

FAIRFIELD UNIBOOK

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หน้าเดียวที่มีภาพประกอบ
ในการเรียนรู้เรื่องอาหารสุขภาพ
ให้กับเด็กๆ ชั้นอนุบาลเป็นที่ตัว

Good Food

heraus
การเรียนรู้เรื่องอาหารสุขภาพ
ให้กับเด็กๆ ชั้นอนุบาลเป็นที่ตัว

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Food Groups

ກົດເລີຍບໍ່ໄດ້ແນວໃຈກວ່າມີກຳຕົກຕະຫຼາດ ອັງການທີ່ມີກຳຕົກຕະຫຼາດ ຕື່ມີກຳຕົກຕະຫຼາດໃຫຍ່ ໂດຍມີກຳຕົກຕະຫຼາດ ເຊິ່ງເປົ້າເຖິງການ ໂດຍມີກຳຕົກຕະຫຼາດໃຫຍ່ ໂດຍມີກຳຕົກຕະຫຼາດ ໃຫຍ່ ແລ້ວ ດີນກຳຕົກຕະຫຼາດ ສະແດງ

ດີນກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່ ໂດຍມີກຳຕົກຕະຫຼາດ ທີ່ມີກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່ ໂດຍມີກຳຕົກຕະຫຼາດ ທີ່ມີກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່

• ໂດຍມີກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່ ໂດຍມີກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່

ມີກຳຕົກຕະຫຼາດ ຖ້າມີກຳຕົກຕະຫຼາດ ມີຄວາມສົ່ງໃຫຍ່



Pretest

Food Groups

There are six food groups that we need to eat every day. They keep us strong and healthy.




Food Groups

- 1. Rice Group
- 2. Fruit Group
- 3. Meat Group
- 4. Vegetable Group
- 5. Milk Group
- 6. Fat and Sweet Group

Rice Group

This group contains rice, bread, cereal and noodles.

These foods give us energy.
We should eat six servings a day.

Bread Cereal
Noodles Rice

Fruit Group

This group contains apples, oranges, papayas, and bananas.

These foods give us vitamins and minerals.
We should eat two servings a day.

Apples Bananas
Oranges Papayas
Watermelons

Meat Group

This group contains pork, fish, eggs, and nuts.

These foods give us proteins.
This helps the body to grow.
We should eat two servings a day.

Nuts Fish
Eggs Pork

Vegetable Group

This group contains carrots, peas, cabbages, potatoes, and tomatoes.

These foods give us vitamins and minerals.
We should eat two servings a day.

Carrots Potatoes
Peas Tomatoes
Cabbages

Milk Group

This group contains milk, yoghurt, cheese, and butter.

These foods give us proteins and calcium to make our bones and teeth strong.

We should eat three servings a day.



Milk



Yogurt



Cheese



Butter

Fat and Sweet Group

This group contains oil, cake, chocolate, and toffees.

These foods give us a lot of energy. We should eat a little bit.



Oil



Cake



Chocolate



Toffees

URL: <http://foodักษณ์/Food/Unseen/Countable-and-Uncountable-Nouns.pdf>

Countable nouns	Uncountable nouns
an egg an apple an orange a potato a banana a carrot a watermelon a tomato a potato noodles	bread sugar rice pork milk butter salt oil yoghurt chocolate

Countable and uncountable nouns

1. We can count them easily. Three bananas, four eggs.
We can count these (countable nouns).
We cannot say one banana. Some will be called.
We cannot count these (uncountable nouns).

2. Countable nouns can be singular or plural.

The **egg** is on the table.
Three **eggs** are on the table.
Uncountable nouns usually be singular.
The **sugar** is white.

Countable nouns	
Singular	Plural
Egg	Eggs
Apple	Apples
Carrot	Carrots
Orange	Oranges
Tomato	Tomatoes
Potato	Potatoes

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Activities

Activity 1 Food Crossword

Activity 2 Match the foods to their groups.

Activity 3 Match the foods to countable or uncountable nouns.

Activity 4 Follow the path. Then draw and write the words.

Follow the path. Then draw and write the words.

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URL: Facebook/Food/Albums/Food/Albums/2/Downloads/ed_HealthFood.pdf

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Do you like...?

Do you like some hotdogs?
Yes, I do.

Do you like some fried rice?
No, I don't.

Do you like some orange juice?
Yes, I do.

Do you like some sausages?
No, I don't.

11

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URL: Facebook/Food/Albums/Food/Albums/2/Downloads/ed_Health.pdf

Form

Do	you	like	meat	fruits	?
Yes					
No					

Question

Food ingredients

Sandwich

Bread

Ham

Cheese

Mustard

A tomato

A lettuce

Orange juice

Oranges

Ice cube

Fruit punch

Oranges

Syrup

Soda

Apples

Make a sandwich

1. Spread a little of mustard on the bread.

2. Put ham on the bread.

1. Make a sandwich



2. Make orange juice




3. Put cheese on the ham.



4. Put 2-3 slices of tomatoes on the cheese.



5. Put the lettuce on top.
And you have a sandwich for the party.

23 24

1. Make fruit punch



2. Make fruit punch




3. Add some ice cubes.



4. Here's some orange juice for the party



5. Make fruit punch




6. Make fruit punch

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3. Pour in syrup and soda.

4. Add some ice cubes.

5. Here's some fruit punch for the party.

Activities

Activity 5: Do you like?

Activity 6
Match the questions to the answers.

Activity 7
Match the ingredients to the food.

Posttest

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Answer Activity 4
Follow the path. Then draw and write the words.

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