

ทบทวนความรู้ ม.ปลาย รายการที่ 19

วิทยากร : อาจารย์จรรยา ประไพกรเกียรติ



Shania Twain

I'm Bonna Betcha Good!

Let's go!

Don't wantcha for the _____

don't wantcha for a night

I'm only _____ if I can have you for life-yeah

I know I sound _____

and baby I am

You're a fine piece of _____ ,

and I'm gonna get me dome land

Oh, yeah

So, don't _____

honey, love can be fun

There's no need to be alone-

When you find that _____

Chorus :

(I'm gonna getcha)

I'm gonna getcha while I gotcha in sight

(I'm gonna getcha)

I'm gonna getcha if it takes all night

(Yeah, you can betcha)

You can betcha by the time I say "go"

You'll never say "no"

(I'm gonna getcha)

I'm gonna getcha, it's _____

(I'm gonna getcha)

I'm gonna getcha, don'tcha

worry 'bout that

(Yeah, you can betcha)

You can bet your bottom dollar

in time your gonna be mine

Just like I should-I'll getcha good

yeah, uh, uh

I've already planned it-

Here's how it's gonna be

I'm gonna love you and-

You're gonna _____ with me

yeah, Yeah



Oh, yeah

So, don't _____

Honey, love can be fun

There's no need to be alone-
when you find that _____

Repeat Chorus

(I'm gonna getcha)

I'm gonna getcha while I gotcha in sight

(I'm gonna getcha)

I'm gonna getcha if it takes all night

(Yeah, you can betcha)

You can betcha by the time I say "go"

You'll never say "no"

(I'm gonna getcha)

I'm gonna getcha, it's _____

(I'm gonna getcha)

I'm gonna getcha, don'tcha

owrry 'bout that

(Yeah, you can betcha)

You can bet your bottom dollar

in time your gonna be mine

Just like I should-I'll getcha good

Yeah, I'm gonna getcha baby

I'm gonna _____

I'm gonna getcha somehow honey-

yeah, I'm gonna make it good

Yeah, yeah, yeah, yeah

Oh, yeah
So don't _____ -honey,
Love can be fun
There's no need to be alone-
When you find that _____

Repeat Chorus

I'm gonna getcha, it's _____
owrry 'bout that
(Yeah, you can betcha)
You can bet your bottom dollar
in time your gonna be mine
Oh, I'm gonna getcha,
I'm gonna getcha real good
Yeah, you can betcha, oh
I'm gonna getcha
(I'm gonna getcha) Just like
I should, I'll getcha good
Oh, I'm gonna getcha good!

for life = for the whole life

sound = suggest a particular feeling

in sight = from which it is possible to see

bet on = You bet,
Certainly

bet your bottom dollar = be certain

knock on wood =

tap on piece of wood or a wooden object as a charm against bad luck especially while making an optimistic statement, knock on sth. Made of wood to keep from having bad luck.

Grazing? That's right, grazing - - eating six or more small meals each day. This alternative eating style may provide several benefits. Grazing can help to maintain a healthy weight, lower blood cholesterol, and control blood sugar. This eating plan can also help **regulate** appetite, increase metabolic rate, and allow for better absorption of nutrients. Grazing also matches an active, **on-the-go** lifestyle.

Mini-meals are not snacks eaten between larger meals. Instead **they** are a variety of small **portions** eaten throughout the day. The real challenge with this eating style is eating enough servings from each food group while not over-eating. Each mini-meal should be thought out and selected from nutritious foods, just as you would with your other meals.

A few tips can help you **master** grazing. Keep each mini-meal about the same size to avoid over-eating and yet satisfy your appetite. Appetiser-size portions in restaurants and at home are about the right size for mini-meals. You don't have to plan six or more different little meals each day. You could instead take the meals you eat now and divide them up throughout the day.

Grazing may not be for everyone. For some, frequent snacking could lead to overeating. Obesity experts generally advise that overweight people not graze since it may promote **mindless eating**. In addition, eating many times throughout the day may be inconvenient for some.

Remember that ultimately it is not how or when you eat that matters, but what you eat. The most important thing is to choose an eating style that matches your personal needs and lifestyle and helps you make the best food choices possible.

comfortable =

- describes furniture and clothes that provide a pleasant feeling and that do not give you any physical problems
- relaxed and free from pain

suitable = acceptable or right for someone or something

1. The word "grazing" in this article means eating _____

- | | |
|-------------------------------|------------------------|
| 1. less but more often | 2. less at three meals |
| 3. only vegetables and fruits | 4. more slowly |

2. Grazing does not have the effect of _____

- | | |
|------------------------------|---------------------------------------|
| 1. controlling blood sugar | 2. decreasing absorption of nutrients |
| 3. increasing metabolic rate | 4. lowering blood cholesterol |

3. If you graze, you have to be careful _____

- | | |
|-------------------------------|-------------------------|
| 1. to make your diet fat-free | 2. not to overeat |
| 3. to eat all you want | 4. not to eat too often |

4. The word "regulate" (line 3) could best be replaced by _____
1. control
 2. increase
 3. kill
 4. Promote
5. The expression "on-the-go" (line 5) means _____
1. fashionable
 2. busy
 3. furious
 4. easy-going
6. What does "they" (line 6) refer to?
1. mini-meals
 2. Larger meals
 3. servings
 4. Snacks
7. The word "**portions**" (line 7) could best be replaced by _____
1. plates
 2. shares
 3. amounts
 4. Bites
8. The word "**master**" (line 10) could best be replaced by _____
1. be good at
 2. teach
 3. study
 4. Take care of
9. Grazing is not good for people who are _____
1. fat
 2. thin
 3. health
 4. Forgetful
10. In planning a mini-meal, the most important consideration is the _____ of the food.
1. freshness
 2. nutritional value
 3. price
 4. fat content

11. The sentence "**Grazing may not be for everyone.**" (line 14) means that grazing is not _____ for everyone.
1. comfortable
 2. fun
 3. fair
 4. Suitable
12. The passage most probably appeared in _____
1. an instructional manual
 2. a science journal
 3. a women's magazine
 4. a cookbook
13. The phrase "**mindless eating**" (line 16) could best be replaced by _____
1. selective snacking
 2. eating without thinking
 3. careless choice of diet
 4. eating in a hurry
14. The main idea of the article is _____
1. to have healthy eating habits, one should have snacks between meals
 2. snacking all day is better than having three big meals a day
 3. snacking all day is as healthy as having three big meals a day
 4. mini-meals are another option for a healthier eating style
15. If this passage were to be continued, the next paragraph would most probably discuss _____
1. food choices
 2. lifestyles
 3. personal needs
 4. restaurants

