

รายวิชา ภาษาอังกฤษ

Food Nutrient

รหัสวิชา อ22101 ชั้นมัธยมศึกษาปีที่ 2

ผู้สอน สวรรยา อุดรพรหม



Food Nutrient

จุดประสงค์การเรียนรู้

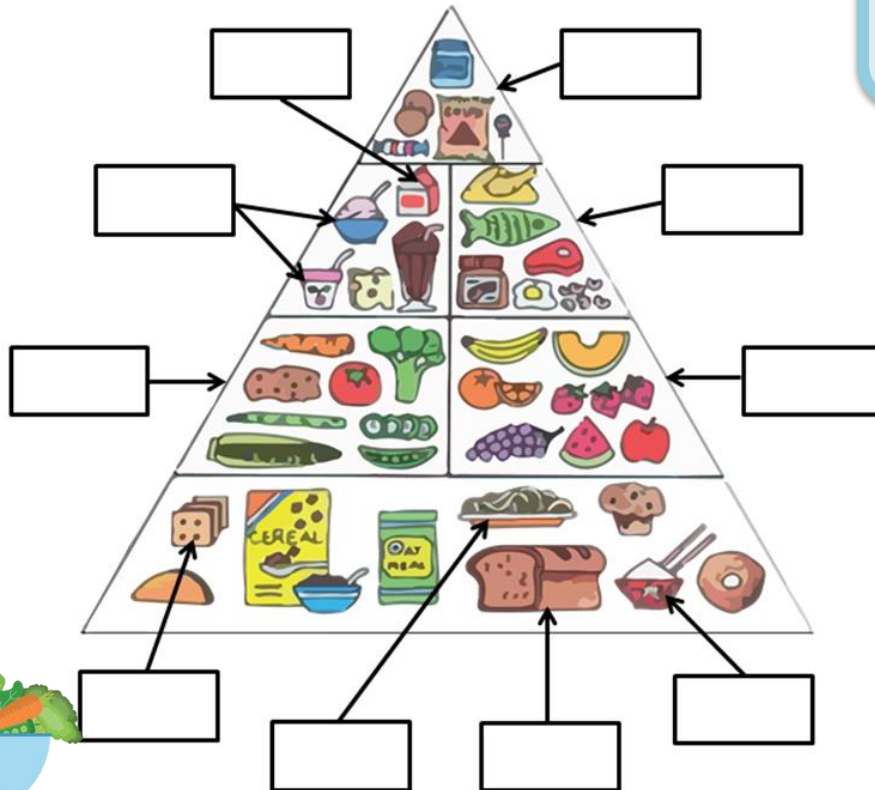
- บอกความหมายคำศัพท์ได้ถูกต้อง
- อ่านข้อมูลเกี่ยวกับคุณค่าทางอาหารได้

Activity

Food Pyramid



protein	calcium	fruits	bread	rice
sweets	vegetables	fats	pasta	cracker



ใบงานที่ 59.1

Matching: Food Pyramid

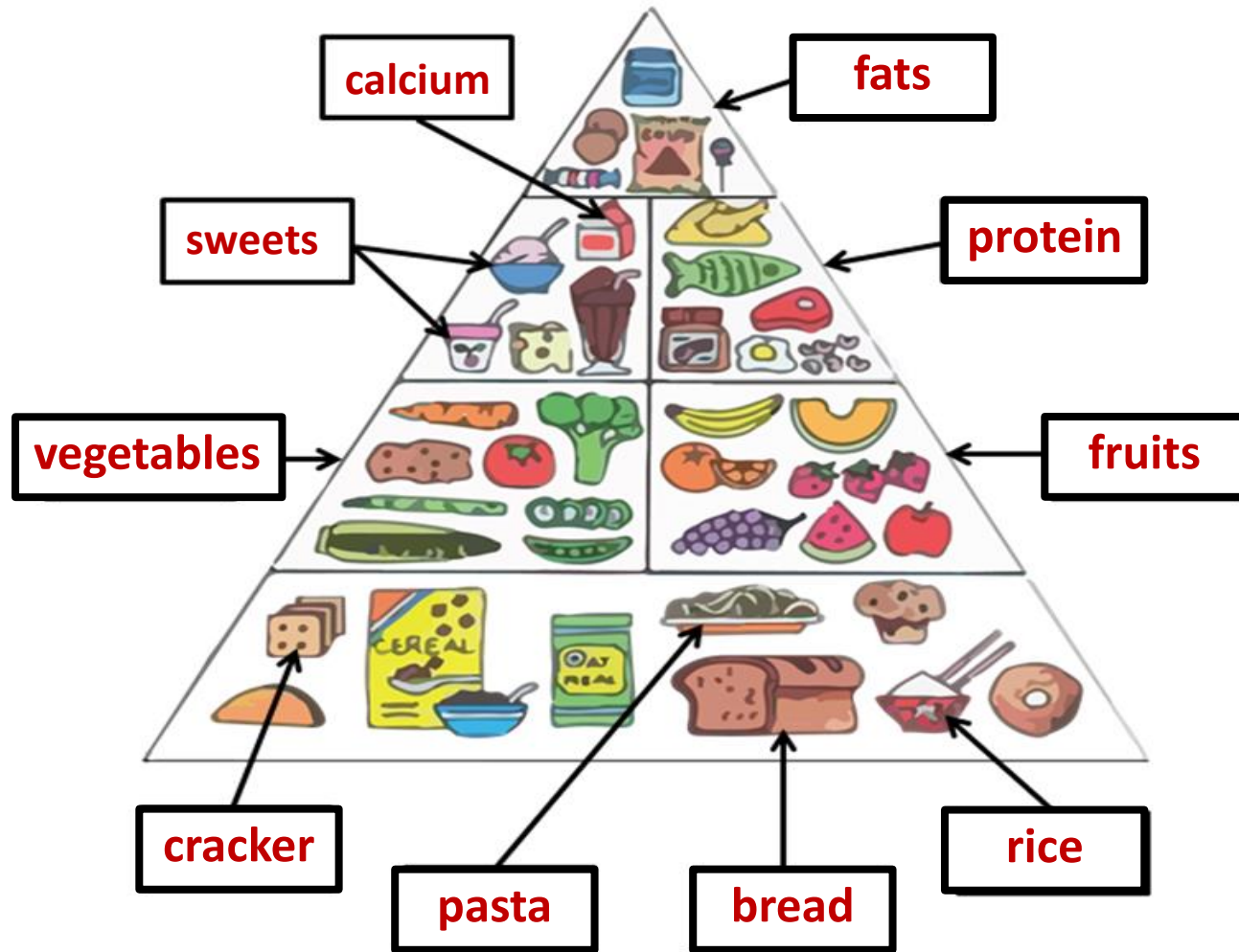
Directions:

Choose the correct word in the box to fill in the blank.



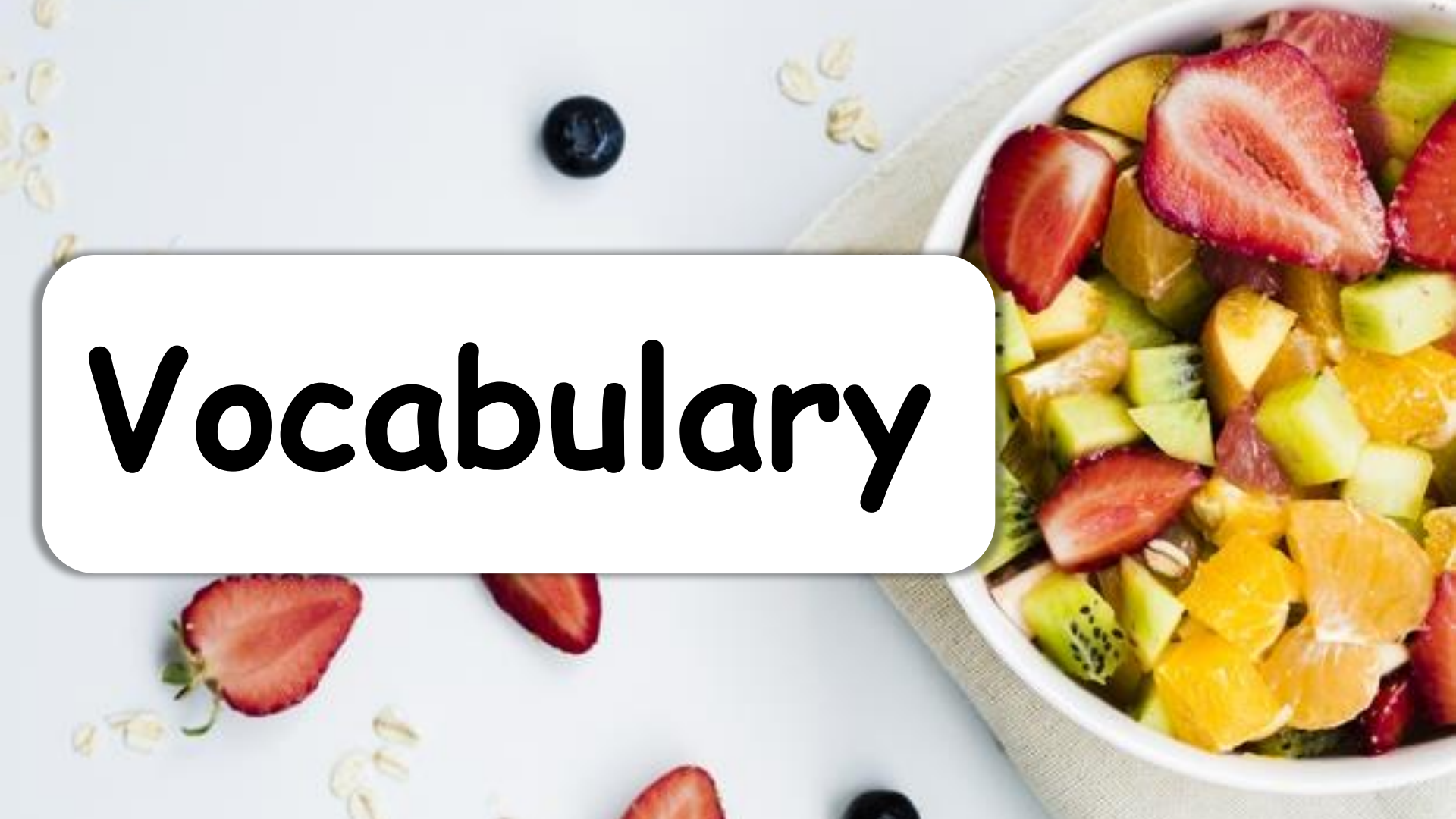
**Let's check
the answers**





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

Vocabulary



Is it good for
your health?



A close-up photograph of a white plastic tray containing several small, clear plastic vials filled with a pale yellow liquid, which is breast milk. The vials are arranged in rows, and their caps are slightly open. The background is blurred, showing more of the same setup. A yellow rectangular box is overlaid on the top right of the image, containing the text 'breast milk' in bold black font.

breast milk

Milk produced by a woman's breasts

A hand wearing a white knitted glove holds a bundle of several silver-colored wrenches. The background is a blurred image of a car's engine compartment, with various mechanical parts and hoses visible. The lighting is warm, suggesting an indoor or shaded environment.

maintenance

The process of keeping something in good condition



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

A white bowl filled with a colorful fruit salad, including chunks of kiwi, orange, and strawberry, sits on a light-colored surface. The bowl is partially visible on the right side of the image.

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 for Children



Worksheet 59.1

Nutrition for 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 groups 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.



3 Main Food Groups

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

Worksheet 59.2

Matching: Food Pyramid





Presentation