



2025

PRESENTED BY T. AISHA (عائشة)

# โตโคง์สุดท่าย ก.พ. (อ้งอ้งข้อสอบจริง 68)

*Challenges are what make life interesting.  
Overcoming them is what makes life meaningful.*



## ติวโค้งสุดท้าย ภาษาอังกฤษ ก.พ. 2568

### (อ้างอิงข้อสอบจริง 68)

#### Part I: Conversation

##### At a Cafe

**Customer:** Hi! \_\_\_\_\_ (1) \_\_\_\_\_

**Barista:** Hello! Yes, today we have Matcha Latte and Iced Thai Tea as our specials.

**Customer:** Oh, I'll go with the Iced Thai Tea.

**Barista:** Great choice! \_\_\_\_\_ (2) \_\_\_\_\_

**Customer:** Medium, please.

**Barista:** Sure! \_\_\_\_\_ (3) \_\_\_\_\_ We have various kinds of sandwiches today. We have spinach cheese sandwich, tuna wraps, and banana muffins today.

**Customer:** Hmm... I'll have the tuna wrap, please.

**Barista:** Alright. That'll be 260 baht. How would you like to pay — cash, debit card, credit card, or discount coupon?

**Customer:** I'll pay in cash. \_\_\_\_\_ (4) \_\_\_\_\_

**Barista:** Thank you very much! \_\_\_\_\_ (5) \_\_\_\_\_

**Customer:** Thanks!

#### 1) Choose the most appropriate answer.

- A. Can I pay later?
- B. Do you like coffee?
- C. Do you want a table for two?
- D. Do you have anything special today?

"Success doesn't come from what you do occasionally, it comes from what you do consistently."

— Marie Forleo

**2) Choose the most appropriate answer.**

- A. What size would you like?
- B. Do you want it hot or cold?
- C. How many cups do you need?
- D. What kind of drink do you want?

**3) Choose the most appropriate answer.**

- A. Do you want a receipt?
- B. Do you want to pay now?
- C. Can I help you find your seat?
- D. Would you like something to eat with that?

**4) Choose the most appropriate answer.**

- A. I need a receipt.
- B. Can I get a discount?
- C. Please keep the change.
- D. Please give me the change.

**5) Choose the most appropriate answer.**

- A. Your seat is ready.
- B. This table is reserved.
- C. The restroom is on your left.
- D. Your order will be ready shortly.

"The future depends on  
what you do today."

— Mahatma Gandhi

## Part II: Vocabulary

6) They use an automatic \_\_\_\_\_ to turn the lights on and off.

- A. device
- B. material
- C. network
- D. controller

7) Thunderstorms typically \_\_\_\_\_ later in the day when it's hot and humid.

- A. occur
- B. appear
- C. destroy
- D. prepare

8) Doctors often \_\_\_\_\_ that pregnant women should avoid intense physical activity to stay safe.

- A. regret
- B. ignore
- C. complain
- D. emphasize

9) A \_\_\_\_\_ earthquake once claimed the lives of over a million people.

- A. mild
- B. huge
- C. simple
- D. gorgeous

10) Some individuals show very little facial \_\_\_\_\_, even when feeling deep emotions.

- A. description
- B. expression
- C. explanation
- D. decoration

Stay patient and  
trust your journey.

**Part III: Structure**

11) The airplane is about to \_\_\_\_\_ from the runway in the next ten minutes.

- A. go off
- B. go over
- C. take off
- D. get through

12) Thailand's economy \_\_\_\_\_ to grow by around 6–7% this year, according to analysts.

- A. expect
- B. expects
- C. expecting
- D. is expected

13) Ken got a model car for his birthday, and he plans to buy \_\_\_\_\_ one next week.

- A. other
- B. others
- C. another
- D. the other

14) We brought an umbrella \_\_\_\_\_ we wouldn't get soaked in the rain.

- A. so that
- B. unless
- C. because
- D. although

15) This app was built to help \_\_\_\_\_ make smarter choices in stock trading.

- A. trades
- B. trader
- C. traders
- D. trading

Study while others are sleeping.  
Work while others are playing.  
Dream while others are wishing.

#### Part IV: Reading

October 1,

Dear Mr. Smith (Head of Operations),

I would like to inform you that Dr. John Doe will be conducting a workshop on October 10. Mr. Charles, who will be assisting with the session, has requested the following equipment to be prepared at the venue: Notebook (laptop), Projector, Screen, and he will also bring his own USB drive.

Additionally, Mr. Charles has informed us that he will arrive 30 minutes early to set up and check the PowerPoint file before the workshop begins. Please kindly ensure that the requested equipment is available and ready for use.

Let us know if any further information is needed.

Thank you very much for your support.

Best regards,

Dr. Sarah Williams

(Event Coordinator)

**16) Which of the following items will Mr. Charles bring to the workshop?**

- A. USB
- B. Screen
- C. Laptop
- D. Projector

**17) Who will be conducting the workshop on October 10?**

- A. Mr. Smith
- B. Mr. Charles
- C. Dr. John Doe
- D. Dr. Sarah Williams

**18) What will Mr. Charles do before the workshop begins?**

- A. Take a break.
- B. Prepare the presentation.
- C. Arrange the seating.
- D. Have a meeting with the participants.

**19) What is the date of the workshop mentioned in the email?**

- A. October 1
- B. October 5
- C. October 10
- D. November 10

**20) Why is it a good idea for Mr. Charles to come early and get ready before the workshop?**

- A. He wants to change how the room looks.
- B. He wants to ask others what they think about his slides.
- C. He needs to talk to the people who will join the workshop.
- D. It shows he is responsible and wants the workshop to go well.

Push yourself, because no one  
else is going to do it for you.  
One day, all this hard work will  
make sense.

- Aisha

Directions: Read the passage and choose the best answer to each question.

### Secrets of Okinawan Longevity: Healthy Eating Habits and Traditional Foods

Okinawa is a group of islands in southern Japan. The people there are known for living long lives, often reaching 80, 90, and even over 100 years old. Researchers have studied this, and they believe that one big reason for their long life is their traditional diet and eating habits.

A key habit in Okinawan culture is called **hari hachi bu**. This means "eat until you are 80 percent full." Unlike people in many places who eat until they are completely full or even overeat, Okinawans stop eating before they feel totally satisfied. This helps them eat fewer calories, which can prevent health problems like obesity and diabetes.

The food they eat also plays a big role in their health. The Okinawan diet is mainly made up of plant-based foods. One important food is **tofu**, which is made from soybeans. Tofu is a good source of protein and is low in fat and calories. It also contains important nutrients like calcium, iron, and magnesium.

Other soybean foods, such as **miso**, **soy sauce**, and **edamame**, are also common in Okinawa. These foods contain special compounds that may help protect the heart and reduce the risk of certain cancers. Okinawans also eat a lot of vegetables, like sweet potatoes, seaweed, bitter melon (goya), and leafy greens. They eat fish more often than red meat, and their meals are low in sugar and processed foods.

Another important part of Okinawan eating habits is **mindful eating**. People in Okinawa eat slowly and with gratitude. This helps them digest their food better and understand when they are full. This is part of the **hari hachi bu** practice.

In conclusion, the Okinawan way of eating—based on moderation, plant-based foods, and being mindful of food—helps them live long and healthy lives. If people around the world follow similar habits, like eating more tofu and soy products, they might also live healthier lives.

**21) What does "hari hachi bu" mean in Okinawan culture?**

- A. A type of Okinawan vegetable dish.
- B. A traditional Okinawan cooking style.
- C. A rule for eating only plant-based foods.
- D. A practice of eating until you are almost full.

**22) Which food is commonly eaten in Okinawa and provides plant-based protein?**

- A. Tofu
- B. Miso
- C. Seaweed
- D. Red meat

**23) Why is the Okinawan diet considered healthy?**

- A. It is high in sugar and meat.
- B. It includes a lot of fast food.
- C. It contains many processed foods.
- D. It is low in calories and rich in vegetables.

**24) How does mindful eating help Okinawans?**

- A. It helps them eat faster.
- B. It makes food taste better.
- C. It helps them know when they are full.
- D. It makes them eat more so they can have more energy.

**25) What is one health benefit of soybean products mentioned in the article?**

- A. They reduce the risk of some cancers.
- B. They are mainly used for helping digestion.
- C. They are good for preventing obesity and diabetes.
- D. They help reduce the total number of calories consumed.

# Vocabularies

1. **Longevity** (n.) – อายุยืน (the length of time someone lives, especially a long life)
2. **Phenomenon** (n.) – ปรากฏการณ์ (an observable event or occurrence)
3. **Diet** (n.) – อาหาร (the usual food and drink a person consumes regularly)
4. **Habit** (n.) – นิสัย (a regular practice or behavior)
5. **Satisfy** (v.) – ทำให้พอใจ (to fulfill desires or needs)
6. **Overeat** (v.) – กินมากเกินไป (to eat more than needed)
7. **Calories** (n.) – แคลอรี (a unit of energy in food)
8. **Obesity** (n.) – โรคอ้วน (excessive fatness or overweight condition)
9. **Diabetes** (n.) – โรคเบาหวาน (a disease where the body has trouble controlling blood sugar levels)
10. **Chronic** (adj.) – เรื้อรัง (lasting for a long time or constantly recurring)
11. **Tofu** (n.) – เต้าหู้ (a food made from soybeans, popular in East Asian cuisine)
12. **Nutrient** (n.) – สารอาหาร (substances in food that help the body grow and stay healthy)
13. **Calcium** (n.) – แคลเซียม (a mineral important for bone health)
14. **Iron** (n.) – เหล็ก (a mineral necessary for the body, especially for blood production)
15. **Magnesium** (n.) – แมกนีเซียม (a mineral important for muscle and nerve function)
16. **Soybean** (n.) – ถั่วเหลือง (a type of legume used in many food products)
17. **Miso** (n.) – มิชิ (a fermented paste made from soybeans, used in soups)
18. **Soy sauce** (n.) – ซอสถั่วเหลือง (a dark liquid made from fermented soybeans, used in cooking)
19. **Edamame** (n.) – ถั่วแระ (young soybeans, usually eaten as a snack or appetizer)
20. **Compounds** (n.) – สารประกอบ (substances made from two or more elements or ingredients)

21. **Isoflavones** (n.) – ไอโซฟลาโวนส์ (a type of plant compound found in soy products that may be beneficial for health)
22. **Heart health** (n.) – สุขภาพหัวใจ (the condition of a person’s heart and its ability to function properly)
23. **Cancer** (n.) – มะเร็ง (a disease where abnormal cells grow uncontrollably)
24. **Vegetables** (n.) – ผัก (plants or parts of plants consumed as food)
25. **Sweet potatoes** (n.) – มันหวาน (a root vegetable that is sweet in flavor)
26. **Seaweed** (n.) – สาหร่าย (a type of plant that grows in the sea, often used in cooking)
27. **Bitter melon** (n.) – มะระ (a fruit with a bitter taste, often used in Asian cuisine)
28. **Leafy greens** (n.) – ผักใบเขียว (vegetables with edible leaves, like spinach or kale)
29. **Mindful eating** (n.) – การรับประทานอาหารอย่างมีสติ (eating with attention and awareness)
30. **Gratitude** (n.) – ความกตัญญู (thankfulness or appreciation)

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❤️ รับชมคลิปฟรีและฝึกภาษาอังกฤษกับพี่ไอซ่าได้เลยนะคะ ❤️

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The best  
investment  
that you  
can make  
is in  
*yourself.*