

**Здоровье – главное богатство**  
Урок английского языка в 7 классе

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**I. Орг. Момент. Hello, Children. How are you today? I'm glad that everything is fine. The topic of our lesson today is Health is Your Greatest Wealth. We'll talk about Doctor's consultation, visit the doctor, review the proverbs and sayings about health, listen to the text, and read the text about Pete's illness. Let's start our lesson.**

**II. Фонетическая зарядка. Look at the blackboard. You can see the halves of the proverbs or sayings about health. Try to match them, read and give Russian equivalents.**

- |                                   |   |
|-----------------------------------|---|
| 1. Health is                      | a) keeps the doctor away.                 |
| 2. People's health is             | b) healthy in mind.                       |
| 3. Healthy in body,               | c) the country's wealth.                  |
| 4. It's better to be              | d) the greatest wealth.                   |
| 5. An apple a day                 | e) healthy and wealthy than poor and ill. |
| 6. Early to bed and early to rise | f) make a man healthy, wealthy and wise.  |

**III. Речевая зарядка. There are a lot of different medicine, lotions, creams, drops and shampoos that we used. 1. Look at the table and tell what they are used for.** What are these medicines used for? What can you say about drops? What do we use lotions and creams for? (Medicine-for diseases, drops for eyes, lotions and creams for the skin, shampoos for hair.) **2. What kinds of medicine do you know?** (pills, drops, tablets, syrup, ointment)  
**3. What should you know about the medicine you use?** ( We should know the dosage, the stuff, for what age this medicine is, if someone suffers from allergy or not).  
**4. Should we use the medicine without a doctor?** ( No. We should be careful using the medicine and always follow the directions.

**IV. Повторение и закрепление лексики. Now, let's review our lexics.**

1. **What is the Russian for...? The brain, the lungs, the liver, the skin, the blood, prescription, description, a sore throat, a blocked nose, sneeze, injection.**
2. **What is the English for...? Рецепт, легкие, сердце, мозг, укол, головная боль, зубная боль, высокая температура, капли для носа, кашель, болезнь.**(Prescription, the lungs, the heart, the brain, an injection, a headache, a toothache, a high temperature, nasal drops, a cough, a disease)

**3. Translate the expressions and the sentences into English:**

**Прослушать легкие, удалить зуб, выписать рецепт, измерить температуру, сделать укол, использовать капли для носа, принять лекарство, оставаться в постели, сделать флюорографию.**

**Вам следует полоскать рот каждые 4 часа.**

**Примите лекарство и оставайтесь в кровати.** (Listen to someone's lungs, pull out a tooth, write a prescription, to take one's temperature, give an injection, use nasal drops, to take some medicine, stay (rest) in bed, to have one's lungs X-rayed. You should wash your mouth out every 4 hours. Take the medicine and rest in bed.)

V. **Game "Stop"** Do you remember the rules of the game? S t o m a c h, I n h a l a t I o n, b a c k a c h e, c o u g h

VI. **Монологическая речь. Try to remember What organs are there inside your body?**

**Which part of the body helps us think? Which organ pushes the blood round the body? How many times a day does it beat?**

**O.K. Let's play "Body Game" Imagine that you are a heart, a liver, a chest etc. Introduce yourself, say where you are, what job you do, what you need to be healthy. You may take these models and use the picture.**

VII. **Восприятие иностранной речи на слух. Listening-Comprehension Test:**

Time and Place	At Home	At school and at home	At hikes	In summer	In winter
№					

Introduction. There some rules about health. Listen and guess where or when you must follow them to be healthy and strong.

Text 1. Spend as much time outdoors as you can. Go in for swimming. Go in for different sports games. Eat many green vegetables and fruit. Don't drink cold water in hot weather. Don't lie in the sun for a long time.

Text 2. Keep your bodies clean. Clean your teeth every day. Get enough sleep. Do your morning exercises. Have regular meals at one and the same time. Wash your hands before meals.

Text 3. Don't take too many things with you. Take only the things you need. Put on comfortable clothes. Eat a little before you go for a swim. Don't go into the water after you have just eaten much. Don't eat dirty fruit.

Text 4. Put on warm clothes. Go in for skating and skiing. Keep your feet warm. Don't stay outdoors for a long time. Don't have hot tea just before you go out into the street.

Text 5. Sit and stand straight. When you are reading or writing, let the light come from behind your left shoulder. Keep your working place clean and tidy. Have as much fresh air as you can. Have your meals regularly.

**Take these tables. Your task is To listen to me and write the number of the text under each topic. I'll read the text 2 times. Be attentive. // 1. Let's check up what you have done!!!! What rules must you follow to be strong and healthy? ( We must spend much time outdoors, eat many vegetables and fruit, Keep our body clean)**

VIII. *The Song*. Let's sing and relax a little.

IX. *Обучение диалогической речи*. 1. **Let's read and translate the dialogue.**

**“Doctor's Consultation”** “Doctor's Consultation”

-Would you like to come in?

-Yes? Thank you.

- Sit down? Please.

- Thanks.

- What's your name?

- Jack Martin.

- So...here you are. What can I do for you?

-I've got a very bad headache, and after work I'm very tired.

- At first glance, it's not serious.

-But, doctor, sometimes I cough and in the morning I feel that my throat is not right.

- Can you open your mouth? I shall examine you. Yes, very good. Please, turn to the light. Oh! Bad, terrible! Your throat is very red and irritated.
- Doctor, what's wrong with me? Will I die?!!
- No, you won't die, but I see the symptoms of tonsillitis. You can really fall ill.
- What must I do , doctor?
- I shall prescribe some medicines for you. They are not expensive, and you must drink hot tea with honey and rasp.
- Shall I recover in one week?
- You can recover, if you follow my advice.
- Thank you for the consultation, doctor! Good bye!
- Good bye!

**2. Now make up your dialogues. (2 min)////Whose dialogue did you like best?**

**X. Обучение чтению.1.Read and translate the text "Pete is ill". Pete is Ill.**

When Pete was going home from school, the weather was very bad. It was cold, a strong wind was blowing and it was raining. Pete has no umbrella and no raincoat. When he came home, he had a running nose and a bad cough and sneezed all the time. His mother told him to get into bed. She put mustard plasters on his chest. In the evening Pete was running a temperature and had a headache. His mother gave him hot tea with honey and raspberry jam to beat down the temperature and a tablet for headache.

The next morning Pete had a sore throat and a cold in the head. His temperature was thirty seven point six. So he had to stay away from school. His mother called the doctor in.

When the doctor came, he felt Pete's pulse, examined his throat and listened to his heart and lungs. He diagnosed the case as the flu and prescribed some medicine.

"Here's the prescription for your medicine, " he said. " Take a table spoonful of this mixture three times a day after meals."

" May I get up?" asked Pete.

"No. You must stay in bed a few days, until your temperature is normal, " said the doctor. " Drink a lot of hot tea with raspberry jam and eat honey. You like honey, don't

you?” he added, seeing that Pete smiled. “ Hot milk is also very good for your sore throat.”

“ Oh!” Pete made a face.”I don’t want to drink hot milk. I just hate it” he said.

“ O.K., hot tea, then, said the doctor. “ And by the way, “ he added, turning to Pete’s mother, “ tell your daughter not to enter this room. The flu is catching, and if you are not careful, she may catch it. I’ll come again in three days to see how my patient is getting on.”

Pete’s illness was not very serious. He followed the doctor’s instructions and was getting better from day to day. In a few days he had completely recovered.

Answer the questions:

1. What was the weather like when Pete was going home from school?
2. Why did Pete fall ill?
3. What symptoms did Pete have when he came home?
4. What did Pete’s mother do to beat down the temperature? What did she give him for headache?
5. How did Pete feel the next morning? What was his temperature?
6. Pete’s mother called the doctor in, didn’t she? What did the doctor do?
7. What did the doctor do to help Pete recover?
8. What medicine did the doctor prescribe?
9. Why did the doctor warn Pete’s mother not to let his sister enter the room?
10. How soon did the doctor promise to come again?
11. What helped Pete to recover soon?

**2. Answer the questions. 3. Say if the statements are true or false:**

1. The weather was very good.
2. Pete has no umbrella.
3. He has got a sore throat in the evening.
4. He should drink mixture 2 times a day.
5. Pete likes hot milk very much.
6. His illness was not serious.
7. In a few days he had recovered.

XI. Итоги урока.( **What should we do to keep us healthy?**) **Did you like our lesson?**

**Рефлексия.**Look at these faces. What do you feel now after the lesson?  
( I’m...)

XII. **Hw:** Using the material of the above text, describe your last illness.