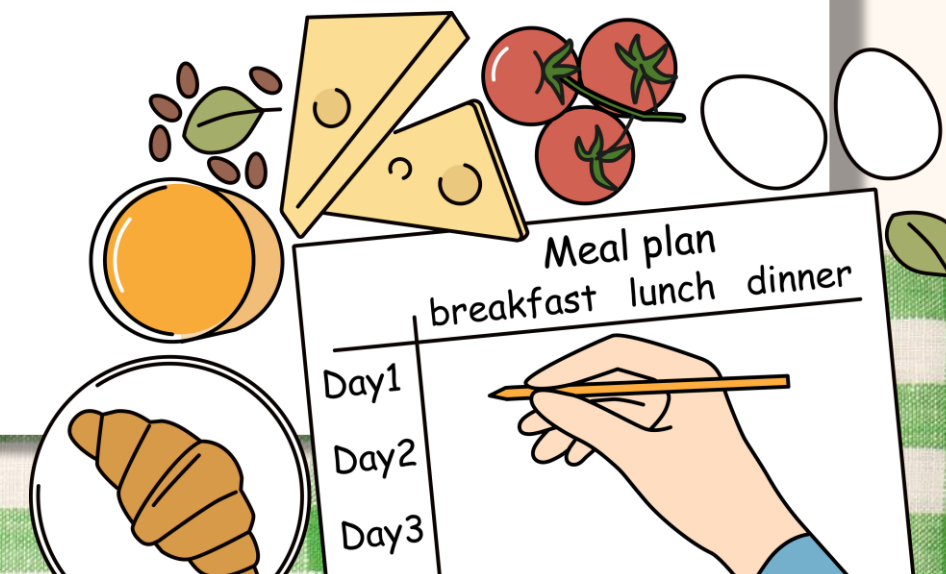
A decorative border surrounds the text, featuring various fruit slices including watermelon, kiwi, orange, and lemon. The border is composed of several small, colorful illustrations of these fruits, arranged in a way that frames the central text area. The fruits are depicted in a simple, cartoonish style with bright colors and black outlines. The watermelon slices show red flesh and green rinds, the kiwi slices show green flesh and brown outlines, the orange slices show orange flesh and white pith, and the lemon slices show yellow flesh and white pith. The border is set against a light blue background with a subtle pattern of small, light blue dots. The text is centered within this frame, written in a black, sans-serif font. The phrase "whole-grain pancakes" is underlined in red. The text is as follows:

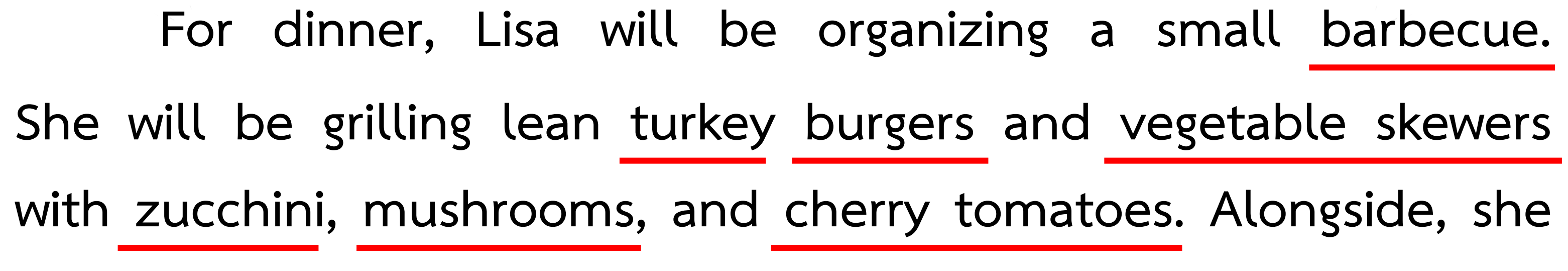
For breakfast, she will make a variety of options to start the day right. She will be making a batch of whole-grain pancakes and serving them with fresh berries and a drizzle of honey. To



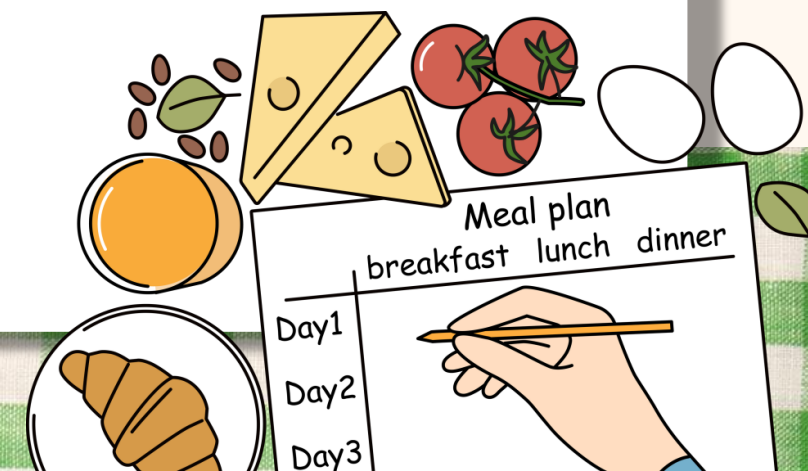


As the day progresses, she will be preparing lunch. She will make a large salad using mixed greens, cherry tomatoes, cucumber, and bell peppers. To make it more filling, she will be adding grilled chicken breast slices and a sprinkle of feta cheese. Lisa will prepare a homemade vinaigrette using olive oil, lemon juice, and herbs. She will also pack whole-grain rolls and some fresh fruit, such as apple slices and grapes, for a sweet yet healthy dessert.





For dinner, Lisa will be organizing a small barbecue. She will be grilling lean turkey burgers and vegetable skewers with zucchini, mushrooms, and cherry tomatoes. Alongside, she will prepare a quinoa salad with diced vegetables and a light lemon dressing. She will make sure to include some healthy fats by packing a container of avocado slices. To finish off the day, Lisa will prepare a light dessert of mixed berry salad with a hint of mint.



nutrient classification





สื่อสำหรับครูที่ 9 เรื่อง บัตรคำศัพท์นำเข้าสู่บทเรียน
หน่วยการเรียนรู้ที่ 2 เรื่อง Health and Wellness
แผนการจัดการเรียนรู้ที่ 9 เรื่อง Food Ingredients 1
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Part 2: Pictures

Directions: Read Handout 6, "Lisa's Special Day," then write down Lisa's list of foods for each meal and identify the nutrients.

Breakfast	Nutrients	Lunch	Nutrients	Dinner	Nutrients
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	



Teacher Material 9

Part B

**Read Handout 6,
"Lisa's Special Day,"
then write down Lisa's
list of foods for each meal
and identify the nutrients.**



Part 2: Pictures

Directions: Read Handout 6, "Lisa's Special Day," then write down Lisa's list of foods for each meal and identify the nutrients.



Breakfast	Nutrients	Lunch	Nutrients	Dinner	Nutrients
1. whole-grain pancakes	carbs vitamins minerals	1. cucumber	vitamins minerals water	1. avocado	fats vitamins minerals
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	



nutrient classification





**Let's
Review!**



Irregular Verb List



bite

bit

bitten

hide

hid

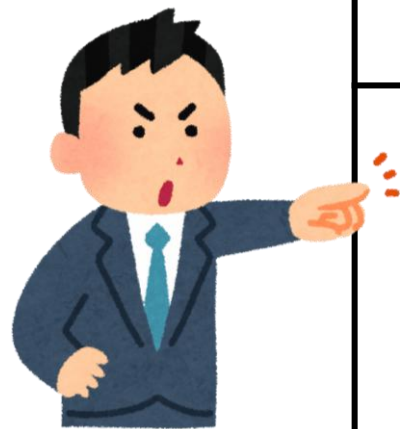
hidden



bid

bade

bidden



forbid

forbade

forbidden





บทเรียนครั้งต่อไป

Food Ingredients 2



ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th

รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3



สิ่งที่ต้องเตรียม

1. ใบความรู้ที่ 7 เรื่อง Future Simple และ Future Continuous
2. สื่อสำหรับครู ที่ 11
เรื่อง บัตรคำ กิจกรรม Sentence Shuffle

ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th

รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





***“The food that enters the mind must be watched
as closely as the food that enters the body.”***

--- Pat Buchanan ---

(an American journalist, politician, and author)