

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 (X) 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.	