

Worksheet 1

Name Thippawan Khongsangtam Class 3/2 No. 6

Match the following synonyms from the article:

.....g..... 1. newly

.....c..... 2. stay

.....a..... 3. followed

.....i..... 4. adolescence

.....d..... 5. lead

.....j..... 6. press

.....e..... 7. positive

.....b..... 8. reason

.....f..... 9. consumed

.....h..... 10. amounts

a. tracked

b. factors

c. remain

d. head

e. beneficial

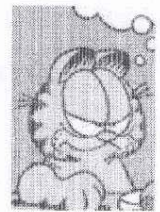
f. taken

g. recently

h. quantities

i. youth

j. media



Worksheet 2

Name Thippawan Khongsangtam class 3/2

Title: Breakfast helps girls stay slim

1. What do you think this passage is about?

The useful of breakfast.



2. Write 3 questions that come to your mind when you read the passage.

- 1) What kind of breakfast helps our healthy?
- 2) Is it true that cereal make girls stay slim?
- 3) What nutrients are there in cereal?

Worksheet 3

Name Pasinda Sadlanclass 3/b.....

Title: Breakfast helps girls stay slim

The questions on the information that you get.



- 1) What kind of breakfast helps our healthy?
- 2) Is it true that cereal make girls stay slim?
- 3) What nutrients are there in cereal?

Answer the questions

- 1) The breakfast that contains right amounts of nutrient
- 2) Yes, because cereal consumption had positive effect.
- 3) It contains high levels of calcium and fiber.

Worksheet 4

Name Thippawan Khongsangtam Class 3/2

It is true or false according to the passage you've read, write a ✓ in the table below.

Your scores	


No.	Sentences	True	False
1.	A diet breakfast, cereal, has become popular with girls.	✓	
2.	Researchers followed the eating habits of 2,400 girls for ten years.	✓	
3.	Adolescence is not a time when girls put on weight.		✓
4.	Girls must eat cereal every day to stay slim.		✓
5.	Cereal consumption had positive effects on the girls.	✓	
6.	Cereal is very high in cholesterol.		✓
7.	Milk and juice must be drunk with cereal for people to lose weight.	✓	
8.	Cereal consumption helps girls get the right amounts of nutrients.	✓	



Worksheet 5

Summarize the article.

* Write what the article is about and what are the author's purposes.

 The article showed the result of the research about eating cereal for breakfast helps girls stay slim.

The author's purpose to give information about nutrients in cereal. That the reason why girls stay slim.



Guideline

Conditional Sentences

Forming Conditional Sentences : Conditional sentences have two clauses:

Dependent Clause	Independent Clause
"If" Clause	"Result" Clause
Condition	Result
If you stay in the sun too long,	you will get sunburned!
If you study hard and practice a lot,	your English will improve.

Rules to Remember!

The clauses can be reversed. If the dependent (If) clause comes first in the sentence, you must separate them with a comma. You shouldn't use a comma if the independent clause comes first.

You will get sunburned if you stay in the sun too long!
You'll get sick if you drink too much whiskey.
Your English will improve if you study hard and practice a lot.

The difference in meaning between the first pattern and the second, if there is one, is in the statement's intent.

Specific Warning:	If you stay up too late, you'll be really tired tomorrow.
General Statement:	You'll be really tired tomorrow if you stay up too late.

Verb Forms with Real (Factual) conditions:

If clause=present tense	Result clause=future tense
If you eat too much ice cream,	you'll get sick.
If Betsy needs help,	she will call us.

Part A Look at the timetable and complete the answers to these questions:

Here is the timetable for flights from Kuwait:

Flight number	Day	Leave Kuwait	Arrive		
			London	Paris	Amsterdam
147 (Non-stop)	1 3 5	09.00		14.00	
247 (Non-stop)	1 3 5	13.00		20.00	
168 (1 stop)	1 3	12.00			18.00
268 (1 stop)	4	10.00			16.00
368 (1 stop)	6	11.00			17.00
173 (Non- stop)	1 3 5 6	14.00	21.00		
273 (2 stop)	1 3 5 6	10.00	19.00		
373 (1 stop)	1 3 5 6	11.00	19.00		

1= Saturday 2= Sunday 3= Monday 4= Tuesday 5= Wednesday 6= Thursday 7= Friday

What does the timetable tell you about everybody's journeys?

1. I am flying to Paris next Wednesday.

What time will I arrive?

If you take flight number....147....., you will arrive at...14.00...

But if you take flight number...247....., you will arrive at...20.00...

2. Mona and Susan are flying to Amsterdam next week.

What time are they leaving ?

If they fly on...Saturday... or...Monday....., they will leave at ...12.00...

But if they fly on ...Tuesday/....., they will leave at...10.00.....

And if they fly on ...Thursday....., they will leave at...11.00.....

3. Ali is flying to London next Monday.

How long will the flight take?

If he takes a ...non-stop...flight, it will take...⁷... hours.

But if the plane makes ²..... stop, the flight will take ⁹..... hours.

And if it makes ¹..... ^{stop}....., it will take.....⁸.....hours.

Part B

Look at the timetable again, and complete the table.

...If...	he		he	will	catch...the flight
	she	arrives at 19	she		to London
	it	makes one stop	it		take 8 hours
	I	take flight 147	I		arrive at 14.00
	we		we		
	you	fly on Tuesday	you		leave at 10.00
	they		they		

Worksheet 7

Name Thippawan Khongsangtam Class 3/2
23/2.0. /49

GAP FILL : Put the words in the column on the right into the gaps in the text

Breakfast helps girls stay slim

A newly published report says that girls should eat breakfast every day if they want to stay slim. Researchers from America's Maryland Medical Research Institute followed the eating habits and weight of nearly 2,400 girls throughout their adolescence. This ten-year period is a time when "girls put on a lot of weight", according to lead researcher Bruce Barton. The conclusion of the findings was that teenage girls who ate cereal for breakfast three times a week or more were more likely to stay slim.

period
 conclusion
 stay
 weight
 likely
 published
 put
 followed

A press release from the Journal of the American Dietetic Association reports that "cereal consumption had positive effects on the girls". This is because cereals contain high levels of calcium and fiber and low levels of fat and cholesterol. The researchers suggest that there are other reasons why eating cereal may help girls stay slimmer. One factor is that other healthy things are usually consumed with cereal, such as milk and juice. Researchers also concluded that cereals help girls to get the right amounts of nutrients.

contain
 consumed
 positive
 factor
 release
 suggest
 amounts
 fat

Worksheet 8

Name Thippawan Khongsangtam Class 3/2

Breakfast helps girls stay slim

Do you think breakfast makes you thin?

I agree.



I disagree.

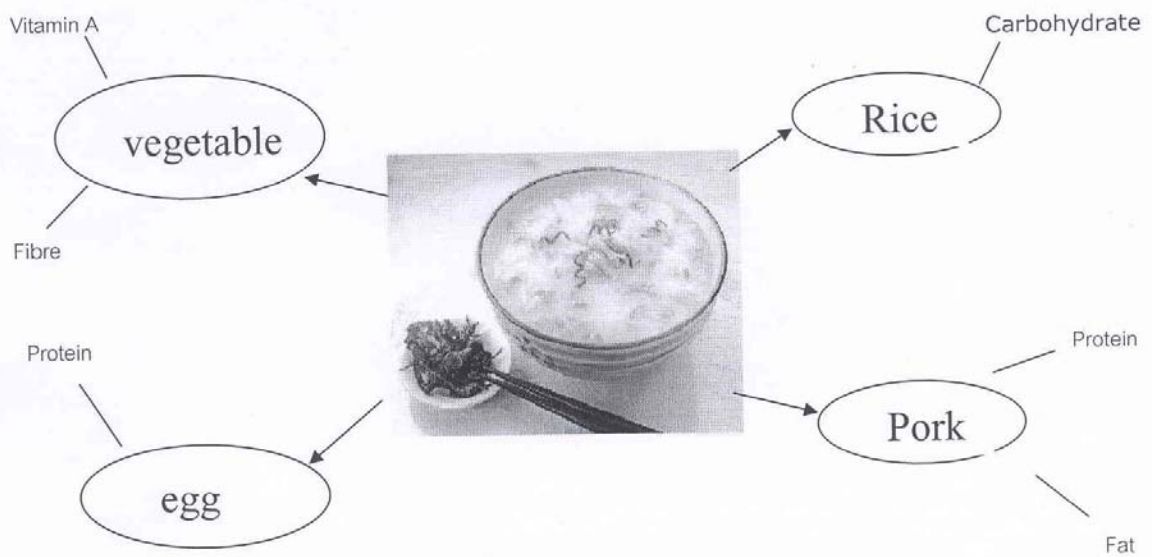


Reason :

If you eat a lot of cereal and
drink a lot of milk, you will be fat.
We need to eat right amount of
nutrient.

BREAKFAST MENU & NUTRIENT

pork congee



ข้อมูล: http://www.fehd.gov.hk/cgi-bin/fehd/niis/text_breakfast.cgi