

รายวิชา ภาษาอังกฤษ

Food Nutrient

รหัสวิชา อ22101 ชั้นมัธยมศึกษาปีที่ 2

ผู้สอน สวรรยา อุดรพรหม



Food Nutrient

จุดประสงค์การเรียนรู้

- บอกความหมายคำศัพท์ได้ถูกต้อง
- อ่านข้อมูลเกี่ยวกับคุณค่าทางอาหารได้



Activity

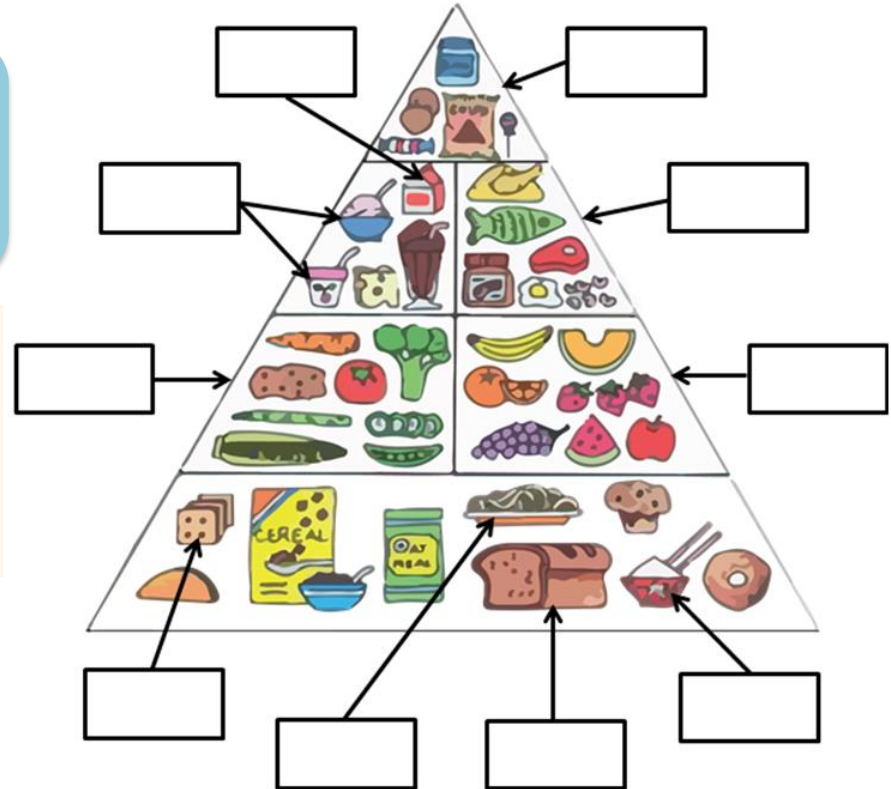
Food Pyramid

ใบงานที่ 59.1

Directions:

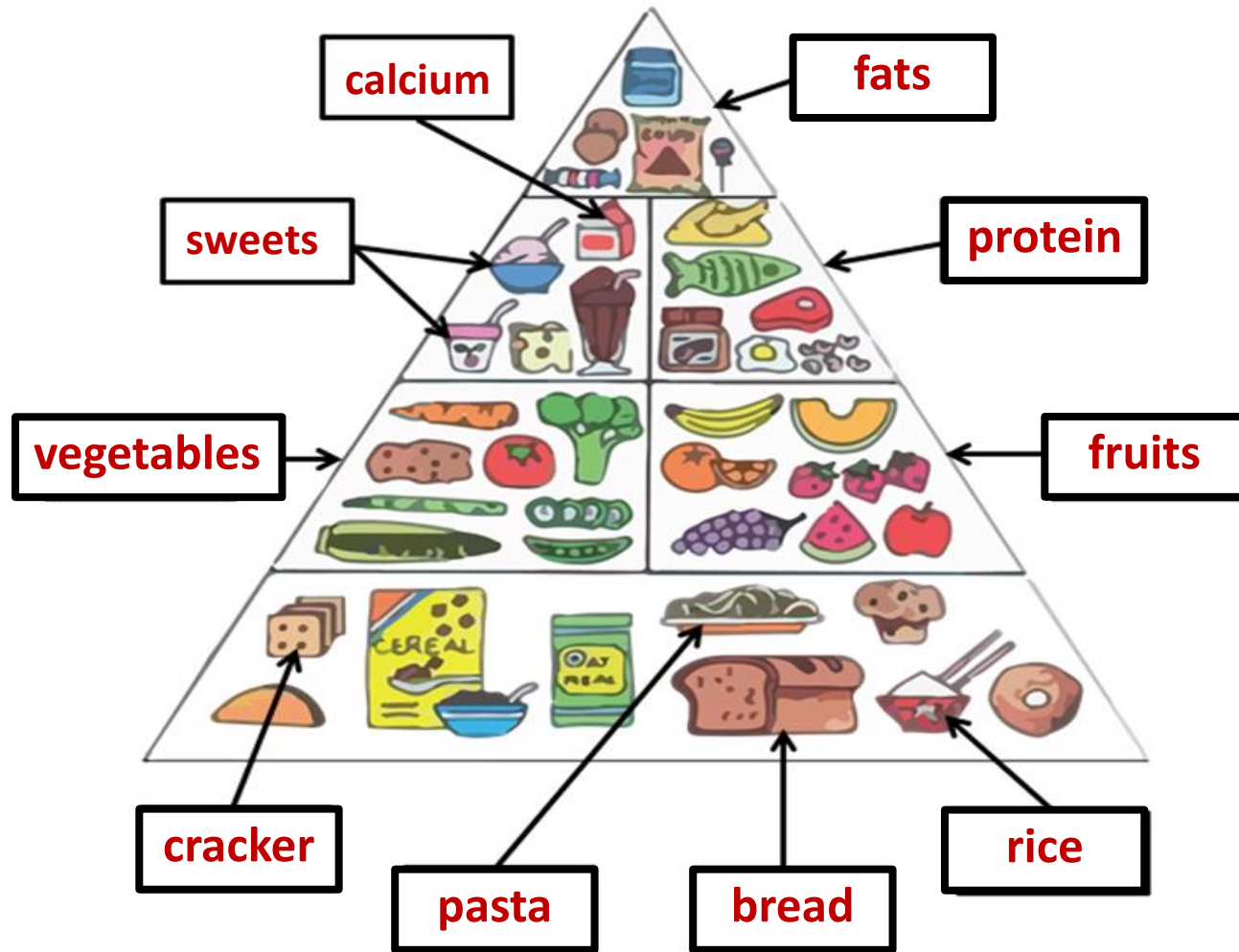


protein	calcium	fruits	bread	rice
sweets	vegetables	fats	pasta	cracker



**Let's check
the answers**





~~protein~~
~~calcium~~
~~fruits~~
~~bread~~
~~rice~~
~~sweets~~
~~vegetables~~
~~fats~~
~~pasta~~
~~cracker~~

Is it good for
your health?



Vocabulary



mineral	



A close-up photograph of a white plastic tray containing several clear plastic bags filled with yellow breast milk. Each bag has a small white label with blue text. The background is blurred, showing more of the same setup. The text 'breast milk' is overlaid in a yellow box in the upper right.

breast milk

Milk produced by a woman's breasts

A close-up photograph of a hand wearing a white work glove, holding a set of several metal wrenches. The wrenches are of various sizes and are held together in a fan-like arrangement. In the background, the engine compartment of a dark-colored car is visible, with various mechanical parts and hoses. The lighting is warm and slightly blurred, focusing on the tools.

maintenance

The process of keeping something in good condition

A glowing lightbulb is held by two hands, with digital particle effects and a network diagram overlaid on the image. The lightbulb is the central focus, emitting a warm yellow glow. The hands are positioned on either side, with fingers slightly curled. The background is a soft, out-of-focus blue. Overlaid on the image are various digital elements: a network of nodes and lines, and numerous small, glowing particles of different sizes and colors (yellow, orange, white).

energy

The power and ability to be physically
and mentally active



disease

An illness of people

fight



To attempt to prevent the success



vitamin

Any of a group of natural substances for good health





mineral

A chemical that your body needs to stay healthy





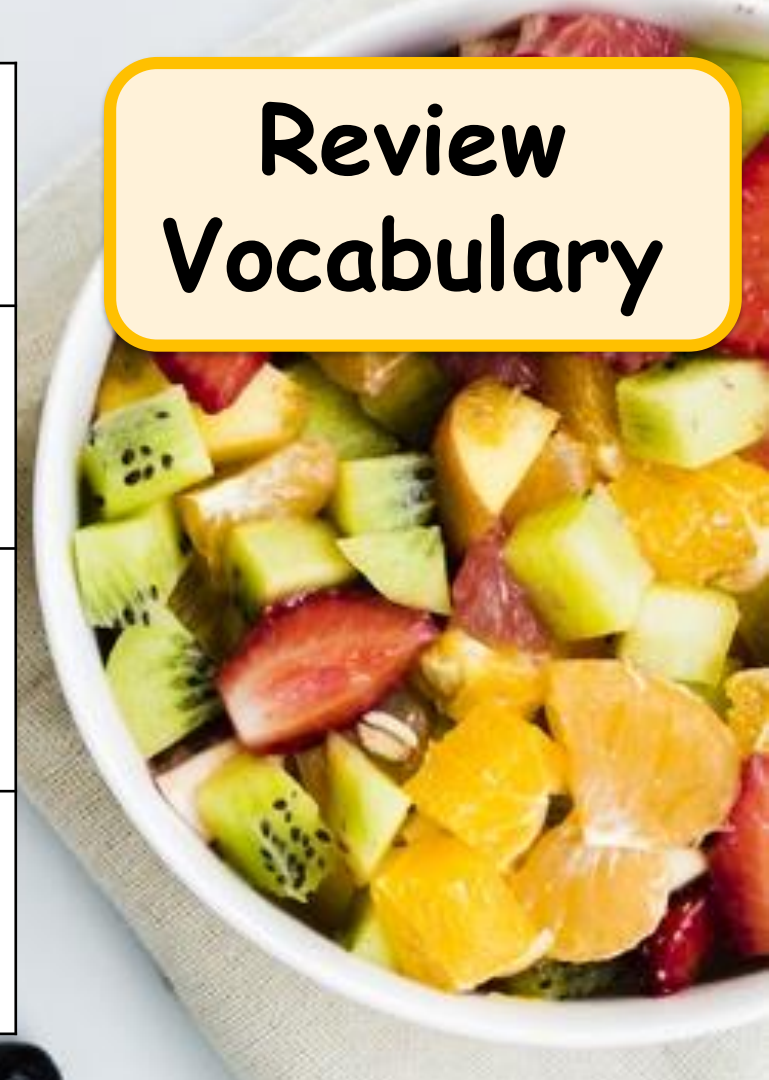
protective

To keep someone or something safe from harm

Review Vocabulary



mineral	



Review Vocabulary

Worksheet 59.2

Matching Vocabulary



A

- _____ 1. maintenance
- _____ 2. breast milk
- _____ 3. energy
- _____ 4. tofu
- _____ 5. disease
- _____ 6. fight
- _____ 7. vitamin
- _____ 8. essential
- _____ 9. mineral
- _____ 10. protective

B

- a. An illness of people
- b. To keep someone or something safe from harm
- c. The process of keeping something in good condition
- d. A soft food made from seed of the soya plant
- e. Any of a group of natural substances for good health
- f. Milk produced by a woman's breasts
- g. A thing that is very necessary
- h. The power and ability to be physically and mentally active
- i. To attempt to prevent the success
- j. A chemical that your body needs to stay healthy



**Let's check
the answers**



A

- c 1. maintenance
- f 2. breast milk
- h 3. energy
- d 4. tofu
- a 5. disease
- i 6. fight
- e 7. vitamin
- g 8. essential
- j 9. mineral
- b 10. protective

B

- a. An illness of people
- b. To keep someone or something safe from harm
- c. The process of keeping something in good condition
- d. A soft food made from seed of the soya plant
- e. Any of a group of natural substances for good health
- f. Milk produced by a woman's breasts
- g. A thing that is very necessary
- h. The power and ability to be physically and mentally active
- i. To attempt to prevent the success
- j. A chemical that your body needs to stay healthy

Handout 59.1

Nutrition of Children



Handout 59.1

Nutrition of Children

Nutrition of Children

Q : What does a balanced diet mean?

A : A balanced diet means that we eat foods from the three food group every day,

Q : How can we choose three food groups?

A : Three food groups can be chosen according to the taste, season, price, and of course availability. There are three main food groups.

Q : What are the three main food groups?

A : The three main food groups are: (1) Body-building foods, (2) energy foods, (3) Protective foods.

Q : What are Body-building foods?

A : Body-building foods contain proteins, which are used by the body for growth, maintenance and repair of body tissues. They include breast milk, tofu, soybeans, peanuts, fresh milk, eggs, fish, chicken, duck, pork, beef, crab, shrimp, squid, eel, frog, and other animal meats.

Q : What are energy foods?

A : Energy foods are good sources of carbohydrates or fat, which are used by the body to provide fuel for physical activity. Foods rich in carbohydrates are rice, noodles, potatoes, sweet potatoes, taros, yams, corns, bread, sugar, sugar canes and honey, those high in fats are coconut milk, cooking oil, and animal fat.

Q : What are protective foods?

A : Protective foods contain essential vitamins and minerals, which work with the body-building and energy foods in preventing fighting diseases and illnesses. They include mainly fruits and vegetables.

Q : What does a balanced diet mean?

A : A balanced diet means that we eat foods from the three food group every day.

Q : How can we choose three food groups?

A : Three food groups can be chosen according to the taste, season, price, and of course availability. There are three main food groups.

Q : What are the three main food groups?

A : The three main food groups are:

(1) Body-building foods, (2) energy foods, (3) Protective foods.

Q : What are Body-building foods?

A : Body-building foods contain proteins, which are used by the body for growth, maintenance and repair of body tissues.

They include breast milk, tofu, soybeans, peanuts, fresh milk, eggs, fish, chicken, duck, pork, beef, crab, shrimp, squid, eel, frog, and other animal meats.

Q : What are energy foods?

A : Energy foods are good sources of carbohydrates or fat, which are used by the body to provide fuel for physical activity. Foods rich in carbohydrates are rice, noodles, potatoes, sweet potatoes, taros, yams, corns, bread, sugar, sugar canes and

honey, those high in fats are coconut milk, cooking oil, and animal fat.

Q : What are protective foods?

A : Protective foods contain essential vitamins and minerals, which work with the body- building and energy foods in preventing fighting diseases

and illnesses. They include mainly fruits and vegetables.



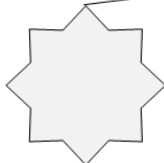
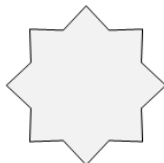
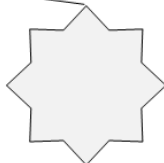
Group Work



Worksheet 59.2

Matching: Food Pyramid

3 Main Food Groups

3 Main Food Groups		
		
Are Sources of -Proteins	Are Sources of	Are Sources of 1. 2.
Why are they good for you? 1. 2.	Why are they good for you? <i>To provide fuel for physical activity</i>	Why are they good for you?
Examples of Food 1. 2. 3.	Examples of food 1. 2. 3.	Examples of food 1. 2. 3.



Presentation