

แบบทดสอบวัดผลปลายภาค รายวิชา ภาษาอังกฤษ6 รหัสวิชา อ23102  
จำนวน 20 ข้อ คะแนนเต็ม 20 คะแนน ครูผู้สอน นางสาวสุณี จันทสังข์  
คำชี้แจง ให้นักเรียนพิมพ์คำตอบที่ถูกต้องลงใน LIVE WORKSHEET นี้

Part I: Read the article and answer the questions. (items 1-5)

ให้นักเรียนอ่านบทความข้างล่างนี้ แล้วนำประโยค a-e ไปพิมพ์ลงในช่องคำตอบข้อ 1-5

- at least 5 portions
- the advices to stay healthy
- eating different food group
- at least 8 glasses a day
- they often have a lot of sugar, fat or salt.

## Eating the rainbow

### What is a balanced diet?

A balanced diet means eating the right variety of foods in the right quantities for your body.  
To stay healthy, your body needs different food groups, like carbohydrates for energy, protein for growth and vitamins and minerals to protect against disease.  
The quantity of each type of food varies from person to person, but there are some general rules that everyone should follow.

### Should I always eat breakfast?

Your body needs energy to start the day so you shouldn't miss breakfast. You should start the day with a good breakfast, including bread or cereal, milk or yogurt and fruit.

### How many portions of fruit and vegetables should I eat?

You should have at least 5 portions of fruit and vegetables a day. Think of the rainbow and try to eat foods of different colours: red tomatoes, green spinach, orange carrots, yellow bananas and so on. This will give you all the necessary vitamins and minerals.



### Should I stop eating things like crisps and chocolate?

Everybody likes crisps or chocolate, but you shouldn't eat them too often.  
Remember, snacks often have a lot of sugar, fat or salt, so always read the labels to check the nutritional information.



### How much water should I drink?

Do you know that about 70% of your body is water?  
Water is essential for our body to function correctly and you should drink at least 8 glasses every day.



1. What does “eating the rainbow” mean?

\_\_\_\_\_

2. How many portions of fruit and vegetable should you have?

\_\_\_\_\_

3. Why shouldn't you eat snacks too often?

\_\_\_\_\_

4. How much water should you drink?

\_\_\_\_\_

5. What is the article mainly about?

\_\_\_\_\_

Part II: Match the food groups and food information (a-k) to the biscuits label.

ให้นักเรียนจับคู่หมู่อาหารและข้อมูลอาหารกับฉลากขนมบิสกิต โดยพิมพ์ a-k ลงในช่อง □

**Food groups**

- |                 |                         |
|-----------------|-------------------------|
| A carbohydrates | D vitamins and minerals |
| B sugar         | E fat                   |
| C protein       | F fibre                 |

**Food information**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| G facts about nutrients           | J a substance which adds flavour |
| H quantity of food for one person | K a substance which adds colour  |
| I unit of energy given by food    |                                  |

6

9 7

8

1

**Nutrition Facts**  
 Serving Size 1 pack (68g)  
 Servings Per Container: 12

Amount Per Serving		
<b>Calories</b> 320	Calories from Fat 120	
		<b>% Daily Value*</b>
<b>Total Fat</b> 13g		<b>20%</b>
Saturated Fat 3.5g		<b>18%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 270mg		<b>11%</b>
<b>Potassium</b> 105mg		<b>3%</b>
<b>Total Carbohydrate</b> 49g		<b>16%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 27g		
<b>Protein</b> 3g		
<b>Vitamin A</b> 0%	• Vitamin C 0%	
<b>Calcium</b> 2%	• Iron 20%	

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

**CONTAINS: WHEAT, SOY.**

Part III: Complete the sentences with following words.

ให้นักเรียนเติมคำศัพท์ต่อไปนี้ลงในประโยคให้สมบูรณ์

plastic      leather      aluminum

silver      cotton



11. The bracelet is made of \_\_\_\_\_.



12. The can is made of \_\_\_\_\_.



13. The bottles are made of \_\_\_\_\_.



14. A pair of boots is made of \_\_\_\_\_.



15. This shirt is made of \_\_\_\_\_.

**Passive voice: Present**

Put in the correct form of the verb in the Passive into the gaps.

ให้นักเรียนเลือกคำตอบ a-e ไปเติมลงในช่องว่างในรูปแบบ Passive (verb to be + verb ช่องที่ 3) ให้ถูกต้อง

ตัวอย่าง: The books are sold out.

- A. are released
- B. are produced
- C. is opened
- D. are made
- E. is written

1. The cars \_\_\_\_\_ in this factory.
2. The shop \_\_\_\_\_ at 8 P.M.
3. Films \_\_\_\_\_ Mondays.
4. The bottles \_\_\_\_\_ of glass.
5. The poem \_\_\_\_\_ by William Shakespeare.