

สนุกกับภาษา

Identify Main Ideas (1)

- To improve your reading skills you need to:
 - **have clear reading goals;**
 - **choose the right text;**
 - **use the right reading style.**
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Identify Main Ideas (1)

- Reading is the **active process** of understanding print and graphic texts.
 - **Reading is a thinking process.**
 - Effective readers know that when they read, what they read is supposed to make sense.
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Identify Main Ideas (1)

- The **main idea** of a paragraph is what the author wants you to know about the topic.
 - **Topics** are simple and are described with just a word or a phrase.
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Identify Main Ideas (1)

- **What is the topic?**
- **What is the point the author is trying to make about the topic?**
- The **main idea** must be a general sentence that sums up the details in the paragraph.

Identify Main Ideas (1)

- When a reading passage contains more than one paragraph, you will need to find the **thesis statement** – the sentence or group of sentences which states the main idea of the entire passage.

Identify Main Ideas (1)

- There are two types of main ideas: **stated** and **unstated** (or implied).
 - **Stated Main Idea (Topic Sentence)**
 - **Main Idea at the Beginning**
 - **Main Idea at the End**
 - **Main Idea in the Middle**
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Identify Main Ideas (1)

- An **infographic** is a collection of imagery, charts, and minimal text that gives an **easy-to-understand overview of a topic.**



Save The Oceans

Feed The World

OCEANA

Restoring the oceans could feed 1 billion people a healthy seafood meal each day

Visit Oceana.org/FeedTheWorld to learn more

Identify Main Ideas (1)



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OCTOBER 2019

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Identify Main Ideas (1)

- **Sufficiency Economy Philosophy**
 - **Sustainable Development**
 - **The Noble Eightfold Path**
 - **Morality, Concentration and Wisdom**
-

Identify Main Ideas (1)

MASTER OF INVENTION

The terms “inventor” and “entrepreneur” seem wholly inadequate to describe Mir Imran. Having been issued more than 360 patents and having founded more than 20 companies, he tells *Fortune* how his problem-solving approach to business has been key to his success. **Interview by Dinah Eng**



Identify Main Ideas (1)

- Once you can find the topic, you are ready to find the main idea.
 - The main idea is the point of the paragraph.
 - It is the most important thought about the topic.
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Identify Main Ideas (1)

- People use plants in a variety of ways. Crops such as fruit, vegetables, and grain feed people and their animals. In addition, many useful products like rubber and cotton come from plants. Plants are also used to make many life-saving medicines. Finally, people everywhere grow plants to create beautiful environments in public and private spaces.

Identify Main Ideas (1)

- **What is the topic?**
 - **Plants**
 - **What is the main idea?**
 - **People use plants in a variety of ways.**
-

Italy Mandates Teaching About Sustainability

Public schools will require all students to learn about the environment.

Nov 29, 2019

27
VIEWS



Tags: Environment, Education, Italy



Italy Mandates Teaching About Sustainability

- Italy is the first country in the world to introduce mandatory **climate change lessons** in schools. From September 2020, students in elementary school onwards will have 33 hours of lessons on **sustainable development** and how that is linked to the environment and to society as a whole.
-

5 Ways to Feed a Growing World Population Sustainably

The world needs to produce 50-90 percent more food by 2050 if the trend to eat more meat and dairy continues.

Aug 18, 2019

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VIEWS



Tags: Agriculture, Sustainable Agriculture, Permaculture



5 Ways to Feed a Growing World Population Sustainably

1. Reduce Food Waste

2. Shift Diets to More Plant-Based Foods

3. Super Boost Crop Yields

4. Look to the Seas for More Food

**5. Use an Agroecological Approach to Food
Production**

Identify Main Ideas (1)

1. Reduce Food Waste

- One of the solutions is to upcycle food that would have been thrown away.

2. Shift Diets to More Plant-Based Foods

- Environmentally Sustainable

Identify Main Ideas (1)

3. Super Boost Crop Yields

- Increased crop production without increasing the amount of land used is the key to feeding a hungry world.
 - Indoor vertical farming
-

Identify Main Ideas (1)

4. Look to the Seas for More Food

- Increasing Aquaculture in indoor fish farms and ocean farming of fish, seafood, and seaweed is a major way to get protein into the diets of much of the world.

Identify Main Ideas (1)

5. Use an Agroecological Approach to Food Production

Agroecology mimics nature, replacing things like chemical fertilizer with the knowledge of how a combination of plants, trees, and animals can increase the productivity of the land.

Identify Main Ideas (1)

5. Use an Agroecological Approach to Food Production

This is very similar to the permaculture movement that uses natural ways to build nutrients in the soil and to regenerate agriculture.

Self- sufficient

Identify Main Ideas (1)

5 Ways to Practice Active Meditation if You Can't Sit Still

These forms of movement meditation may provide a more effective way of training your mind

Nov 26, 2019

Identify Main Ideas (1)

- **Walking Meditation**
- **Yoga Asanas**
- **Gardening**
- **Coloring Mandalas**
- **Tai Chi**
- <https://www.goodnet.org/articles/5-ways-to-practice-active-meditation-if-you-cant-sit-still>

Identify Main Ideas (1)

- **Walking Meditation**

Through mindful walking, we bring awareness to the here and now by paying attention to the breath with each gentle step.

Identify Main Ideas (1)

- **Yoga Asanas**

The word “yoga” means “to join” in Sanskrit, bringing mind and body together.

The now popular practice combines strengthening and stretching poses, called asanas, with deep breathing and meditation.

Identify Main Ideas (1)

- **Gardening**

“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.”

–Poet Alfred Austin

An added bonus: this type of movement meditation has tremendous health benefits, too.

- **Coloring Mandalas**

Mandalas, meaning “circle” in Sanskrit, refer to spiritual geometric symbols said to represent the universe. In Hindu and Buddhist traditions, the coloring or drawing of mandalas while meditating helps connect to the infinite, the world that extends beyond and within our bodies and minds.

Identify Main Ideas (1)

- **Tai Chi**

This traditional Chinese mind and body technique provides an ideal way to meditate for those who can't sit still but also comes with tremendous health benefits like reducing anxiety, improving heart health and lowering blood pressure.

แนะนำติชมรายการได้ที่

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