

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง Healthy Lifestyle 1

ครูผู้สอน ครูศุภณัฐ รักพงษ์





Healthy Lifestyle 1

Objective

**- Pronounce the vocabulary related to
exercise and health care.**



Future Simple

will + Vinf

**- a general statement
about the future**

Future Continuous

will + be + Ving

**- a specific context
where the action will
be ongoing**



Brain Exercise ?



GUESS WHAT 
WE ARE GOING TO LEARN!





feeling full of energy

energized (adj.)



**to stay away from
something**

avoid (v.)



**The equipment or tools
you need for an activity**

gear (n.)



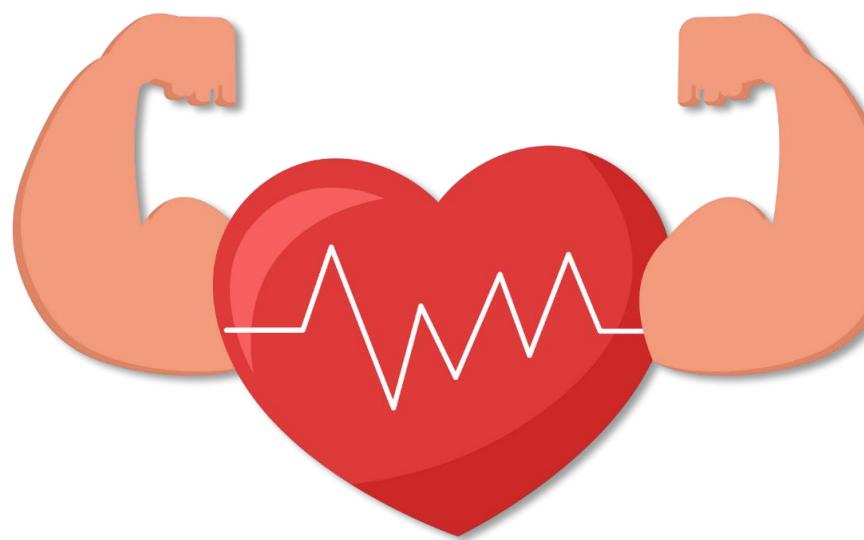
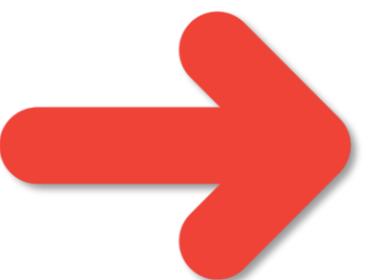
**being healthy
and strong**

fitness (n.)

**the speed at
which someone moves**

pace (n.)





for sure

definitely

certainly

exactly

absolutely

(adv.)



He will lose weight if he exercises every day.

Conditional Sentence Type 1

He will lose weight if he exercises every day.

result

condition

If he exercises every day, he will lose weight.

condition

result

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

Conditional Sentence Type 1

1

possible situation

condition

If you stretch before running,

you will avoid injuries.

result

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

S V
If he exercises every day, he will lose weight.

S V
If you don't have enough sleep, you will feel exhausted.

S V
If you stretch before running, you will avoid injuries.

Conditional Sentence Type 1

If he exercises every day, he will lose weight.

If S V₁ , S will V_{inf}

If + S + V₁ , S + will + V_{inf}

Exercise 1

1. If you study hard, *
 - * you may go out to play.
2. If you finish your homework, *
 - * you will catch the bus.
3. If you want to succeed, *
 - * you can pass the exam.
4. If you save more money, *
 - * you can buy a new phone.
5. If you run faster, *
 - * you must work hard.

Conditional Sentence Type 1

If + S + V₁ , S + **will** + V_{inf}

“will” can be replaced by can, may, or must.

Examples in Context:

- If it rains tomorrow, we will stay indoors.
 - Will expresses a likely result or future certainty.
- If it rains tomorrow, we can stay indoors.
 - Can suggests that staying indoors is an option or a possibility.
- If it rains tomorrow, we may stay indoors.
 - May implies that staying indoors is a possibility, not a certainty.
- If it rains tomorrow, we must stay indoors.
 - Must indicates that staying indoors is necessary or required if it rains.



Worksheet 8

Can You Find Them?

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!

Alex: See you then! If we keep this up, we'll achieve our goals in no time.



**Read the dialog
“If I exercise,”
and underline
conditional sentences.
Identify structure
in each sentence.**



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.**

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!



Let's Review!

Conditional Sentence Type 1

1

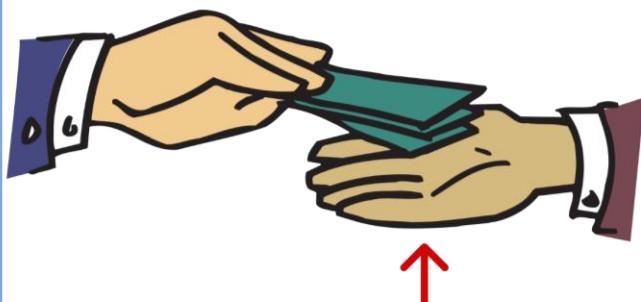
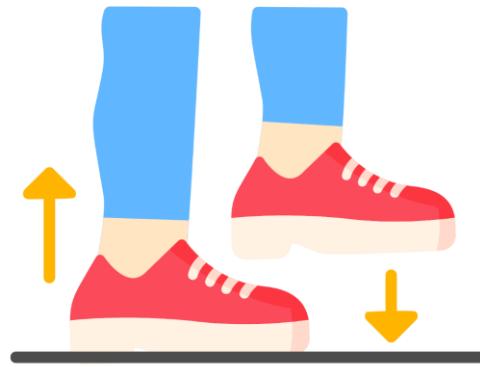
possible situation

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

If + S + V₁ , S + will + V_{inf}

Irregular Verb List

Base Form	Past Simple	Past Participle
tread	trod	trodden
get	got	gotten
forget	forgot	forgotten



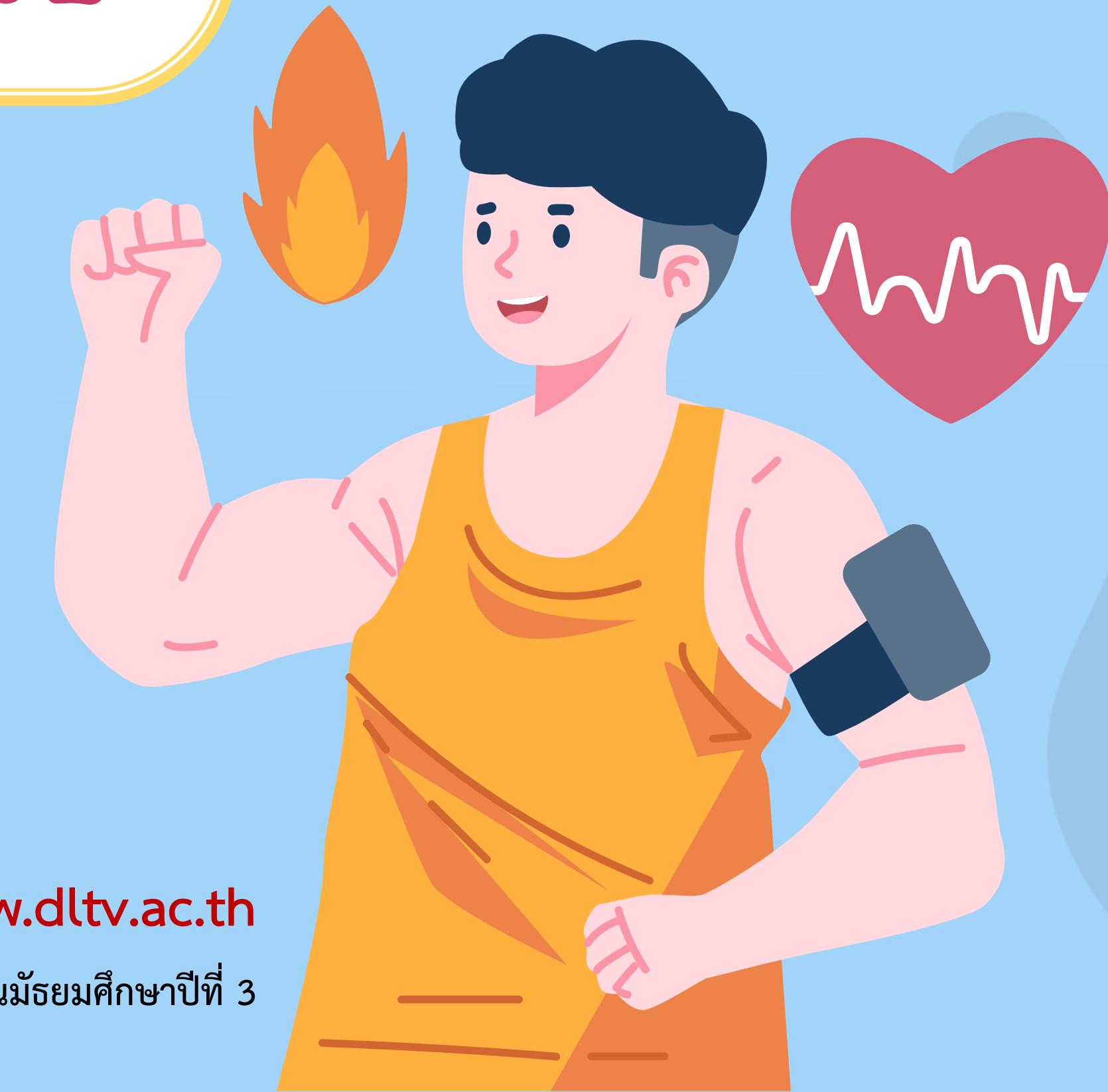


บทเรียนครั้งต่อไป

Healthy Lifestyle 2

ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th

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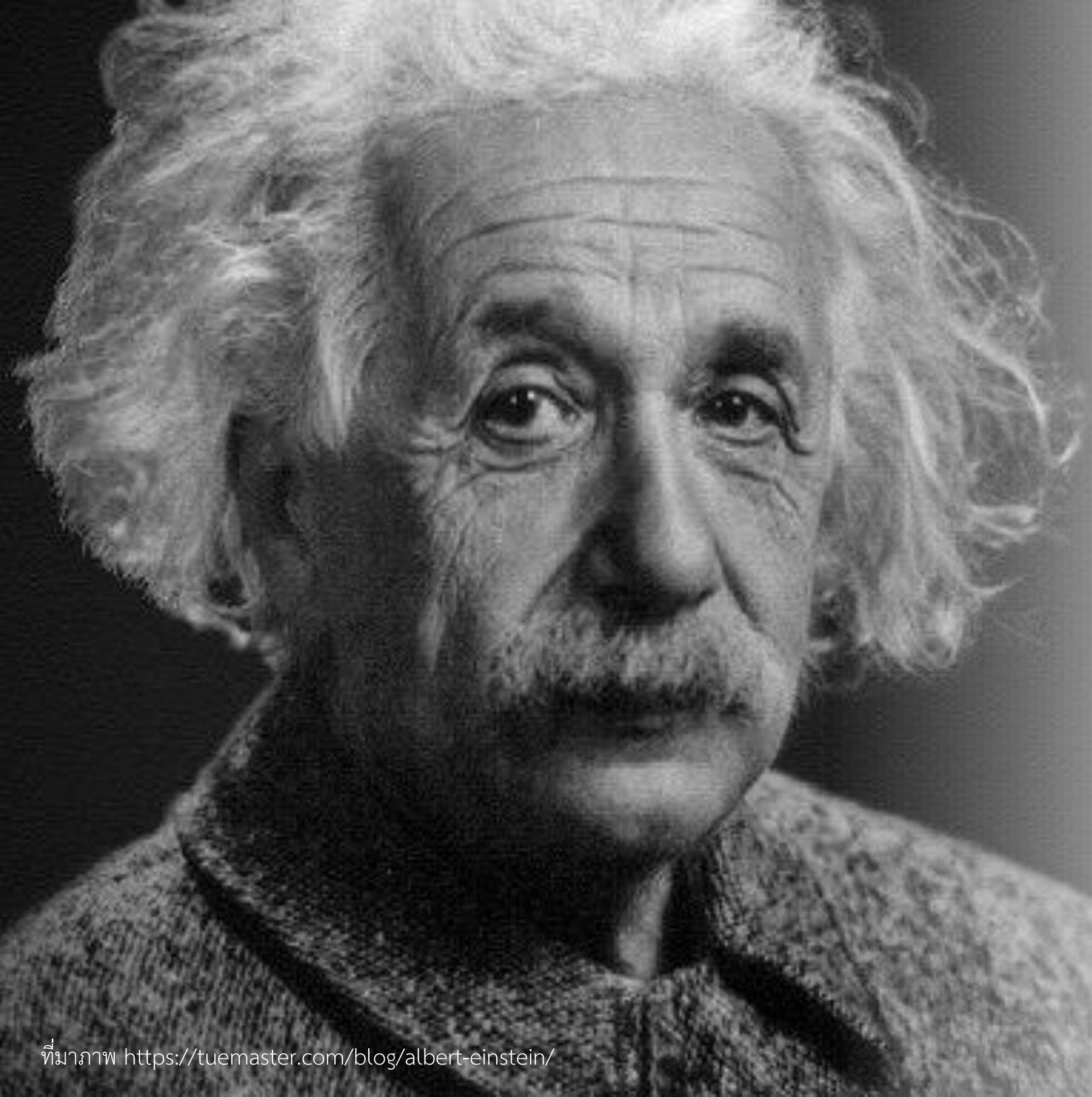


สิ่งที่ต้องเตรียม

ใบความรู้ที่ 9
เรื่อง If I Speak, ...

ดาวน์โหลดเอกสารได้ที่ www.dltv.ac.th
รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





**“If you want to live
a happy life,
you must tie it to a goal,
not to people or things.”**

--- Albert Einstein ---

(one of the greatest physicists of all time)