

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23101

ชั้นมัธยมศึกษาปีที่ 3

ผู้สอน

ครูณงนุช จันทร์เสวก

เรื่อง

What do you eat?

What do you eat?

Healthy Food Junk Food



ขอขอบคุณภาพ food

จาก <https://pixabay.com/th/vphotos/cook-food-plate-tableware-courts-366875/> (June 8, 2014)

Junk food / Healthy food



FRIED CHICKEN



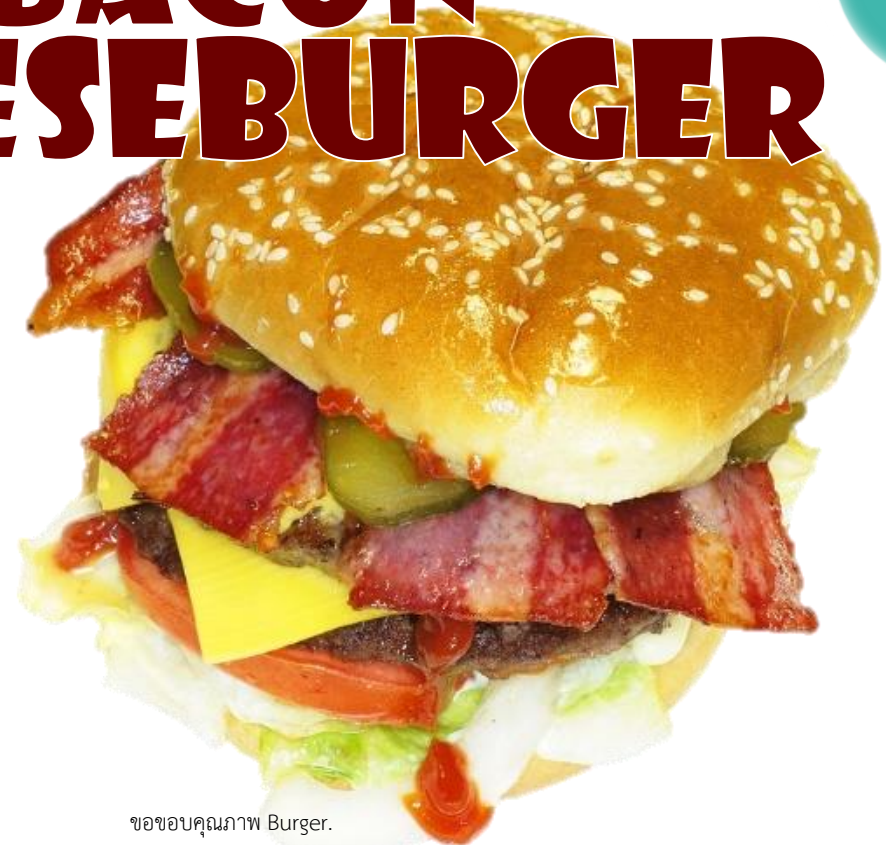
ขอขอบคุณภาพ Fried chicken.

จาก <https://pixabay.com/th/photos/food-eat-diet-fried-chicken-set-2202359/> (April 4, 2017)

Junk food / Healthy food



BACON CHEESEBURGER



ขอขอบคุณภาพ Burger.

จาก <https://pixabay.com/th/photos/food-burger-hamburger-diet-fat-1194722/> (February 15, 2016)

Junk food / Healthy food



OATMEAL



ขอขอบคุณภาพ Oatmeal.

จาก <https://pixabay.com/th/photos/muesli-breakfast-food-eat-healthy-668519/> (March 12. 2015)

Junk food / Healthy food



AVOCADOS



ขอขอบคุณภาพ Robert Owen-Wahl. Avocados.

จาก <https://pixabay.com/th/photos/appetite-avacado-avo-avocado-1238257/> (March 3. 2016)

Junk food / Healthy food



FRENCH FRIES



ขอขอบคุณภาพ French fries.

จาก <https://pixabay.com/th/photos/french-fries-potatoes-fast-food-525005/> (November 10 2014)

Junk food / Healthy food



MILK SHAKE



ขอขอบคุณภาพ Deborah Breen Whiting. Milk shake.

จาก <https://pixabay.com/th/photos/milkshake-milk-dairy-drink-glass-1085004/> (December 11 2015)

Junk food / Healthy food



PEPPERONI PIZZA



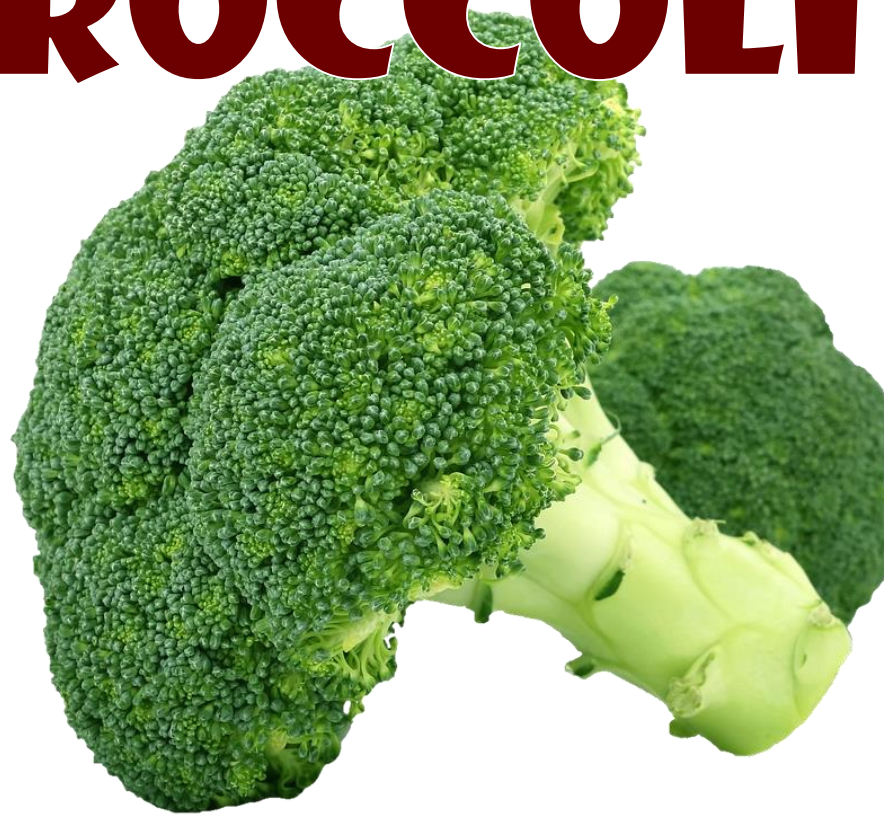
ขอขอบคุณภาพ Robert Owen-Wahl. Pizza.

จาก <https://pixabay.com/th/photos/america-american-baked-bread-1238732/> (March 5 2016)

Junk food / Healthy food



BROCCOLI



ขอขอบคุณภาพ Holger Grybsch Broccoli.

จาก <https://pixabay.com/th/photos/broccoli-vegetables-healthy-food-1450274/> (June 13. 2016)

Junk food / Healthy food



NUTS AND GRAINS



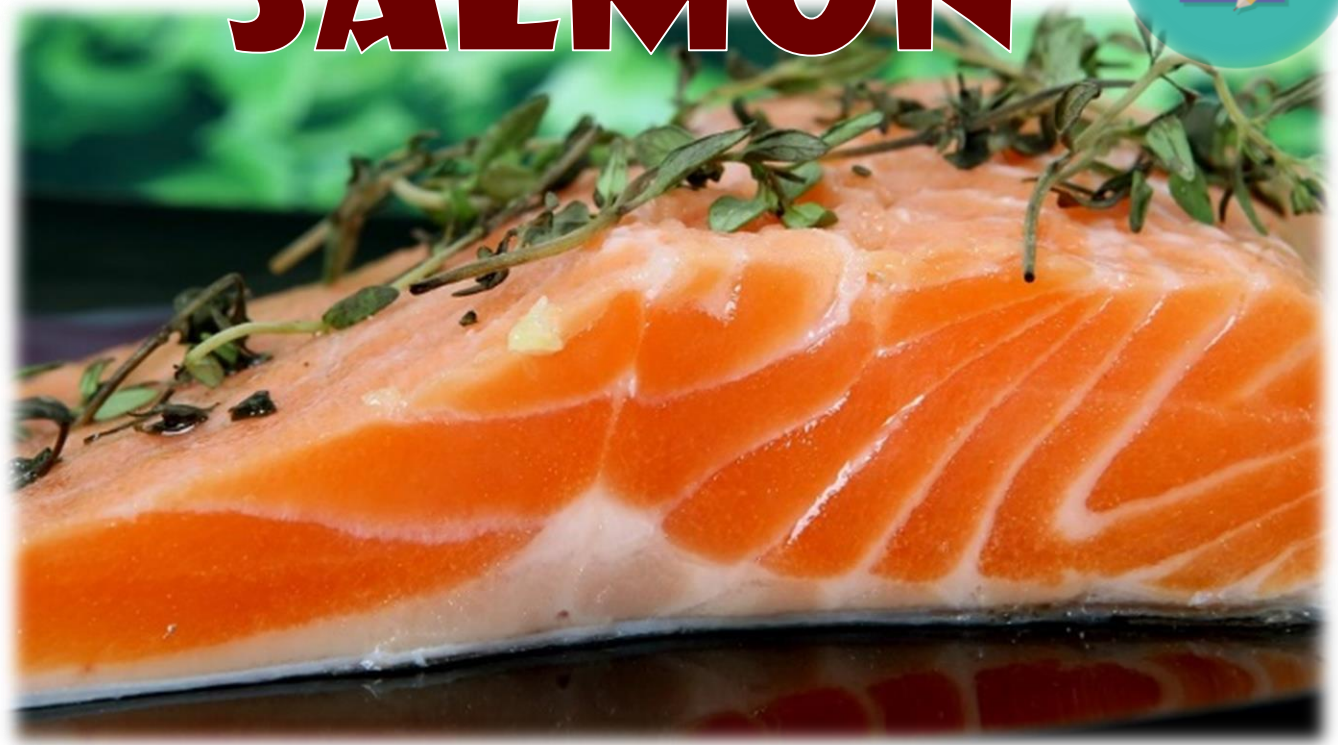
ขอขอบคุณภาพ Nuts and grains.

จาก <https://pixabay.com/th/photos/muesli-granola-bars-cereals-nuts-2109098/> (March 1. 2017)

Junk food / Healthy food



SALMON



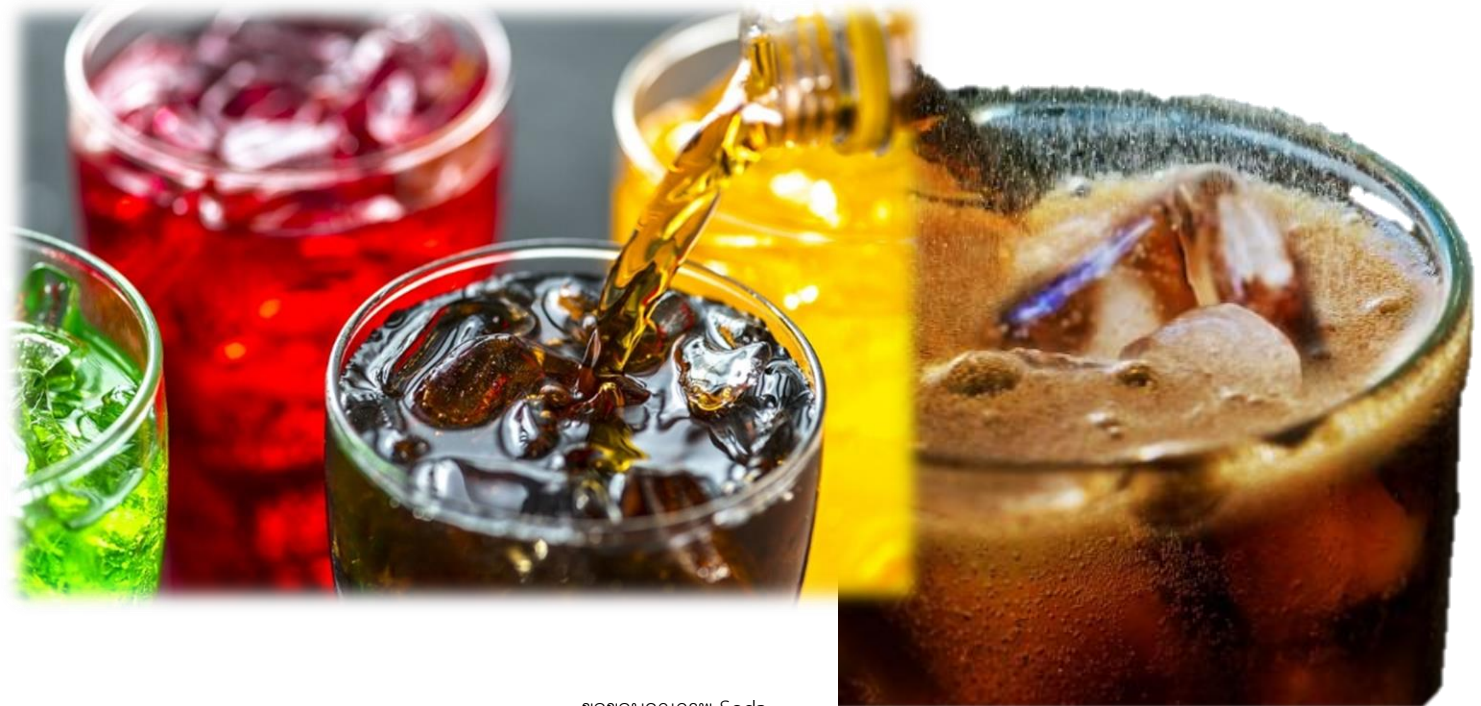
ขอขอบคุณ Robert Owen-Wahl. Salmon.

จาก <https://pixabay.com/th/photos/abstract-angel-bass-beach-chef-1238680/> (March 5. 2016)

Junk food / Healthy food



SODA



ขอขอบคุณภาพ Soda.

จาก <https://pixabay.com/th/photos/soft-drink-soda-ice-glass-cold-4280835/> (June 19. 2019)

Junk food / Healthy food



BERRIES



ขอขอบคุณภาพ Berries.

จาก <https://pixabay.com/th/photos/background-berries-berry-2277/> (December 13. 2010)

What do you eat?



Objectives



1. สามารถจำแนกประเภทของสารอาหาร
และนำเสนออาหารที่เป็นประโยชน์
ที่ตนเองชอบได้
2. สามารถบอกรายละเอียดของเรื่องที่ได้

Reading



Exercise 43.1



Read the passage
(*worksheet 43*) and
complete the chart.



Worksheet 43

Healthy What do you eat?

Healthy Foods are low in fat and saturated fat and contains limited amounts of cholesterol and sodium. If it is a single-item food, it must also provide at least 10 percent of one or more of vitamins A or C, iron, calcium, protein, or fiber. Healthy food helps people maintain a healthy weight while also providing them with plenty of energy. Not only will people feel better and have more energy when eating well, but their skin, teeth, and hair will also reflect

Junk Food

Junk food is a slang word for foods with limited nutritional value; we can include foods that are high in salt, sugar, fat or calories and low nutrient content.

Salted snack foods, candy, gum, most sweet desserts, fried fast food and carbonated beverages are some of the major junk foods. Generally, they offer little in terms of protein, vitamins or minerals and lots of calories from sugar or fat. The term "empty

A stylized graphic of the American flag, featuring a large red star on the left and the stars and stripes of the flag extending across the top left of the page.

Worksheet 43

Healthy Food



Healthy Foods are low in fat and saturated fat and contains limited amounts of cholesterol and sodium.



Worksheet 43

Healthy Food



If it is a single-item food,
it must also provide at least
10 percent of one or more of
vitamins A or C, iron,
calcium, protein, or fiber.



Worksheet 43

Healthy Food



Healthy food helps people maintain a healthy weight while also providing them with plenty of energy.

A stylized graphic of the American flag, featuring a large red star on the left and the stars and stripes of the flag extending across the top left of the page.

Worksheet 43

Healthy Food



Not only will people feel better and have more energy when eating well, but their skin, teeth, and hair will also reflect their good choices.

The background of the top section features a stylized American flag with stars and stripes, set against a light beige background.

Worksheet 43

Junk Food



Junk food is a slang word for foods with limited nutritional value; we can include foods that are high in salt, sugar, fat or calories and low nutrient content.



Worksheet 43

Junk Food



Salted snack foods, candy, gum, most sweet desserts, fried fast food and carbonated beverages are some of the major junk foods.

The background of the top section features a stylized American flag with stars and stripes, set against a light beige, textured background.

Worksheet 43

Junk Food



Generally, they offer little in terms of protein, vitamins or minerals and lots of calories from sugar or fat.

The top left of the slide features a decorative graphic with a large red star and a stylized American flag with stars and stripes.

Worksheet 43

Junk Food



The term "empty calories" reflects the lack of nutrients.

Exercise 43.1

Name: _____ class _____ No _____

Directions: Read the passage and complete the chart.



Junk Food

1.

.....
.....
.....

2.

.....
.....
.....

3.

.....
.....
.....

4.

.....
.....
.....

FOOD

Healthy Food

1.

.....
.....
.....

2.

.....
.....
.....

3.

.....
.....
.....

4.

.....
.....
.....





Exercise 43.1



Junk Food

1. High in salt,
sugar, fat or
calories

Healthy Food

1. Low in fat
and saturated



Exercise 43.1

Junk Food

2. Low
nutrient
content

Healthy Food

2. Limited
amount of
cholesterol
and sodium

A collage of various fruits and vegetables, including a watermelon, leafy greens, tomatoes, bell peppers, bananas, carrots, and kiwis, arranged next to a large, ornate metal key.

Healthy Food

3. Contain vitamin A or C, iron
4. Calcium, protein, fiber at least 10%

True / False

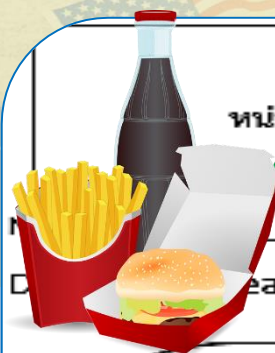


Exercise 43.2



Read the text and
answer **True** or **False**.

Exercise 43.2



class _____ No _____

Read the text and answer True or False.

1. Junk food makes you feel good. (T F)
2. Healthy food provides energy. (T F)
3. Healthy foods are high in salt. (T F)
4. Junk food offers lots of calories. (T F)
5. Candy and gum are healthy food. (T F)
6. Healthy food makes you look good. (T F)
7. Healthy food is low in vitamins. (T F)
8. Junk food offers low nutrient content. (T F)
9. Salted snack foods, candy, gum, most sweet desserts, fried fast food are unhealthy. (T F)
10. Eating well helps you feel better and have more energy. (T F)



Exercise 43.2

False

1. Junk food makes
you feel good.

The header features a collage of American flags and food items. On the left, there's a red star and a stylized American flag. In the center, a green banner contains the text 'Exercise 43.2'. To the right of the banner, there's a collection of food items including a watermelon, a banana, a kiwi, a strawberry, a carrot, a bell pepper, a tomato, and a head of lettuce. Below the banner, there's a red box containing a burger, a bottle of soda, and a container of fries.

Exercise 43.2

True

2. Healthy food
provides energy.

The header features a collage of American flags and food items. On the left, there is a red star and a stylized American flag. In the center, a green banner contains the text 'Exercise 43.2'. To the right of the banner, there is a collection of food items including a watermelon, a banana, a kiwi, a strawberry, a carrot, a bell pepper, a tomato, and a head of lettuce.

Exercise 43.2

False

3. Healthy foods
are high in salt.

The header features a collage of American flags and food items. On the left, there's a red star and a large American flag. In the center, a green banner contains the text 'Exercise 43.2'. To the right of the banner, there's a collection of food items including a watermelon, a banana, a kiwi, a strawberry, a carrot, a bell pepper, a tomato, and a head of lettuce. Below the banner, there's a red box containing a burger, a bottle of soda, and a container of fries.

Exercise 43.2

True

4. Junk food offers
lots of calories.

The header features a collage of American flags and food items. On the left, there's a red star and a stylized American flag. In the center, a green banner contains the text 'Exercise 43.2'. To the right of the banner, there's a collection of food items including a watermelon, a banana, a kiwi, a strawberry, a carrot, a bell pepper, a tomato, and a head of lettuce. Below the banner, there's a red box containing a burger, a bottle of soda, and a container of fries.

Exercise 43.2

False

5. Candy and gum
are healthy food.



Exercise 43.2

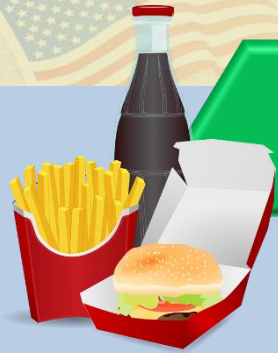


True

6. Healthy food makes
you look good.



Exercise 43.2



False

7. Healthy food is
low in vitamins.

The header features a collage of American flags and food items. On the left, there's a red star and a stylized American flag. In the center, a green banner contains the text 'Exercise 43.2'. To the right of the banner, there's a collection of food items including a watermelon, a banana, a kiwi, a strawberry, a carrot, a bell pepper, a tomato, and a head of lettuce. Below the banner, there's a red box containing a burger, a bottle of soda, and a container of fries.

Exercise 43.2

True

8. Junk food offers
low nutrient content.



Exercise 43.2



True

9. Salted snack foods, candy, gum, most sweet desserts, fried fast food are unhealthy.



Exercise 43.2



True

10. Eating well helps you feel better and have more energy.

Mind Map



Exercise 43.3



Write about
My Favorite
Healthy Food.



Exercise 43.3

**My Favorite
Healthy Food**

QUOTE OF THE DAY

**“Dieting is
the only
game where
you win
when you
lose!”**