

ใบความรู้ที่ 43 เรื่อง What do you eat?
หน่วยการเรียนรู้ที่ 6 แผนการจัดการเรียนรู้ที่ 43 เรื่อง What do you eat?
รายวิชาภาษาอังกฤษ อ23101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 3

Healthy What do you eat? Junk Food

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 their good choices.

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 calories" reflects the lack of nutrients.