

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.