**Тема урока:** A healthy lifestyle.

**Цели:**

**Дидактические** - активизация лексики по теме «Здоровый образ жизни» в серии речевых и языковых упражнений;

- формировать навыки чтения и аудирования;

- совершенствовать и контролировать навыки практического владения языком в заданной ситуации общения;

**Развивающие -**развитие мыслительных и оценочных навыков в ситуации здорового образа жизни;

- употребление лексических единиц с учетом сочетаемости слов в соответствии с коммуникативными намерениями.

**Воспитательные -**воспитание бережного отношения к своему здоровью, пропаганда здорового образа жизни.

**Задачи урока:**

* Обобщить лексический и грамматический материал, изученный по данной теме.
* Совершенствовать и контролировать умения и навыки практического владения английским языком по данной теме по всем видам речевой деятельности: аудированию, говорению, чтению и письму.
* Стимулировать желание учащихся высказываться на английском языке.

**Оборудование урока –**интерактивная доска, раздаточный материал, тематические плакаты

ХОД УРОКА

Today we’ll speak about a healthy lifestyle and good and bad habits.

**1. Организационный момент**

**–**What does our health depend on?  
**–**Is it important to care about our health and our appearance?   
**–**How should we do it?  
**–**What should we do to keep fit and be healthy?

**2. Фонетическая зарядка**

1) to care about - заботиться о

2) high fibre food health habits - богатая клетчаткой пища для здоровья

3) to gain weight  - набрать вес  
4) deadly influence - плохое влияние

5) cough  - кашель  
6) pay a lot of attention to… - уделять большое внимание ...  
7) to depend on - зависеть от  
8) to promote  - содействовать   
9) to convince - убеждать  
10) to keep healthy - быть здоровым   
11) cause - причина  
12) to affect - влиять   
13) physical activity - физическая активность

**3. Речевая зарядка**

Look at the blackboard and try to connect the parts of the proverbs!

(На доске написаны разделённые на 2 части пословицы, задача учащихся состоит правильном подборе окончания пословицы.)

* Health is better than wealth -*здоровье лучше богатства.*
* Early to bed and early to rise makes a man healthy, wealthy and wise *- Кто рано ложится и рано вставать делает человека здоровым, богатым и мудрым.*
* A sound mind in a sound body - *Здоровый дух в здоровом теле.*
* An apple a day keeps a doctor away - *Одно яблоко в день держит врача вдали.*
* Eat to live but not live to eat - Ешьте*, чтобы жить, а не жить, чтобы есть.*
* He who has health has hope, and he who has hope has everything - *Тот, кто имеет здоровье, имеет надежду, а тот, кто имеет надежду, имеет все.*
* Eat with pleasure, drink with measure - *Ешь с удовольствием, пей в меру.*
* A change of activity is the best rest - *Смена деятельности является самым лучшим отдыхом.*
* Health is not everything but everything without health is nothing *- здоровье - не все, но без здоровья все - ничто.*
* Prevention is better than cure - *Профилактика лучше, чем лечение.*

**4. Контроль знаний лексического материала, навыков устной речи**

**–**There are good and bad health habits. What are they? What do you know about good and bad habits?

healthy diet, do sports, eating sweets, drinking alcohol, obesity - ожирение, snacking - перекусы, eating breakfast, smoking, taking drugs - принимать наркотики, skipping breakfast - пропускать завтрак, exercising - упражнения, eating high fibre food, physical inactivity - физическая бездеятельность, sleeping too much or too little, regular meals, eating whole meal bread - есть пищу из цельной муки, sleeping 7 or 8 hours, eating low fat food, getting up early

**Good habits                                                                      Bad habits**

**Translate into Russian.**

1. It is necessary to eat high fibred food and vitamins.
2. I believe that we have to eat low fat food and visit a swimming pool.
3. Paying attention to health we have to go in for sports.
4. Regularity in life promotes our health.

Регулярность в жизни способствует нашему здоровью

1. We should convince - убеждать our friends and relatives not to smoke or drink too much alcohol.
2. I am sure that our health is connected with our nervous  system.

***So you see that to be healthy you should have only good habits. But do you know the causes of bad health? Now you have to fill in the gaps.***

1.You’ll have bad teeth if you………..

2. You’ll have obesity if you ………….

3. You’ll have a cough  if you …………

4. You’ll have heart disease if you ……

5. You’ll have weakness  if you ……….

***Some bad habits are really deadly. How do they influence our health and our appearance?***

***Make up the sentences. Match the beginning of the sentences with their endings.***

*( индивидуальная работа с карточками )*

Smoking …                                                          causes slow reactions and loss of

                                                                              memory.

Drinking alcohol …                                             makes our teeth yellow and our

                                                                             hair, clothes smell.

Taking drugs …                                                   they have problems with their hair

                                                                              and skin.

If people smoke …                                              causes a cough and  headache.

Some teenagers look pale      affects the whole family and the

and tired because …                                             people around you.

                                                 makes your brain centres [ˈsentə] sleep

                                                         and affects your social controls.

                                               they don’t get enough vitamins

                                                                             and minerals.

                                             makes our speech unclear.

                                                                             they have anaemia

What are your results?

**4. Совершенствование и контроль навыков аудирования.**

(слушание с опорой на текст)

***Listen to the text and guess the meaning of the following words:***

to consult a doctor                                           headache  - головная боль

complain of - пожаловаться                            heartache

to examine

rest - cure - остальное лечить

patient   strictly  - строго

treatment - лечение

A visit to the doctor

Once an old gentleman came **to consult a doctor.**

“What do you **complain of**?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state. I have a **heartache,** often **headache**and my sleep isn’t good. Sometimes I cannot sleep all night long.”

The doctor **examined** the **patient**very carefully and said: “Your **treatment**will be very simple, is other words it will be a **rest-cure.**You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk. You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed. And you can smoke only one cigarette a day.

A month later the gentleman came to see the doctor again.

“How are you?”- asked the doctor.

“I am quite well now,” –answered the patient – “I’ve done everything that you recommended me, doctor. I **strictly** followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep. But one cigarette a day almost killed me.”

“But why?” –asked the doctor.

“It’s not a joke to begin smoking at my age, I had never smoked before,” –answered the gentleman.

***Listen to the text again and answer the questions.***

1. What did the old gentleman complain of when he came to consult the doctor?
2. What did the doctor recommend the patient after examining him carefully?
3. How many cigarettes could the man smoke every day?
4. When did the patient come to see the doctor again?
5. How did the patient feel after the rest-cure?
6. Did the patient follow all the doctor’s orders?
7. Why did one cigarette a day almost kill him as he said?

***Fill in the blanks with the suitable words.***

1. Once an old gentleman came  \_\_\_\_ \_\_\_\_ a doctor.
2. The doctor asked the patient: “What do you \_\_\_\_ \_\_\_?”
3. The doctor \_\_\_\_ him \_\_\_\_\_ .
4. “Your \_\_\_\_\_ will be very simple, said the doctor. “You \_\_\_\_ go to a quiet place in the village for a month and have an \_\_\_\_\_ rest there.
5. And the doctor recommended the patient to smoke only \_\_\_\_ cigarette a day.
6. \_\_\_\_ \_\_\_\_ \_\_\_ the gentleman came to see the doctor again.
7. “I strictly \_\_\_\_ all your \_\_\_\_, doctor,” said the patient.
8. But one cigarette a day \_\_\_\_ killed me.
9. It’ not a \_\_\_\_\_ to begin \_\_\_\_\_ at my age. I had never smoked before.

I see that you’ve done all the task well and I’d like you to give a piece of advice for those who are anxious  - беспокоятся about meals. How to remain  остаются healthy? What should we do to be fit and healthy? Work in groups to make some rules for people who have health problems.

Situations for groups:

--- your relative looks pale and is overweight - избыточный вес.

--- your friend does not look healthy, he has bad hair and teeth and symptoms  of stress.

P1- Eat more fruit and vegetables.

P2- Don’t miss PE lessons.

P3- Eat whatever you like, not too much, not too little.

P4- Choose chicken meat better.

P5- Try to shorten fat products and fast food.

P6- Keep a diet to lose weight.

P7- Sleep eight hours a day!

P 8- Have breakfast every day.

P9- Try not to eat much sugar and fat.