

สนุกกับภาษา

Reading Strategies (3)

THAILAND Welcomes Leaders and Delegates

35th ASEAN SUMMIT

and Related Summits

2 - 4 NOVEMBER 2019

BANGKOK / NONTHABURI





THAILAND

Ready for Asean

A major security drill was launched on Tuesday at Muang Thong Thani in Nonthaburi, where world leaders will gather for this weekend's 35th Asean Summit and related meetings.



SUSTAINABLE DEVELOPMENT GOALS



4 QUALITY EDUCATION



Help children in your community to read.

Goal 4: Quality Education

Goal 4: Quality Education

Reading Strategies (3)

- Not all reading is alike. It's important to **adjust your reading for its specific purposes.**
 - If you are looking for specific information, you can **skim quickly** until you find it.
- If you need to analyze an author's style or take a position on a controversial issue, you will need to **read critically.**

Reading Strategies (3)

- *“Write it on your heart that every day is the best day in the year.”* Ralph Waldo Emerson
 - *“Learn from yesterday, live for today, hope for tomorrow.”* Albert Einstein
-

- **People who are positive say that the glass is half full.**
- **People who are negative say that the glass is half empty.**



Reading Strategies (3)

The only difference between
a **Good day** and a **Bad Day** is
your **ATTITUDE!**

Dennis S. Brown

Reading Strategies (3)

If we have a **good attitude** towards things
around us,
we will be **happy**.

The ones with a **good attitude outlive** those
who have a bad attitude.

Reading Strategies (3)

*“Reading a good book and playing a sport can boost a child’s **self-esteem**.”*

self-esteem = belief and confidence in your own ability and value

- Children love to copy grown-ups, so make sure you set good examples.

ANNABEL KARMEL'S FAVOURITES

Kids in the Kitchen

*Creative recipe ideas
to make and bake
together*



50 healthy recipes

Pumpkin



A Fruit with
Precious Health Benefits

[Read More >>](#)



High in vitamin A

*Nourish
your eyesight.*

**Low energy
and low sugar**

*Perfect for those
on a diet.*

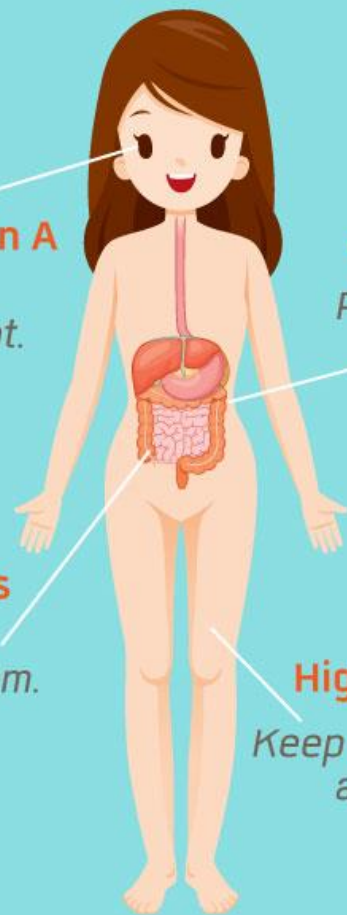
High in Fibers

*Improve
excretory system.*



High in collagen

*Keep your skin young
and healthy.*



[Easy Recipe] Pumpkin in Coconut Milk 🍂

Free Recipe!

**Pumpkin in
Coconut Milk**

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*Shop Ingredients
Here*



Reading Strategies (3)

EDUCATION

October 26, 2019

College Success: Helping Others to Help Yourself

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Reading Strategies (3)

- **Editor's Note:** *This report is part of a continuing series offering advice to students at colleges and universities on how to be successful throughout their educational experience.*
 - In some ways, higher education is a **self-serving experience.**
-

Reading Strategies (3)

9.5K
VIEWS



Tags: Relationships, Women And Men, Femininity, Masculinity



- **How Masculine and Feminine Energies Impact Relationships**
- Embracing the balance of masculine and feminine in ourselves and our partner can help attract the right people and lead to more passionate relationships.
- male female man woman
- <https://www.goodnet.org/articles/how-masculine-feminine-energies-impact-relationships>

REDUCE, REUSE, RECYCLE

Eco-friendly, sustainable ways to walk lightly on the planet - leaving a cleaner, greener world for future generations.

Reading Strategies (3)

- **Reading is Thinking**
 - *What do you see in your mind as you read?*
 - *What does your reading remind you of?*
 - *What are the big ideas in your reading?*
-

Reading Strategies (3)

AS IT IS

4 hours ago

Where Do Old Tires Go?

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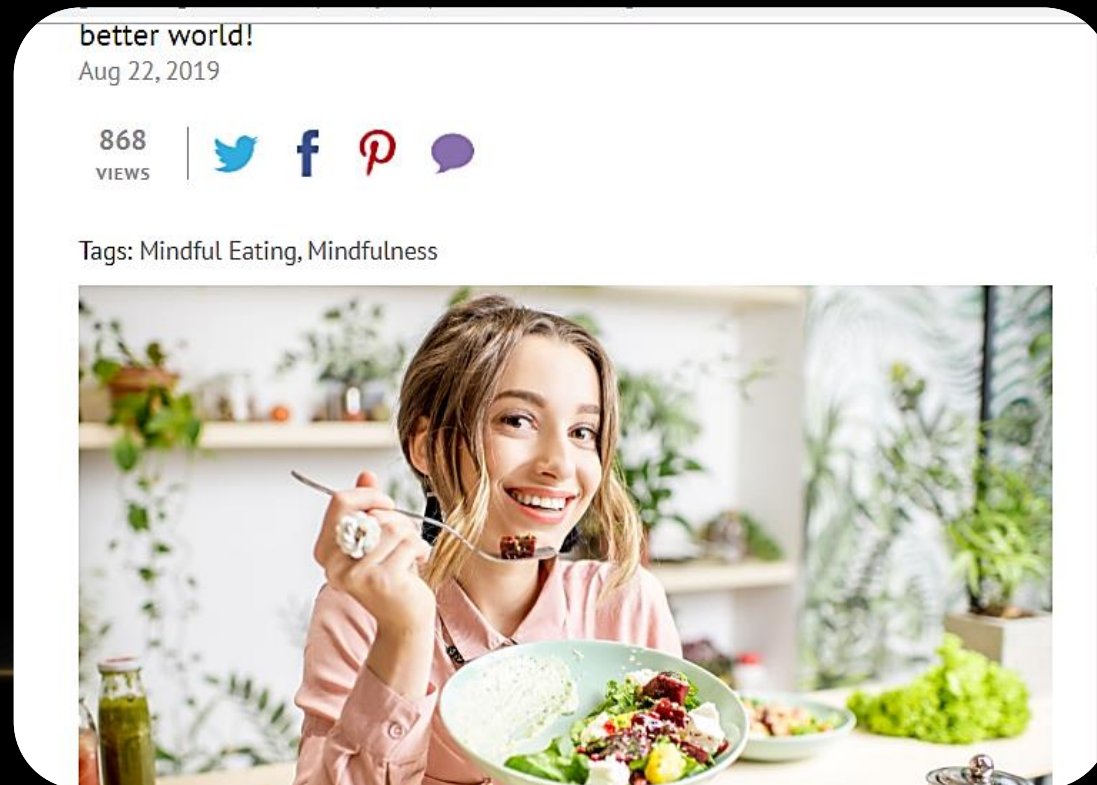




FILE- Children ride on a swing made with an old tire at Nishi Rokugo Park, also known as the Tire Park, at Ota-Ku, in Tokyo, Japan August 17, 2017. The park was built with the concept of recycling by using thousands of old tires. (REUTERS/Kim Kyung-Hoon)

Reading Strategies (3)

- **Mini Size, Mighty Benefits**
- **7 Simple Ways to Practice Mindful Eating**



7 Simple Ways to Practice Mindful Eating

- Changing this **mindset** is the key to better health, better living, and a better planet.
- We have to begin to eat mindfully by being truly present in the moment as well as being aware of our thoughts, feelings, and our bodies.
- <https://www.goodnet.org/articles/7-simple-ways-to-practice-mindful-eating>

- **Mindful eating** takes some adjusting in the way we choose the foods we eat – things like organic, fair trade, locally grown, or free range— and the way we eat. Here's how:
 - **Plan ahead**
 - Plan your meals ahead of time. Making a list before you go to the supermarket will help you buy food for healthy meals like fresh produce and whole grains.
-

7 Simple Ways to Practice Mindful Eating

Come to the table hungry but not starving

If you listen to your body's cues, you will feel better and really enjoy your food.

Take smaller portions

Try eating with a smaller plate.

7 Simple Ways to Practice Mindful Eating

Say thanks

Give thanks for your food. If it is your tradition, pray before a meal or after. Compliment the person who cooked the meal and express your gratitude for the food and for the people you are eating with.

7 Simple Ways to Practice Mindful Eating

Use all five senses when you eat

Use all your senses when you eat and learn to appreciate food like a master chef.

Eat smaller bites and chew, chew, chew

When you eat slower, you feel more satisfied.

7 Simple Ways to Practice Mindful Eating

Slow down and enjoy the produce!

Mindful eating is good for your body and good for your soul. So before you start to chat or reach for your smartphone, take a few minutes to fully appreciate your food.

<https://www.goodnet.org/articles/7-simple-ways-to-practice-mindful-eating>

Reading Strategies (3)

VOA LEARNING ENGLISH

search text ...

LANGUAGES

ABOUT LEARNING ENGLISH BEGINNING LEVEL INTERMEDIATE LEVEL ADVANCED LEVEL US HISTORY VIDEO

AUDIO MENU

SCIENCE & TECHNOLOGY

October 28, 2019

Dutch Inventor Demonstrates Device to Remove Plastic from Rivers


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BUSINESS

Asean alternatives to single-use plastics

PUBLISHED : 28 OCT 2019 AT 04:30

NEWSPAPER SECTION: ASIA FOCUS
WRITER: SUWATCHAI SONGWANICH



1 Clean, traditional materials such as banana leaf and bamboo could be the future of packaging. Photo: Suthon Sukphisit

Reading Strategies (3)

- **Single-use plastics**, and how to reduce our dependency on them, has become one of the hottest consumer issues in the world, especially with young people. This is certainly true in Thailand where a number of high-profile stories have galvanized people into changing their habits.

Reading Strategies (3)

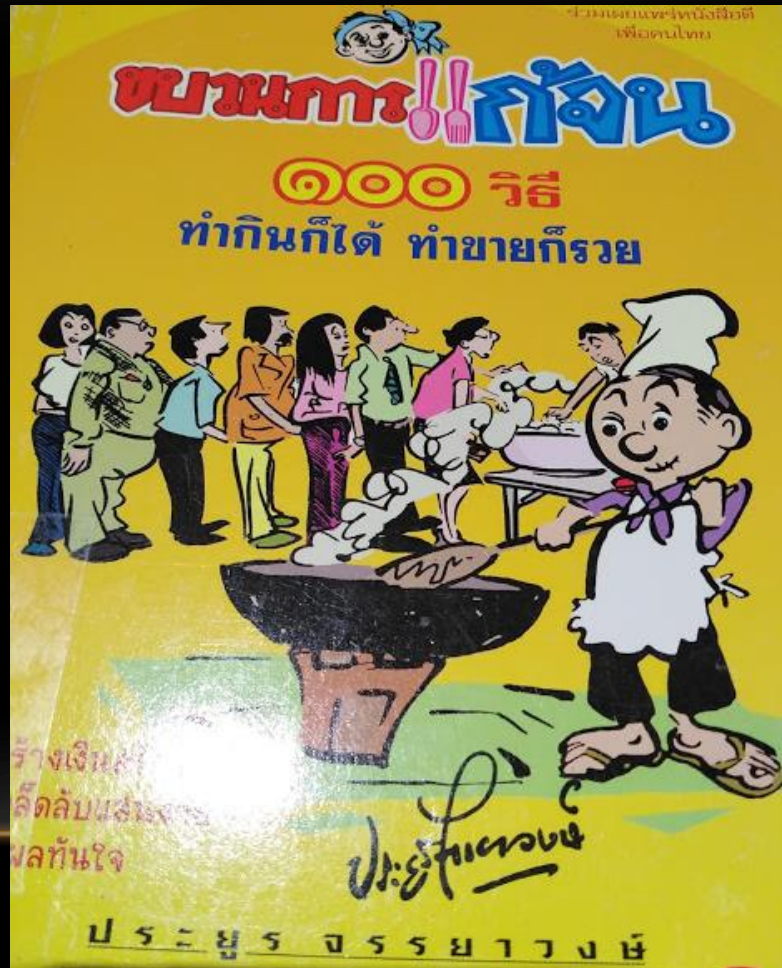
- **The good news** is that while some Asean countries may have been part of the problem, a number are now trying to be part of the solution by developing **environmentally sustainable alternatives** to oil-based single-use plastics.

Reading Strategies (3)

- The region is home to a diverse range of **traditional food packaging materials**, such as bamboo or banana leaf, which some companies are looking at developing for commercial use.
- https://www.bangkokpost.com/business/1781314#cxrecs_s

Read for Life

- *Your life can be changed by reading.*



**“May all readers be blessed with pure
perseverance, sharp wisdom and complete
physical health.”**

energy, effort, exertion, perseverance,

Right Effort (สัมมาวายามะ)

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