

УРОК АНГЛИЙСКОГО «ЗДОРОВОЕ ПИТАНИЕ»

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ТИП УРОКА: урок совершенствования речевых навыков.

ИСПОЛЬЗУЕМЫЕ ТЕХНОЛОГИИ: элементы технологии развития критического мышления, игровой, информационно-коммуникационной.

Цели:

Практическая: способствовать совершенствованию речевых навыков учащихся по теме “Food”.

Развивающая: содействовать развитию языковой и контекстуальной догадки, творческой инициативы, познавательного интереса, мышления и памяти.

Воспитательная: способствовать воспитанию культуры здорового питания; воспитывать умение действовать сообща для выполнения общего задания.

Задача: способствовать активизации лексического материала по темам «Food» и «Body», совершенствованию навыков чтения с извлечением специфической информации, навыков восприятия и понимания иноязычной речи на слух.

Оборудование: раздаточный материал (иллюстрации, бланки опросника, тексты), видеоролик «McDonald’s», презентация «Здоровое питание», продукты питания, корзинка.

План урока:

I. Организация начала урока

1. Приветствие
2. Речевая разминка
3. Сообщение темы и целей урока

II. Основная часть урока

1. Активизация лексического материала по теме «Еда»
2. Ролевая игра «Эксперты по здоровому питанию»
3. Физкультминутка
4. Работа с текстом «Fast Food»
5. Проверка домашнего задания. Работа с проектом «My Restaurant».

III. Заключительная часть урока

1. Рефлексия
2. Домашнее задание
3. Подведение итогов

ХОД УРОКА

I. ОРГАНИЗАЦИЯ НАЧАЛА УРОКА

1. Приветствие

- Good morning, pupils. I’m glad to see you, take you sits, please.

2. Речевая разминка

-Today we go on speaking about food and I would like you to remember as many adjectives as you can about food. Write the words on the board (tasty, yummy, good, bad, healthy...). Healthy food. And do you know what food is healthy? And why is it healthy?

3. Сообщение темы и целей урока

So our lesson today will be about healthy food, you will learn about the food pyramid and we'll decide what food is good for us and what is bad.

And it will be an unusual lesson - you will take part in a TV show!

Now watch the following video and guess the name of the TV show.

(Просмотр видеозаставки «Здорово жить»)

Do you know this TV show? Do you watch it? Do you know what it is about?

II. ОСНОВНАЯ ЧАСТЬ УРОКА

1. Активизация лексического материала по теме «Еда»

Now you are going to be journalists. Each of you gets a card with a question. Your task is to interview your classmates. Put their answers into the table.

- How often do you eat fruit?
- How often do you eat vegetables?
- How often do you eat meat?
- How often do you eat fish?
- How often do you eat pizza?
- How often do you drink fizzy drinks?
- How often do you eat crisps?
- What is your favourite food?
- What is your favourite drink?

So, what are the results?

Most of the pupils eat fruit twice a week / every day.

(на доске помечаю ответы)

2. Ролевая игра «Эксперты по здоровому питанию»

And do you know what food is good for you? What food is healthy? And what food is unhealthy?

Today we have guests, our experts. They will help us to clear out what food is healthy and why. And what products help different parts of our body. You may make some notes.

Выходят 2 ученика.

Презентация «Food Pyramid». (Слайд 1)

P1. There is a special food pyramid that shows us the principles of healthy diet. What do you think is at the bottom of this pyramid?

Pupils give answers...

P2. The first group has food made from corn, wheat, rice, oats and other grains. They give you energy and are good for your heart. (Слайд 2)

P1. Brown rice, wheat bread, rice cakes or oatmeal will do you more good than cakes, cookies or sweet cereal. (Слайд 3)

P2. And what is on the second level? What do you think?

Pupils give their answers. (Слайд 4)

P1. The second group has all vegetables and fruit. Try to eat a rainbow of fruit and vegetables.

Carrots, blueberries, apricots and garlic are good for your eyes and skin. (Слайд 5)

P2. Different berries, pumpkins, apricots, apples are good for your heart. (Слайд 6)

P1. Apples, carrots, cabbage, cucumbers are good for your teeth. (Слайд 7)

P2. Oranges, apricots, pumpkins, greenery are good for your bones. (Слайд 8)

P1. And remember that French fries, crisps, fruit pies, chocolate-covered fruit are not very good for you. (Слайд 9)

P2. And what is on the next level?

Pupils give answers.

(Слайд 10)

P2. The third group has milk products. Milk, yoghurt, cheese, cottage cheese help make strong teeth and bones.

P1. But remember that milkshakes, ice-cream and chocolate milk are not very good for you. (Слайд 11)

P2. Meat and beans help you to be healthy and to build stronger muscles. It's best to eat them boiled or baked, not fried. (Слайд 12)

P1. We have only one group left. What is in it? Any ideas?

Pupils give answers.

(Слайд 13)

P2. And the last group is fats and oils. They are very important for your heart and brain.

P1. You don't need a lot of them and better choose olive oil, nuts oil and fish fats.

(Слайд 14)

P2. Now we'll check up how well you remember the information. Work in pairs.

P1. Each pair gets a part of a body. From the list of products choose the ones that are most useful for them. (Слайд 15)

P1. Now let's check up. (Слайды 16 - 19)

Eyes – carrots, blueberries, apricots, garlic

Heart – apricots, apples, pumpkins, berries, grains, oils

Teeth - apples, carrots, cabbage, cucumbers, milk products

Bones - oranges, apricots, pumpkins, greenery, milk products

3. Физкультминутка

And now let's have some rest. We are going to cook some soup. Each of you gets a card with a picture. I will read you a poem. When you hear the word from your picture, stand up.

Vegetables

A woman came home,

The woman brought home

Some peas and a cabbage,

Potatoes and marrow,

Some beets and some carrots,

Oh!

They all start to quarrel

Who's best of the best?

The peas or the cabbage,

Potatoes or marrow,

The beets or the carrots,

Oh!

The woman took a knife

And cut them into pieces:

The peas and the cabbage,

Potatoes and marrow,

The beets and the carrots,

Oh!

They all in one pot

Are boiling in hot:

The peas and the cabbage,

Potatoes and marrow,

The beets and the carrots,

Oh!

The vegetable soup was really good!

4. Работа с текстом «Fast Food»

Every TV show has a break for commercial. So does our show. Watch a video and say what it is about.

(просмотр рекламы McDonald's)

What is it about? What do you know about fast food? Is this food good for us?

The following text will help you to answer these questions.

Complete the text with following sentences.

Fast Food

Fast food came from America. McDonald's, Kentucky Fried Chicken and Pizza Hut are famous and popular fast food restaurants. (1) Fast food is not usually expensive. It is quick and quite cheap. Now there are fast food restaurants in a lot of countries.

Pizza, fries, hamburgers and hot dogs are famous kinds of fast food. They look nice and taste nice because of bright colours and additives (*добавок*). (2) It is usually made with cheaper ingredients such as high fat meat, sugar and fats, instead of lean (*not fat*) meats, fresh fruits and vegetables. It doesn't give anything good to the body and is very bad for our health. (3) Fast food, if eaten often, can lead to other problems with health.

1. Many people are overweight (*лишний вес*) and don't understand why.
2. Millions of Americans eat in fast food restaurants.
3. Fast food is very unhealthy.

So, is fast food good or bad for us? Why? And why is it so popular?

5. Проверка домашнего задания. Работа с проектом «My Restaurant».

But unfortunately many people still choose unhealthy food. Let's try to make the food that is good for us more popular.

I offer you to imagine that you are going to open your own restaurant with healthy food. You are going to work in groups. Each of you has a sticker on the chair. Join the pupils with the same colour of the stickers.

Think of the name of your restaurant, the menu and present your restaurant. Use the materials that you were to prepare at home. Make us believe that it is the best.

Here are some phrases that can be helpful.

Group 1.

Do you care about your health? Are you fond of home-made food? Then our restaurant "... " is for you!

You can find ... on our menu.

Our special dish today is...

On the special menu for...you can find...

Group 2.

Are you tired of home-made food? Do you want to try something new? Do you choose healthy food? Then our restaurant "... " is for you!

You can find ... on our menu.

Our special dish today is...

On the special menu for...you can find...

- Present your projects.

- Thank you very much, that was very interesting.

III. ЗАКЛЮЧИТЕЛЬНАЯ ЧАСТЬ УРОКА

1. Рефлексия

I've got some gifts for you. Choose any food you like and explain why. (Корзинка с различными продуктами питания).

2. Домашнее задание

And your home task is ex.4, p.29 in your books. You should give advice to your classmate on a healthy diet.

3. Подведение итогов

At the end of our show I would like to thank you once again for your hard work. I hope the information was useful for you.

Your marks for today are....

The lesson is over, good bye.

Литература.

1. Лапицкая, Л.М. Английский язык: учебное пособие для 5 класса общеобразовательных учреждений с русским языком обучения. В 2 ч. Ч.2 / Л.М.Лапицкая, Т.Ю.Севрюкова, и др.– Минск: Вышэйшая школа, 2014.
2. <http://catchenglish.ru/teksty/teksty-dlya-6-go-klassa/fast-food.html>

ПРИЛОЖЕНИЕ

Слайд 1



Слайд 2



Слайд 3



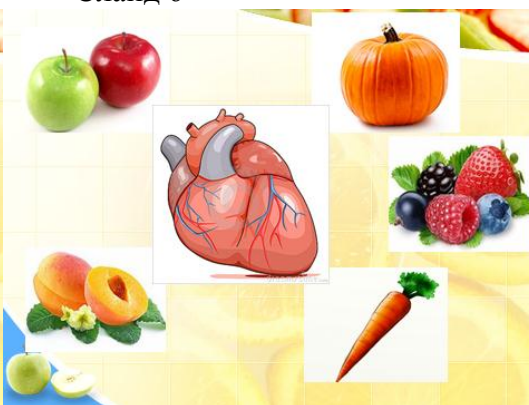
Слайд 4



Слайд 5



Слайд 6



Слайд 7



Слайд



8

Слайд 9



Слайд 10



Слайд 11



Слайд 12



Слайд 13



Слайд 14



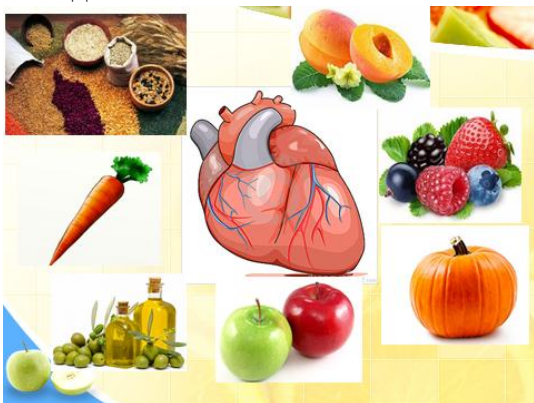
Слайд 15



Слайд 16



Слайд 17



Слайд 18



Слайд 19

