

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ21101
ชั้นมัธยมศึกษาปีที่ 1

เรื่อง Food Facts

ผู้สอน ครูชนิษฐา มาลัยผ่อง



Unit 5 Eating Out

Food Facts

Have you ever forgotten
something at home?



2 Myths :ตำนาน About healthy eating



You shouldn't eat
after 6 p.m.

It's not good idea to eat a lot
3-4 hours before sleep.

Myth

ไม่ควรจะ

You shouldn't eat
after 6 p.m.



Truth

It's not good idea to eat a lot
3-4 hours before sleep.

Myth



ควรจະ/น้ำจະ

You should drink

1.5-2 liters of water a day.

Truth



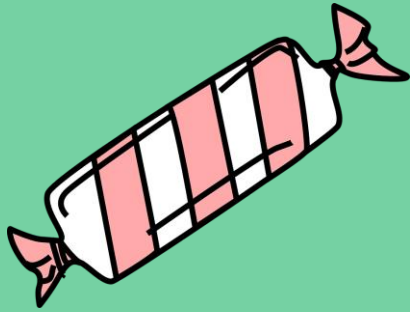
เท่าที่.....จະ

You should drink as much as
your body requires.

ต้องการ

What products
you shouldn't eat on
an empty stomach?

Sweet Things



can lead to diabetes.

โรคเบาหวาน

Honey



provides energy and
improves brain functioning.

What will happen if you
stop eating junk food?





Salt

Sugar

Fats

Food additives

Preservatives

Fast food is made of
a large amount of..

ดำไส้

The intestines being to

ระบบประสาท

function normally.

The nervous system stabilizes.

สภาพ

The condition of the skin
,hair and nails improves.



ใบงานที่ 44.2

เรื่อง Food Facts

(สามารถดาวน์โหลดใบงานได้ที่ www.dltv.ac.th รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 1)

Directions:

Read the text below ,then make a tick (/) if the statements are true and a cross (x) if the statements are false.

Food facts

In Japan, square watermelons are very popular. People often buy them as presents. But these special fruits are very expensive.

People all over the world love bananas.
Bananas have got a chemical that helps
the body to produce the happiness
hormone.

People in Iceland love eating unusual ice cream. There is pizza ice cream, sausage ice cream and even fish and chip ice cream.

They are all very popular.
People eat them with
a lot of ketchup.

Honey is very healthy.
It has got lots of vitamins.
Some people say that honey
makes us beautiful.
They think it is good for
the hair and skin.

The avocado is a fruit, not a vegetable.


Many people eat it as their starter
before the main meal.

And people in Brazil eat avocado
with ice cream and milk.

A background image showing several people, mostly children, in a market setting. They are surrounded by many square watermelons, which are a specialty in Japan. The watermelons are green with dark stripes and have small red and white labels. The people are wearing casual clothing like t-shirts and overalls.

Ask and answer.

1. People in Japan give the square watermelon as their special presents.





Ask and answer.

2. Bananas help people
feel good. ✓

Ask and answer.

3. Fish and chips ice cream
Iceland
is very popular in ~~Brazil~~.





Ask and answer.

4. Honey is healthy and
good for our looks.



Ask and answer.

5. Avocado is a kind of
fruits
~~vegetables.~~





ใบงานที่ 44.3

เรื่อง Food Facts in Thailand

(สามารถดาวน์โหลดใบงานได้ที่ www.dltv.ac.th รายวิชาภาษาอังกฤษ ชั้นมัธยมศึกษาปีที่ 1)

Directions:

Surf the internet about the food facts
in Thailand and write it in lines.

