

Тема: Здоров'я і продукти харчування.

Мета:

- ✓ активізувати в усному мовленні лексичні одиниці з теми;
- ✓ вчити учнів вести непередбачене усне мовлення (з опорою);
- ✓ практикувати учнів в аудіюванні короткого тексту по темі;
- ✓ вчити учнів вживати модальне дієслово "should";
- ✓ розвивати навички спілкування (парна робота);
- ✓ виховувати у учнів позитивне ставлення до здорового харчування.

Обладнання: картки з висловлюваннями, опорні картки для усного мовлення, малюнки, підручник (О. Карпюк "English 7"), магнітофон.

Хід уроку

1. Привітання.

2. Мовленнєва зарядка (warming-up) .

T: I have brought you this poem because I want to discuss it with you.

Robin the Bobbin

Robin the Bobbin, what a man!

He eats as much as no one can.

He ate a lot of fish.

He ate a lot of meat.

He ate a lot of ice-cream and sweets.

He ate a lot of porridge and ten eggs.

And all the cookies Mother had.

He drank a lot of juice, he ate a cake.

Then he said, "I have a stomachache".

T: Why did he have a stomachache?

Is it good for our health to overeat?

3. Введення до мовленнєвої ситуації.

T: Look at the saying on the blackboard and try to guess the theme of our today's lesson.

We eat to live but do not live to eat.

T: Well, here I have some more sayings:

A hungry belly has no ears.

An apple a day keeps the doctor away.

Good health is above wealth.

T: So today we'll discuss ...

4. Активізація лексичних одиниць.

T: What is a carrot, potato, tomato, aubergine, cucumber?

Ps: Vegetables.

T: What is a banana, pear, orange, plum, apple?

Ps: Fruits.

T: And what about coffee, tea, milk, juice?

Ps: Drinks.

T: You have the list of food and drinks. Say what you like and what you don't like.

e. g. I like ____ but I don't like ____ .

ice-cream

rice

milk

bread

banana

egg

tomatoes

Coca Cola

chocolate

tea

fruit

cheeseburger

spaghetti

biscuit

apple-juice

fish, etc.

(Possible answers: I like bananas, but I don't like grapes.

I really like orange juice.

I don't like onion very much.

T: As you see, you like not only healthy food but unhealthy one either.

5. Хвилинка релаксації.

T: Let's have some rest and sing a song of a glutton.

6. Аудіювання.

T: Listen to the text and write down things important for our health.

Eat Well, Stay Healthy

Good food has some important things that make you strong and give you energy.

- Vitamins are important to your eyes, your skin, your bones, your hair and to other parts of your body. There are 13 types of vitamins: A, B, C, D, etc. There are a lot of vitamins in many types of food: fruit, vegetables.

- Protein helps you grow and gives you energy. There is protein in meat, fish and milk.
- Water is important to your blood. It also cleans your body from the inside. Drink lots of water every day.
- Minerals make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat, cereals and fruit. Eat a lot of fruit and vegetables!

T: What things did you write down?

7. Вдосконалення граматичних навичок. Усне мовлення. Робота у парах.

a) Ex. 5 p. 85

b) **T:** Your friend has some problem with his/ her teeth, give him/ her advice.

VITAMIN	FOOD	LACK OF VITAMIN HARMS
A	Dark green vegetables, carrots, eggs, liver	Skin, eyes, kidneys
B	Meat, eggs, chicken, nuts, green vegetables	Heart, nerves
C	Fruit(especially oranges and lemons), tomatoes, dark green vegetables	Teeth, blood, gums, bones
D	Fish liver, oil, eggs, liver	Bones, teeth

e.g. If you have some problem with your teeth you should eat fruit, especially oranges and lemons, eggs and fish.

If don't want to have any problems with your eyes you should eat carrots.

(учні отримують листки із назвою проблеми і в парах працюють над порадами)

8. Підсумок.

9. Домашнє завдання: Ex. 4 p. 84(усно), список продуктів здорового і нездорового харчування(письмово)

Додаток.

I LIKE FOOD

I like food,

I like eating lots and lots of food.(2 times)

Bread and jam and meat and fish,

Cakes and biscuits, too.
Beans and mustard, eggs and chips,
Mutton steaks, potatoes, peas,
And salted mushrooms, too.

I like food,
I like eating lots and lots of food.(2 times)

Cabbage, tomatoes, lettuce leaves,
Chocolate and cheese,
Toast and butter, soup and spices,
Onion, cereal, cucumber slices,
Marrows, pumpkins, beets.

Don't forget I also like
Drinking when I eat
Coffee, tea and orange soda,
Fruity lemonade, Coca Cola
Sugar makes them sweet.

I like food,
I like eating lots and lots of food. (2 times)

The more, please..!

Черкаська ЗОШ № 7