

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101 ชั้นมัธยมศึกษาปีที่ 3

หน่วยที่ 2 Health & Wellness

เรื่อง Healthy Lifestyle 3

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Healthy Lifestyle 3



Objective

Be able to identify the main idea from the conversation.



Conditional Sentence Type 1

If + S + V₁

,

S + will + V_{inf}

condition

result

S + will + V_{inf}

if + S + V₁

result

condition

If I exercise, ...




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



Jamie

Alex



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

Jamie

Alex

**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

Alex

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



Jamie

Alex

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

Jamie



Alex

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

Jamie

Alex

Running Quiz





1



2



3



4



5



1

2

3

4

5

1. **What time** does Alex suggest starting their run?

1. 6 AM

2. 7 AM

3. 8 AM

4. 9 AM



1. **What time** does Alex suggest they start their run?

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.



2. **Why** does Alex suggest starting the run early?

1. To have more time to relax

2. To avoid the heat

3. To finish before breakfast

4. To see the sunrise



2. **Why** does Alex suggest starting the run early?

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.



3. What does Jamie plan to do to wake up easier?

1. Go to bed early

3. Set multiple alarms

2. Get workout clothes ready

4. Drink coffee in the morning



3. What does Jamie plan to do to wake up easier?

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.



4. **How long** do Alex and Jamie plan to run if they keep a steady pace?

1. 15 minutes

2. 30 minutes

3. 45 minutes

4. 60 minutes



4. **How long** do Alex and Jamie plan to run if they keep a steady pace?

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.



5. What can be **inferred from the conversation?**

1. Jamie doesn't like his body shape.

2. Jamie doesn't like a morning run.

3. Alex doesn't want to wear shoes.

4. Alex doesn't have motivation to run.



5. What can be **inferred** from the conversation?

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!



ใบงานที่ 9 เรื่อง กิจกรรม Role Play
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 13 เรื่อง Healthy Lifestyle 3
รายวิชา ภาษาอังกฤษ รหัสวิชา อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Directions: Create a dialog with your partner by using conditional sentence type 1.

Guideline

- A: HeyB..., I want to be healthier. Do you have any tips?
B: Sure, ...A...! If you eat healthy food, you will
A: What should I eat?
B: If you eat, you will get the vitamins you need.
A: Okay. What about exercise?
B: If you exercise regularly, you will
A: How often should I exercise?
B: If you can work out at least three times a week, you will
A: What else can I do to stay healthy?
B: If you, you will feel active during the day.
A: Thanks,B.....! These tips are really helpful. I'll start today.
B: No problem,A..... If you keep doing these things, you will feel a lot better.

Worksheet 9

Role Play

Directions:
**Create a dialog
with your partner
by using conditional
sentence type 1.**



**Let's
Review!**

Irregular Verb List



Base Form	Past Simple	Past Participle
freeze	froze	frozen
speak	spoke	spoken
steal	stole	stolen



บทเรียนครั้งต่อไป

Time to Exercise 1



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รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 3





สิ่งที่ต้องเตรียม

ใบความรู้ที่ 10

เรื่อง Easy Exercises for Beginners



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***“Exercise is king. Nutrition is queen.
Put them together and you’ve got
a kingdom.”***

--- Jack Lalanne ---



(an American fitness and nutrition guru)