

Клас: 7-А

Тема: Здоровий спосіб життя. У лікаря.

Мета:

- формувати навички сприйняття інформації на слух (аудіювання) та читання; удосконалювати навички монологічного та діалогічного мовлення, письма; закріплювати граматичний матеріал (модальні дієслова should/should not);
- розвивати самоосвітню компетенцію учнів, мовленнєві, інтелектуальні та пізнавальні здібності;
- вчити виявляти увагу до співрозмовника в процесі спілкування, співпрацювати в групах;
- виховувати розуміння важливості здорового способу життя.

на кінець уроку учні повинні

- Вільно оперувати ЛО даної теми;
- Уміти вести бесіду, складати діалоги з даної теми;
- Мати позитивне ставлення до здорового способу життя, знати та користуватися правилами здорового способу життя;

Методи роботи: робота в парах, групах, рольова гра.

Обладнання: комп'ютер, аудіо, дидактичний матеріал.

Тип уроку: комбінований

Обладнання: прислів'я про здоров'я, кружечки рожевого, жовтого і синього кольорів, презентація Power Point.

Хід уроку

1. Організаційний момент

Good morning, boys and girls! Nice to see you in good health today. How's life today? What mood are you in?

Let's say something good to each other. Take this orange and wish something good to your friend. I'll start "Ann, I wish you to get a good mark today". (P1 – P2 – P3...)

2. Повідомлення теми, мети уроку

By the end of our lesson you will be able:

- to speak about healthy lifestyle;
- to discuss lifestyles of different people;
- to read and translate the text and find in it an important information;
- to express your own opinion.

3. Уведення в іншомовну атмосферу.

1. Game "Assosiations".

Write down your associations with the words **"Healthy lifestyle**

4 Phonetic drill. Read and pronounce correctly.

High temperature, dirt, germs, breathe, painful, germs, dentist, fresh air, stay healthy.

5 Home task

6 Reading

T: - We shall read the text about a healthy lifestyle but before reading we learn the new words after the text.

T: Let's learn some new words and expressions:

1. hard – важко, серйозно
2. a disorder - порушення
3. to realize - усвідомлювати
4. harmful - шкідливий
5. important - важливий
6. to get overweighed - розповніти
7. to go jogging – бігати підтюпцем
8. an adult – доросла людина
9. to walk – ходити пішки, здійснювати прогулянку
10. a habit - звичка
11. to destroy – руйнувати
12. forget- забувати

Healthy Lifestyle

Different people have different lifestyles. Some of them don't think very hard if their styles healthy or not. But some time later, when people face health disorders and consult doctors, they start realizing their habits and tastes.

What is really a healthy lifestyle?

Very often we hear and read about a balanced diet nowadays, because it is very important.

We should eat more fresh fruit, vegetables and dairy products. Forget about fast food forever!

It's extremely dangerous and harmful for our health. It is the main reason of getting overweighed and having stomach-ache diseases. During a day a person should drink from one to two litres of water. Doing sports is very useful. If a man cannot go to a swimming pool or gym, he should do morning exercises systematically, go jogging or cycling at least three times a week. If you want to feel energetic in the morning take a walk to school, if it

isn't very far from your home. You should also get enough sleep. Adults need 7-8 hours of sleep to feel well next day! As for teenagers, 8-9 hours will be enough to be active. Smoking and drinking alcohol destroy our organism very much. Especially it is of great danger for teenagers.

So, stop and think of your own lifestyle! We wish you a healthy and happy life!

The task: "Find information in the text about":

1. How much water should we drink during a day?
2. How long should an adult sleep?
3. How long should you sleep?

2 True False (kahoot)

- We should have a balanced diet . +
- We should eat fast food . -
- Doing sports isn't very important -
- If you want to feel energetic in the morning, walk to school +
- Good sleep can help you feel active +
- Don't avoid stressful situations in your life -
- Smoking and alcohol destroy our health +

7. Let's have a rest. Match the halves and read some English proverbs about health.

- | | |
|-----------------------------------|--|
| 1. A sound mind in | a) keep the doctor away |
| 2. An apple a day | b) is above wealth |
| 3. Early to bed and early to rise | c) in a sound body |
| 4. Good health | d) but eat to live |
| 5. Live not to eat | e) makes man healthy, wealthy and wise |

8. Listening

[https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_\(ESL\)/Illnesses_and_health_problems/Listening*At_the_Doctor_hg146415vz](https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Illnesses_and_health_problems/Listening*At_the_Doctor_hg146415vz)

9. Розвиток навичок діалогічного мовлення. Dialogues.

Each group will get a dialogue. Choose two pupils who'll act it out. The other pupils must choose the best medicine according to the patient's complains.

- Hi, Marry! Why weren't you at the disco yesterday?
- Oh, hi, Jane. I had a headache.
- How are you now?
- OK, thank you.

- Good morning, Mrs. Hill.
- Good morning. I'm sorry I wasn't at work last week.
- Oh, that's all right. What was the matter?
- I had a sore throat and a temperature.
- Was it flu?
- Yes, it was flu.

- You were not at school last week, Rebecca. Were you ill?
- Yes, sir.
- What was the matter?
- I had a cough.
- Are you all right now?
- Yes, thank you.

10 . Grammar

Correct grammar mistakes in the sentences:

—

- 1. People lives a different lifestyles.
- 2. We eats more fruit and vegetables.
- 3. If you doesn't go swimming you can jog or cycle.
- 4. Do everybody need to eat healthy food?
- 5. Does you go in for sports?
-

11. Fill in the gaps with modal verbs should / shouldn't; must / mustn't

1. You _____ do your morning exercise every day.
2. You _____ have a good diet and eat enough vegetables and fruit.
3. You _____ eat much sugar, salt, fat.
4. You _____ wear gloves when you write, but you _____ wash your hands before you eat.

5. You _____ wash the raw vegetables and fruit you are going to eat to protect yourself from germs.
6. You _____ watch TV more than one hour and a half a day.
7. You _____ take care of your health by yourself.

12 Завключна частина уроку

1. Do you reach your goals?

2. Your home task is....

3. thank you for our lesson, you have great marks. Please, give me your dairies.