

# รายวิชา ภาษาอังกฤษ

รหัสวิชา **อ23101** ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

## เรื่อง Healthy Lifestyle 2

ครูผู้สอน ครูศุภณัฐ รักพงษ์



# Healthy Lifestyle 2



# Objective

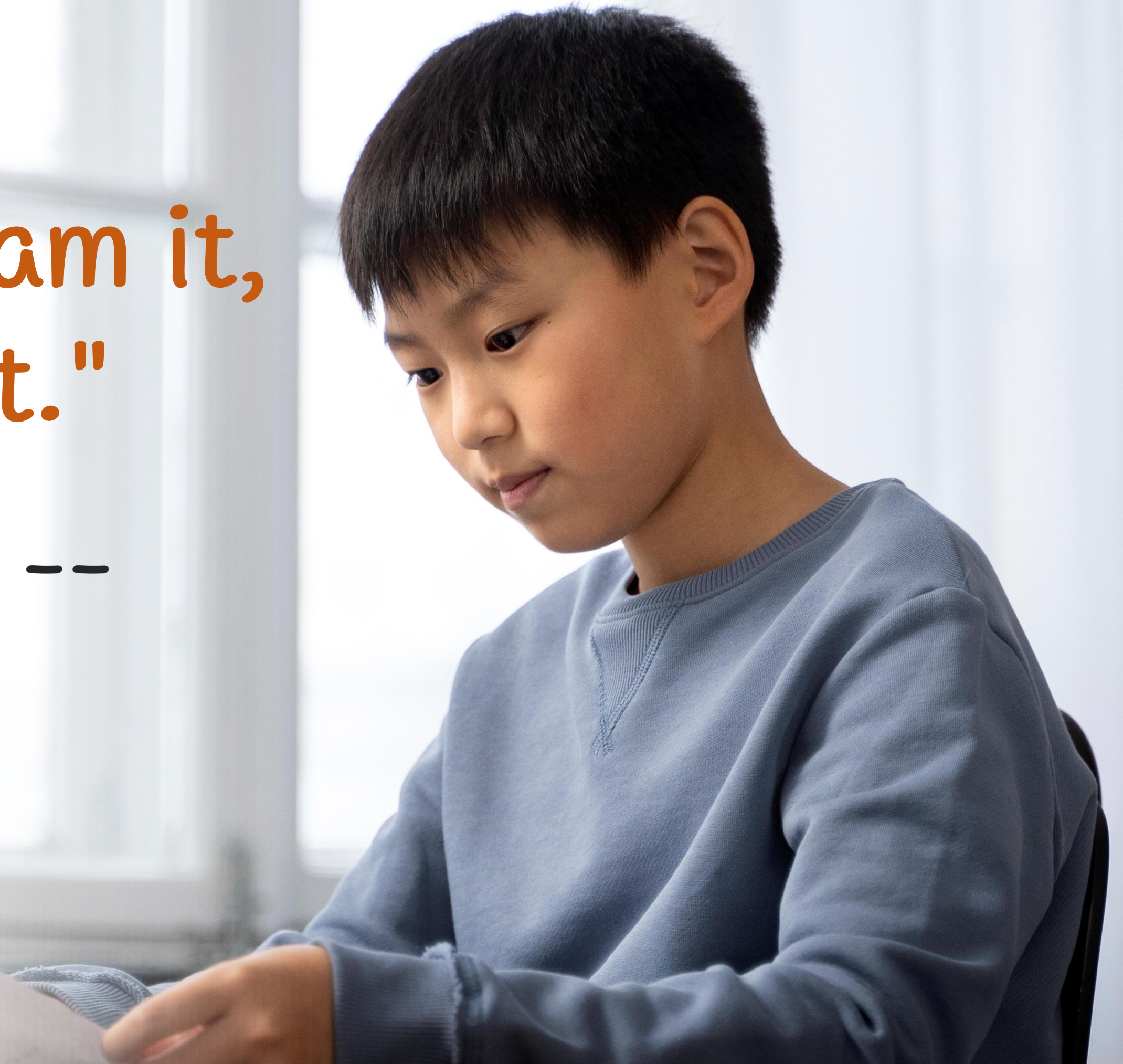
**Be able to use conditional sentences type 1 to communicate.**





"If you can dream it,  
you can do it."

-- Walt Disney --





# Conditional Sentence Type 1

## 1 possible situation

**\*\* If the condition is true, the result will likely happen.**

**If + S + V<sub>1</sub> , S + will + V<sub>inf</sub>**

**Alex:** Hey Jamie, if you join me for a run tomorrow morning, you'll feel energized for the whole day.

**Jamie:** That sounds great, Alex. If I wake up early enough, I'll definitely come. What time are you planning to go?

**Alex:** I was thinking about 7 AM. If we start early, we'll avoid the heat.

**Jamie:** That works for me. If I get my workout clothes ready tonight, it will be easier to get up in the morning.

**Alex:** Good idea. If you need any gear, let me know. I have an extra pair of running shoes.

**Jamie:** Thanks, but I have everything I need. If I feel too tired in the morning, I'll just remind myself of how good I'll feel afterward.

**Alex:** Exactly! If we keep a steady pace, we'll have enough energy to run for an hour.

**Jamie:** Sounds perfect. If we run regularly, we'll see improvements in our fitness pretty quickly.

**Alex:** For sure. And if we stay consistent, we might even be ready for a 10K race in a few months.

**Jamie:** That would be amazing. If I can stick to this routine, I'll be in much better shape by the end of the summer.

**Alex:** Absolutely. If you need motivation, just give me a call. We can keep each other on track.

**Jamie:** Will do. If I sleep well tonight, I'll be all set for tomorrow.  
See you at 7 AM!



# Handout 8

## If I exercise, ...





**Alex:** Hey Jamie, if you join me for a run tomorrow morning, you'll feel energized for the whole day.

**Jamie:** That sounds great, Alex.  
If I wake up early enough, I'll definitely come.  
What time are you planning to go?

**Alex:** I was thinking about 7 AM.  
If we start early, we'll avoid the heat.



# If I speak,...



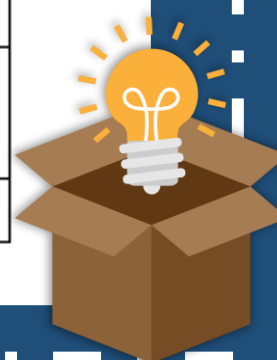


ใบความรู้ที่ 9 เรื่อง If I Speak, ...  
 หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness  
 แผนการจัดการเรียนรู้ที่ 12 เรื่อง Healthy Lifestyle 2  
 รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

- Directions: 1. Get a condition.  
 2. Find a partner.  
 3. Say your condition to the partner.  
 4. Take turn to complete the conditional sentence that your partner says.  
 5. Find a new partner and do the same.

Condition Script:

If I study hard,	If I do my chores,
If I wake up early,	If I ask questions,
If I eat breakfast,	If I stay positive,
If I exercise regularly,	If I plan my time well,
If I finish my homework,	If I wear sunscreen,
If I save my money,	If I eat more vegetables,
If I clean my room,	If I focus in class,
If I listen to my teacher,	If I stay organized,
If I practice the piano,	If I set goals,
If I help my parents,	If I stay active,
If I drink enough water,	If I participate in group projects,
If I go to bed on time,	If I practice sports,
If I take good notes,	If I take breaks while studying,
If I read every day,	If I prepare my school bag the night before,
If I try new activities,	If I eat healthy food,



# Handout 11

## If I Speak, ...



# 1. Get a strip of condition.

If I finish my homework,

If I study hard,

If I clean my room,

## 2. Find a partner.



### **3. Read aloud your condition to the partner.**

**If I study hard,  
...**

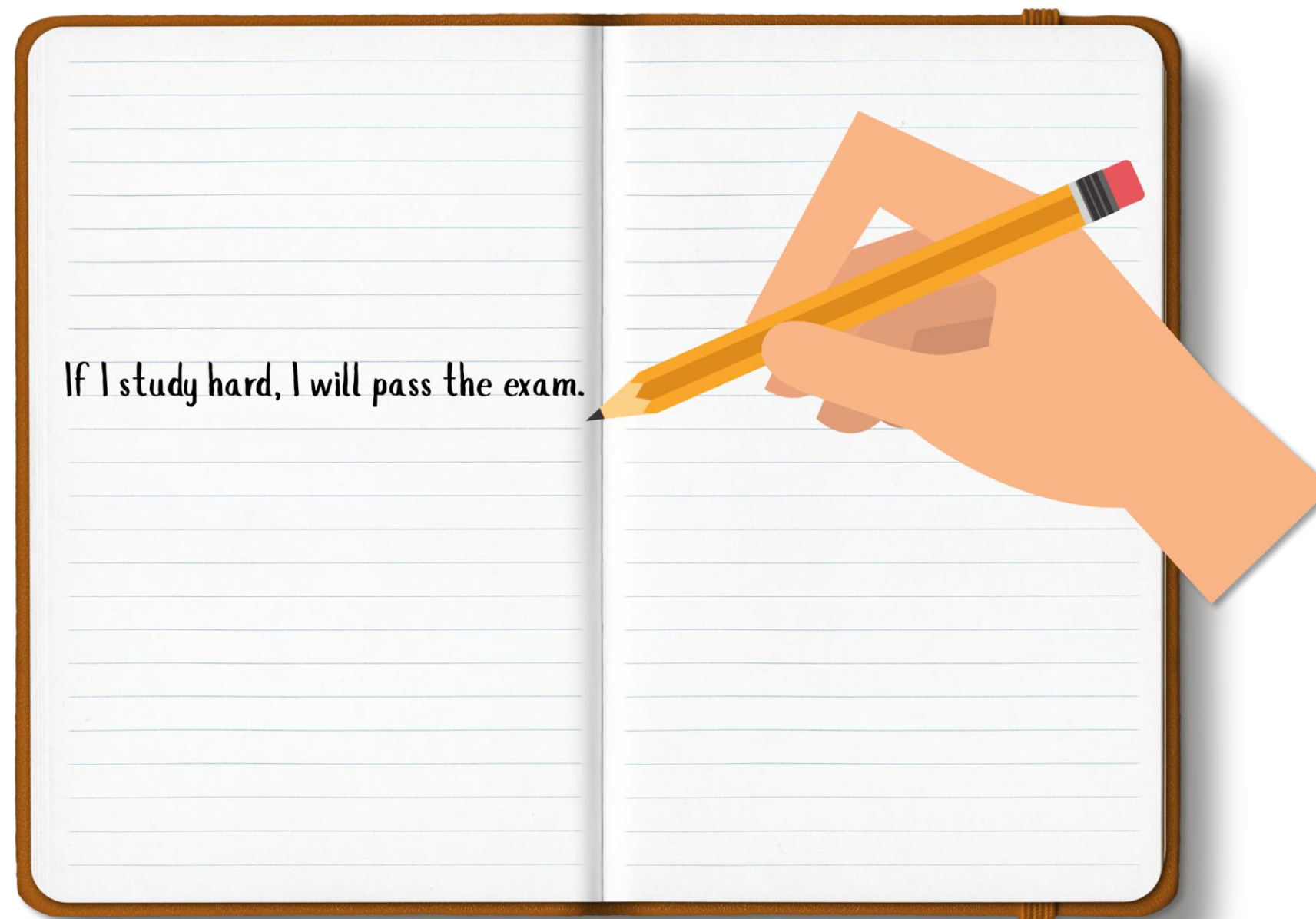




## **4. Complete the conditional sentence that your partner says.**



**5. Write the sentence  
on your notebook.**



## 6. Find a new partner.

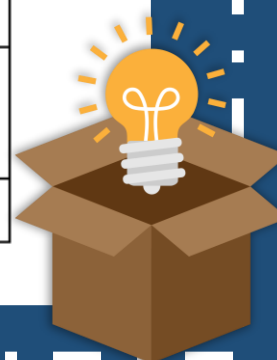


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If I try new activities,	If I eat healthy food,



# Handout 11

## If I Speak, ...





.....

.....

.....

.....

.....



**If I study hard, ...**



**If I exercise  
regularly,**

**... if I eat healthy food.**





**... if I have free time.**



# Conditional Sentence Type 1

**If + S + V<sub>1</sub>**

,

**S + will + V<sub>inf</sub>**

**condition**

**result**

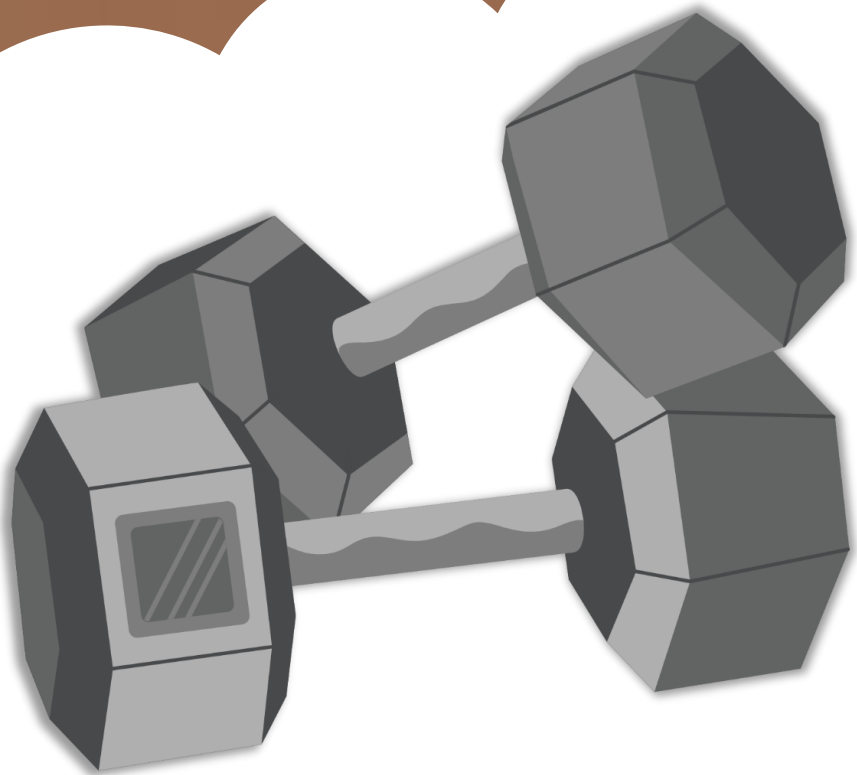
**S + will + V<sub>inf</sub>**

**if + S + V<sub>1</sub>**

**result**

**condition**









# Let's Review!



# Conditional Sentence Type 1

**If + S + V<sub>1</sub>**

,

**S + will + V<sub>inf</sub>**

**condition**

**result**

**S + will + V<sub>inf</sub>**

**if + S + V<sub>1</sub>**

**result**

**condition**

# Irregular Verb List



Base Form	Past Simple	Past Participle
<b>break</b>	<b>broke</b>	<b>broken</b>
<b>wake</b>	<b>woke</b>	<b>woken</b>
<b>choose</b>	<b>chose</b>	<b>chosen</b>



บทเรียนครั้งต่อไป

# Healthy Lifestyle 3



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

รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





# สิ่งที่ต้องเตรียม

## ใบงานที่ 9

## เรื่อง กิจกรรม Role Play



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

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"Exercise is a celebration  
of what your body can do.  
Not a punishment for what you ate."

--- Anonymous ---

