

รายวิชา ภาษาอังกฤษ

รหัสวิชา อ23102

ชั้นมัธยมศึกษาปีที่ 3

ผู้สอน

ครูวรรณดี ถวิลบุญ

เรื่อง

Local Herbs



Local Herbs

ขอขอบคุณรูป Herbs โดย Ekta Tripathi เผยแพร่วันที่ October 19, 2016

ที่มา: <https://www.milesweb.com/blog/joomla/top-ten-joomla-templates-restaurant-cafe-website/>



Objectives

1. ออกเสียงและบอกชื่อคำศัพท์ของสมุนไพร
พื้นบ้านได้ถูกต้อง
2. จับคู่สมุนไพรกับสรรพคุณการรักษาโรคได้



Vocabulary Station

cold (n.)



fever (n.)



dizzy (n.)



ขอขอบคุณภาพ Dizziness โดย Anonymous เผยแพร่วันที่ January 25, 2017

ที่มา: <https://www.doctordoctor.com.au/understanding-vertigo-dizzy-just-lightheaded/>

sore throat (n.)



burn (n.)



insomnia (n.)



ขอขอบคุณภาพ Insomnia โดย Lauren Sharkey เผยแพร่วันที่ November 16, 2019
ที่มา: <https://www.medicalnewstoday.com/articles/327026.php#1>

indigestion (n.)



stomachache (n.)



relieve (v.)

บรรเทาอาการลง

prevent (v.)

ป้องกัน

reduce (v.)

ลด, ทำให้น้อยลง

cure (v.)

รักษา, เยียวยา



Herbs and their properties

shallot



A research shows that organ sulfur compounds in Allium vegetables like shallots have antibacterial, antifungal, and antiviral properties. It is used to help treat colds, fevers, and coughs, as well as the flu.

lemongras



Lemongrass is a tall and stalky plant. It's a common ingredient in Thai cooking. Lemongrass is also used as a folk remedy to relieve insomnia.

pepper



Capsaicin in pepper helps the stomach fight off infection. It stimulates the nerves in the stomach that help protect it from injury. The stimulation makes the stomach stronger to help fight off infections that may reside there.

turmeric



Turmeric has been used as an alternative medicine for thousands of years. It has been used to treat many diseases and conditions, including stomach problems and digestive issues.

aloe vera



Studies show evidence that aloe vera is effective in healing first- to second-degree burns. It is anti-inflammatory, promotes circulation, and inhibits the growth of bacteria.

ginger



Though it has a spicy flavour, ginger works brilliantly as a sore-throat remedy.

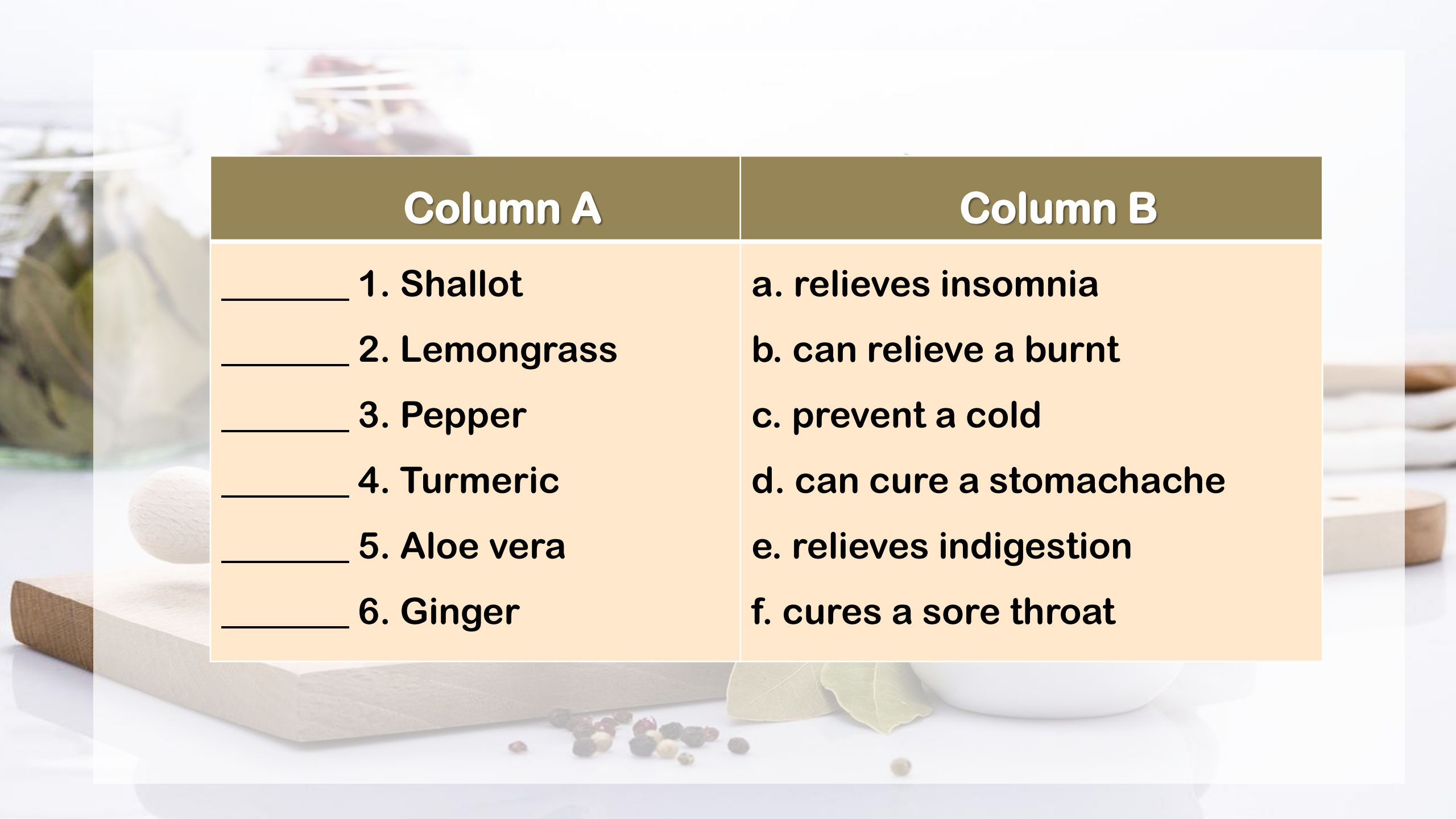
It helps flush out toxins from your body and boosts your blood circulation.

Its anti-inflammatory properties also help kill bad bacteria.



Exercise 47

Match the herbs in column A to the properties in column B.



Column A	Column B
_____ 1. Shallot	a. relieves insomnia
_____ 2. Lemongrass	b. can relieve a burnt
_____ 3. Pepper	c. prevent a cold
_____ 4. Turmeric	d. can cure a stomachache
_____ 5. Aloe vera	e. relieves indigestion
_____ 6. Ginger	f. cures a sore throat



Exercise 47

Review the answers

shallot



c. prevent a cold

lemongrass



a. relieves insomnia

pepper



**d. can cure
a stomachache**

turmeric



e. relieves indigestion

aloe vera



b. can relieve a burnt

ginger



f. cures a sore throat



QUOTE OF THE DAY

“It is health that is the real wealth, and not pieces of gold and silver.”

- Mahatma Gandhi