

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

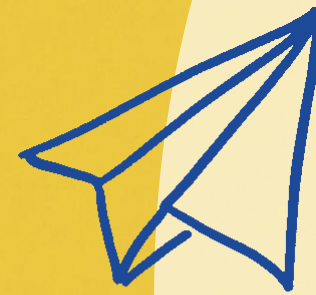
will + V_{inf}

**- a general statement
about the future**

Future Continuous

will + be + V_{ing}

**- 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

S

V

If he exercises every day, he will lose weight.

S

V

S

V

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

S

V

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 + Vinf

“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.

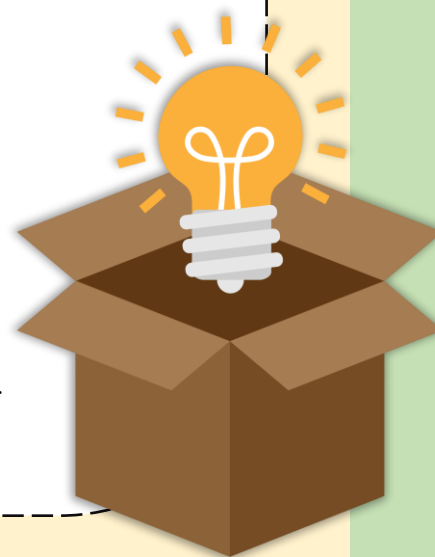
Alex: For sure. And if we stay consistent, we might even be ready for a 10K race in a few months.

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.






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

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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!

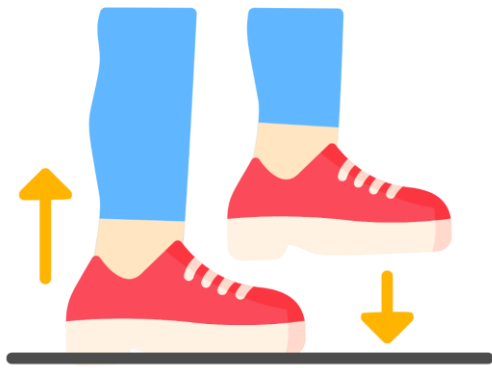
Conditional Sentence Type 1

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

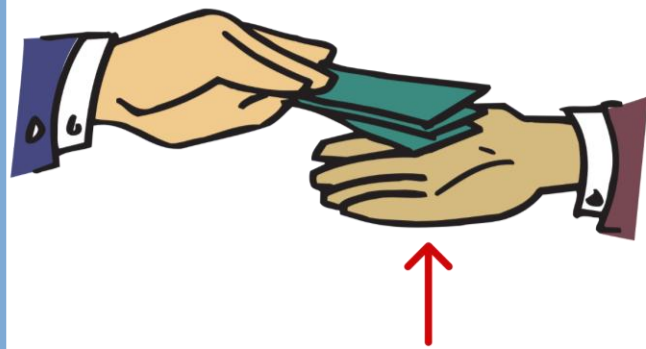
tread

Past Simple

trod

Past Participle

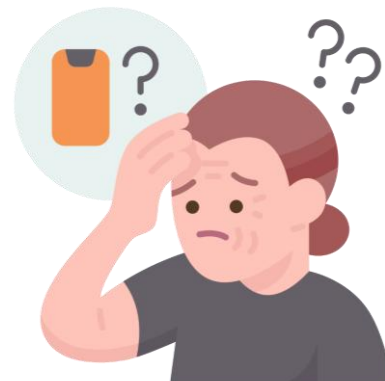
trodden



get

got

gotten



forget

forgot

forgotten



บทเรียนครั้งต่อไป

Healthy Lifestyle 2



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สิ่งที่ต้องเตรียม

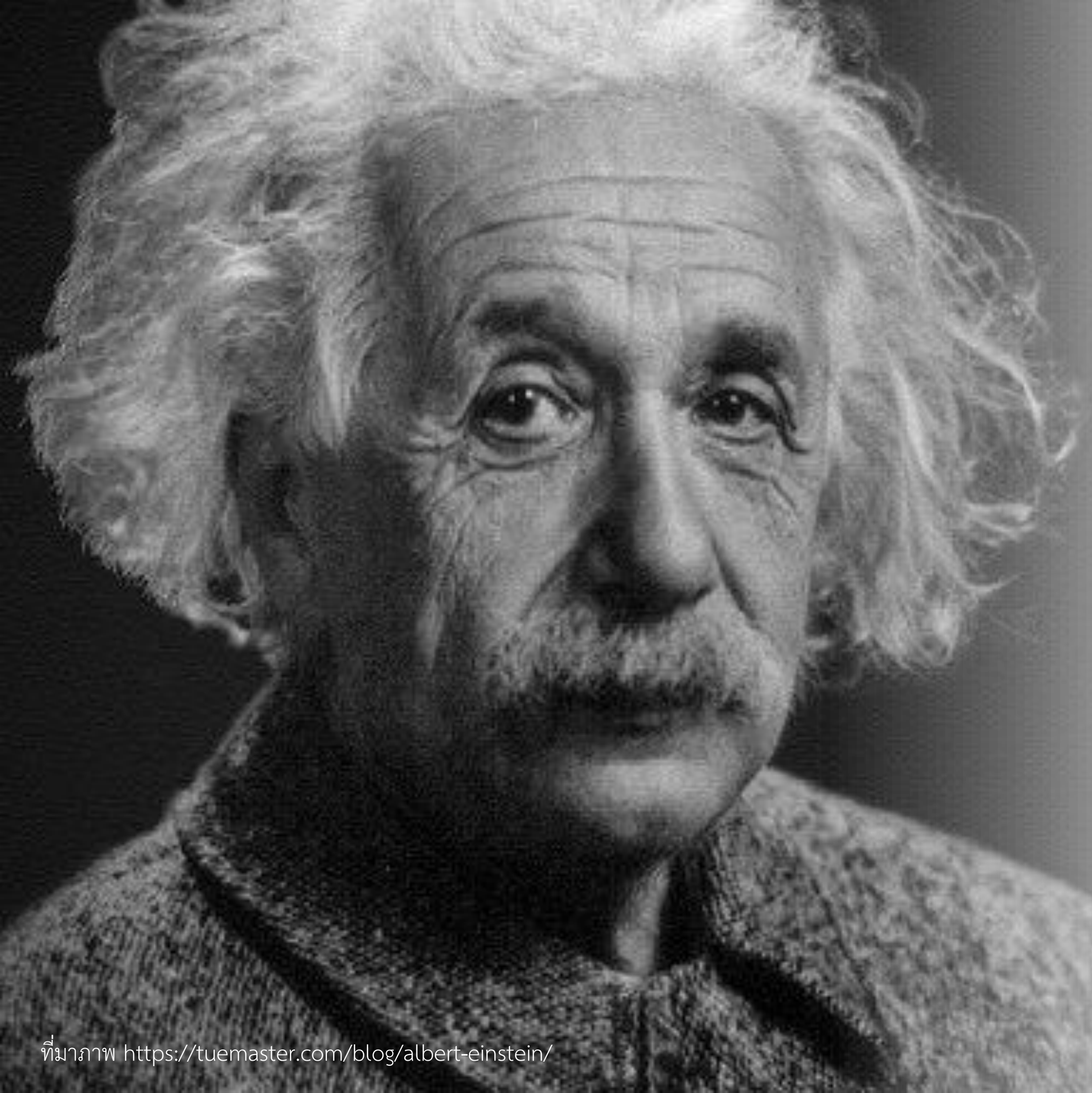
ใบความรู้ที่ 9 เรื่อง If I Speak, ...



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**“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)**