ใบงาน 41.1 Reading the text
หน่วยการเรียนรู้ที่ 5 Looking good! แผนการจัดการเรียนรู้ที่ 41 เรื่อง Healthy Nutrient
รายวิชา ภาษาอังกฤษ1 อ21101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 1

Directions: Read the text below then make a tick (✓) if the statements are true and a cross (✕) if the statements are false.

Healthy Nutrient

Calcium – is vital for strong, healthy bones and teeth. Good sources of calcium include dairy products (milk, yoghurt and cheese), green leafy vegetables and bony fish.

Vitamin C – supports little immune systems which is essential for the development of healthy bones, gums and blood vessels. Good sources of vitamin C include citrus fruits (lemons, limes and grapefruit), strawberries and broccoli.

B vitamins – work together to help the body converts the food we eat into energy and provide the support kids need to stay active. Good sources of B vitamins include whole grains, poultry and eggs.

Iodine – is a mineral required for normal brain development, concentration and learning ability. Good sources of iodine include seafood.

Zinc – is needed for normal growth and development in infants and supports healthy immune function in kids. Good sources of zinc include seafood, meat and beans.

Retrieved on April 28th, 2026, from http://planmyhealth.in/Healthyblog/tag/healthy-food/

Items	Statements	Mark
1.	We eat green leafy vegetables for getting the calcium.	
2.	Seafood is a good source of zinc.	
3.	Vitamin C helps support immune system.	
4.	Bony fish and sea food are sources of iodine.	
5.	Milk, yogurt and cheese give the calcium.	

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