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**Учитель иностранного языка**

**Тема: «Полезные и вредные продукты питания »**

**(“ Healthy and unhealthy food” )**

Цель урока:

Обобщить и систематизировать знания учащихся по теме "Еда и здоровье".

Тип урока:

Комбинированный урок

Учащихся в классе (аудитории): 12

Используемое оборудование:

 компьютер, интерактивная доска

Краткое описание:

Урок построен по комбинированному типу: фонетика, лексика, чтение текста, восприятие речи на слух, творческое задание. Все этапы урока направлены на воспитание культуры питания как составляющей здорового образа жизни. Выполняя увлекательные задания, учащиеся одновременно расширяют свои понятия о «полезной» и «неполезной» пище, анализируют продукты, которые они употребляют каждый день и выводят общую формулу здорового питания.

**Тема: : «Полезные и вредные продукты питания »**

**(“ Healthy and unhealthy food “)**

**Цель урока*:*** обобщить  и систематизировать знания учащихся по теме (**“Healthy and unhealthy food “)**

**Задачи урока:**

**Образовательные:** развитие навыков говорения, аудирования,  чтения, письма по теме (**“Healthy and unhealthy food “)**; отработка произносительных навыков.

**Развивающие:** развитие мотивации к изучению иностранного языка, навыка языковой догадки, интеллекта, памяти, совершенствование внимания.

**Воспитательные*:*** создание условий  для формирования ясных представлений школьника о здоровом питание; воспитание умений работать в парах, группах, самостоятельно.

**Ход урока**

**I.Организационный момент**

**T**: Good morning, dear boys and girls!

***P***: Good morning!

**T**: Sit down, please. I am glad to see you. How are you?

***P***: Fine, thanks. And how are you S.N.?

**T:** Thank you, I am good.

Well, it’s very nice, you are in a good mood. And what about the weather today?

***P1***…

-What date is it today?

***P:*** Today is the…

-Do you like spring?

***P1***: As for me I like spring, because…

-Well, it’s very good. You are healthy and wealthy.

**II.Сообщение темы урока**

**T**: Today we shall have a lesson according to our topic “Food”. Look at the screen:

!An apple a day keeps a doctor away

!Empty food

What do you think about object of our lesson according these statements.

***P1***: I think this proverb is very useful and correctly. Our health is very important. Fruits help you to keep healthy.

***P2***: As for me I am a Sweet tooth, but fruits and vegetables give us energy.

***P3***: It seems to me bread and sugar give you energy, too.

***P4***: In my opinion chips and sweets are empty food.

-You are right. We shall speak about tasty, healthy and useless food. And now let’s start our work. But first let’s train our tongues and practice the English sounds.

**III.Фонетическая зарядка**

**T:** Look at the screen carefully and read the words with sounds: #31 p.132

**IV.Речевая разминка**

**T**: Now remember the words to our topic “Healthy and unhealthy food”

***P1***: What would you like for breakfast (lunch, dinner, supper)?

***P2***: Do you like apples?

***P3***: What do you like to drink?

***P4:*** As for me I like to eat (to drink)? (because)

**T**: Look at the screen and remember the following grammar rules:

-Plural of nouns

-Ordinal numerals

-Past Simple

**V.Развитие навыков устной речи**

**T:** Look at the screen. There are a lot of pictures on the screen. These words are well-known for you. Make your own dialogues about healthy and unhealthy food. I give you 4 minutes.

***1dialogue***

-Hello!

-Hello! I am hungry.

-Would you like cheese sandwich?

-No, I am sorry. I would like some porridge, because it’s very nourishing and tasty.

-I agree with you. Let’s go to the café.

***2 dialogue***

-Hello!

-Hello! Would you like a cup of tea with lemon.

-Yes, please.

-Help yourself.

-Thank you.

***3 dialogue***

-Hello! I go to the café.

-Hello1 I am hungry, too. I would like soup with meat.

-Oh, it’s very healthy.

-But I like to eat potatoes and fish and I like to drink a glass of juice with a cake. And what about you?

-I like to drink milk. I think it’s delicious.

**T:** **The next task: complete the table with words from the box.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Give you energy** | **Help you to grow and**  **make you strong** | **Empty foods** |
| bread |  |  |  |
| butter |  |  |  |
| meat |  |  |  |
| sugar |  |  |  |
| sweets |  |  |  |
| chips |  |  |  |
| vegetables |  |  |  |
| fruits |  |  |  |
| vitamins and  minerals |  |  |  |

Fruits and vegetables – **keep you healthy.**

Bread and sugar – **give you energy.**

Butter and meat **– help you to grow and make you strong.**

Vitamins and minerals – **help you to keep healthy.**

Sweets and chips – **empty foods.**

**VI.Физкультминутка**

**T:** Now you have a rest. Imagine, please: you are in the supermarket. Hear very carefully this song and buy necessary food: (milk, bread, vegetables, fruits, cans, flour, readymade, cookie, cake, ice-cream, frozen peas, yoghurt, cheese, oil, rice, noodles, fish, meat, chicken).

**VII. Творческое задание. Работа в группах.**

**T:** And now I have a special task for you. You need to make and (draw) healthy menus for breakfast (lunch, **dinner**…). You must protect you projects. Work in groups.

**1Group**

***Café “Help yourself”***

**Menu** for Tuesday: Dinner

P: We have got for dinner:

\*Soup with rice and bread

\*Meat and roast potatoes with salad (cabbage and spring onion)

\*Orange juice with cake

\*Fruits: apples, oranges

P: I think it’s very tasty and healthy. Welcome to our café! Be healthy and happy!

**2Group**

***Café “For teenagers”***

**Menu** for Tuesday: Dinner

P: We advise you for dinner:

\*Milk porridge with butter

\*Omelette with tomatoes and dark bread

\*Green tea with sugar and lemon and cheese with white bread

\*Fruits: Pears and apples

P: As for me it’s very delicious and healthy. Enjoy your dinner. We wait for you!

**3Group**

***Student’s dining-room***

**Menu** for Tuesday: Dinner

P: We have got today for dinner:

\*Soup with noodles and white bread

\*Potatoes and fish with green salad (cabbage, carrots and green onion)

\*Apple’s juice with cake

\*Fruits: Strawberry and grape

P: Help yourself! I think it’s very nourishing and tasty. Welcome to our school and enjoy school food!

**T:** I am sure. Now you know what food is healthy and unhealthy for you.

***P1:*** Yes, of course*.* Eat carrots, apples and cabbage. Have porridge, cheese and milk for breakfast.

***P2:*** Don’t eat many sandwiches, sweets and cakes.

***P3***: Don’t forget: you must wash your hands before eating. Clean your teeth every day. Don’t be lazy!

***P4:*** Be healthy and happy!

***P5:*** It seems to me: people become fat from chips and sweets. They have many problems with their health: headache, toothache, stomachache.

**VIII.Рефлексия**

**T:** Let’s try to value your impression after our lesson.

(Our English lesson

Topic **“Healthy and unhealthy food “**

***P***: It’s our summering about this lesson for you Sv. Nik.)

1.На уроке я работал (активно, пассивно)

2.Своей работой на уроке я (доволен, недоволен)

3.Урок для меня показался (коротким, длинным)

4.За урок я (устал, не устал)

5.Мое настроение стало (лучше, хуже)

6.Материал урока для меня (интересен, скучен)

7.Мои предложения….

**VIII.Подведение итогов урока**

**T:** Dear boys and girls! You work hard today. You spoke, read, wrote and made very nice projects and you have good results.

-Kate, I give you “5”. Thank you. (P1-12)

***P1***: Thank you very much.

**T:** Your homework for the next lesson:

you must make up a very interesting game for example “Foodmaze”according to our topic “Food”.

The lesson is over. Thank you. Good bye!

***P:*** Thank you for the interesting and informative lesson, Sv. Nik.