

รายวิชา ภาษาอังกฤษ

Healthy foods

รหัสวิชา อ22101 ชั้นมัธยมศึกษาปีที่ 2

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A top-down view of various healthy foods arranged around a central spiral-bound notebook with a grid pattern. The foods include a head of broccoli, a bowl of mixed beans (black, white, and red), a piece of salmon, a whole green apple, a bowl of raspberries, a halved avocado, a halved grapefruit, and a bowl of chickpeas. A walnut is also visible near the top left. The central text 'Healthy foods' is written in a large, bold, black font on a white rounded rectangular background.

Healthy foods

จุดประสงค์การเรียนรู้

เขียนแยกแยะประเภทของ
อาหารได้ถูกต้อง





Activity

Categorize the foods



Activity

What foods do you like?

Worksheet 58.1

What foods do you like?



Circle the foods you like to eat.





Types of food

Fast food

Junk food

Healthy food

Fast food



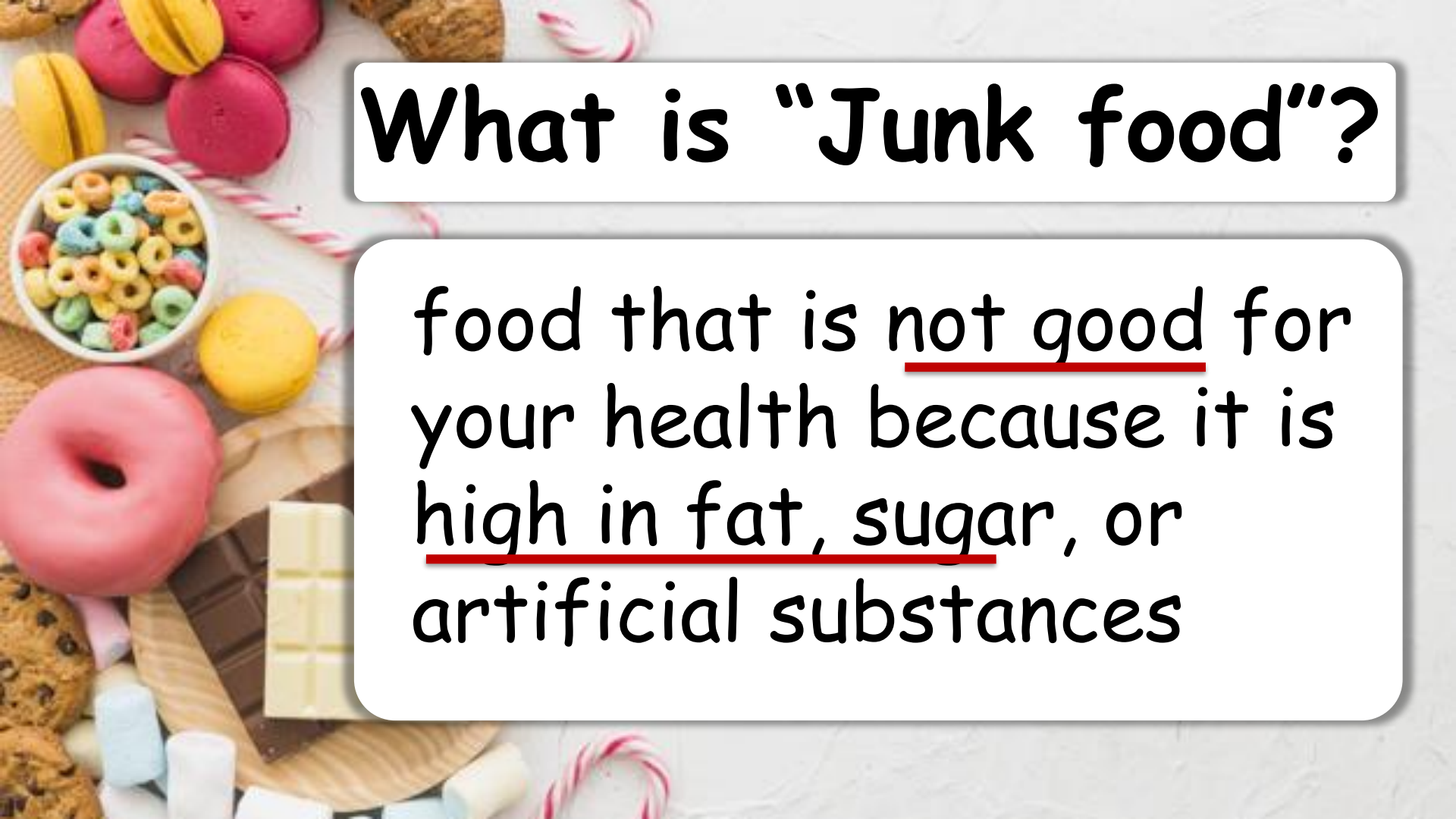


What is "Fast food"?

food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out.



Junk food

A collage of various junk foods including macarons, cereal, donuts, cookies, candy canes, and chocolate.

What is "Junk food"?

food that is not good for your health because it is high in fat, sugar, or artificial substances


Healthy food





What is "Healthy food"?

natural food that
is thought to have
health-giving
qualities.



Reading

Worksheet 58.2

A Healthy lifestyle



Read the passage
'A Healthy lifestyle'
and answer the
following questions.



A Healthy lifestyle



The Thomson family has been trying to eat healthy meals for a very long time, but found it difficult to keep it up. Mr and Mrs Thomson work long hours at the hospital, and feel exhausted when they arrive home. They also have three young children who needed a lot of care. David is eight years old, their daughter Ann is six and the baby is one. It is difficult for the family to cook healthy meals every day. For months, Mrs Thomson has been ordering food during the week, which is delivered after they arrive from work. This is a bad routine, and the Thomson's know this fact very well and have started to worry that their children will get so used to eating fast food; it will be difficult for them to change this habit. For the past two weeks, they have been eating healthy homemade meals and feel very excited about it.



Activity

Run to the teacher

1. How many members are there in the Thomson family?

.....

2. How many children do Mr. and Mrs. Thomson have?

.....

3. How old is the youngest children?

.....

4. Where does Mr. and Mrs. Thomson work?

.....

5. Does the Thomson family eat healthy meals?

.....

6. Why Mrs. Thomson has been ordering food during the week?

.....

7. Is it good or bad to order food during the week?

.....

8. Are they worried about their bad eating habits?

.....

9. Why do they want to change their eating habit?

.....

10. What food have they been eating for the past two weeks?



Worksheet 58.4

Categorize the foods you know into 3 types as follows.





Activity

Categorize the foods

Healthy Food	Junk Food	Fast Food





Presentation