План-конспект урока по теме Healthy habits

***Цели урока****:*

* Вторичное осмысление полученных на предыдущих уроках знаний;
* Выработка навыков и умений по их применению;
* Развитие когнитивной сферы – памяти, логического мышления, внимания;
* Воспитание стремления к здоровому образу жизни.

***Задачи урока:***

* развитие фонетических навыков;
* развитие навыков орфографии;
* развитие навыков монологической речи;
* развитие навыков поискового чтения;
* развитие навыков обобщения, систематизации, выделения главного;
* формирование умения работать в коллективе, слушать и слышать собеседника;
* развитие навыков самооценки и оценки партнера;
* установка метапредметных связей с предметом «окружающий мир»;
* воздействие на эмоциональную сферу учащихся, побуждение их к здоровому образу жизни;

***Тип урока*:**комбинированный - открытие нового знания и закрепление ранее полученных знаний с использованием ИКТ на всех этапах урока.

***Планируемые результаты***:

***Предметные***

* обобщение и систематизация изученного лексического материала по темам «Food», «Body», активизация его в речи;
* повторение и обобщение изученного грамматического материала по темам «модальные глаголы can, must», «Present Simple tense»
* подготовка учащихся к работе над проектами «My Favourite Lunch».

***Метапредметные***

* развитие навыков работы с текстом, зрительными опорами, схемами;
* развитие навыков обобщения, систематизации, анализа;
* развитие различных видов памяти, развитие внимания;
* совершенствование навыков командной работы;

***Личностные***

* воспитание у детей стремления к здоровому образу жизни;
* формирование навыков самооценки и рефлексии;
* формирование навыков эффективного взаимодействия с одноклассниками при командной работе.

***Методы обучения***: объяснительно-иллюстративный, проблемный, эвристический.

***Формы организации познавательной деятельности обучающихся***: коллективная, индивидуальная, парная.

***Средства обучения***: проектор, презентация, тетради, раздаточный материал. При разработке заданий и раздаточного материала использовалось пособие для дополнительного чтения «How to stay healthy» из серии «Read and Discover», Oxford University Press.

**ХОД УРОКА**

**1. Организационный момент (приветствие, посадка, проверка готовности к уроку)**

Good morning, pupils. I am glad to see you again. How are you today?

**2. Постановка целей и задач урока, мотивация учебной деятельности**

Please, look at the whiteboard. What can you see on the screen?

**PP:**We can see people doing sports.

Is doing sports a healthy habit?

**PP:** Yes, it is.

**PP:**What can you see now?

**PP:**We can see different food.

Can you say that the food you see is healthy?

**PP:** Yes, it is.

Can you guess what is the topic of our lesson today?

**PP:**How to stay healthy

Yes, you are right. Today we shall speak about  ways to keep ourselves fit and healthy, to be more energetic and more successful in our lives. You will do many interesting tusks and get ready for making your own projects at home.

**3. Речевая разминка**

I am sure you already know something about how to be healthy. Here is a little questionnairy for you to fill and to discuss. You have 2 minutes to choose the right answer.

|  |  |  |  |
| --- | --- | --- | --- |
| You use about ….different muscles to walk. | 100 | 50 | 200 |
| You should drink about ….glasses of water every day. | 3 | 5 | 8 |
| You should wash your  hands after you touch… | vegetables | meat that`snot cooked | home plants |
| You should clean your teeth for ….minutes in themorning and in the evening | 5 | 2 | 3 |
| The Paralympics are Olympic games….. | for people with disabilities | that take place insummer | that take place in London |
| Children grow the most when they…… | eat | sleep | Walkoutdoors |

Now please read out your answers and then I will show you the right variant. Please correct your mistakes if there are any. What facts were new and most interesting for you?

Ученики зачитывают свои ответы, отмечают новые и интересные для себя факты.

**4. Актуализация знаний**

Unfortunately, people are not as healthy nowadays as they were before. There are several reasons for it. Look at the photos and list some of them:

- people overeat

- people eat unhealthy food

- people do little exercise

- people watch TV a lot and use computers too often

- people travel by car

Now you will get a short text about unhealthy habits. Please fill in the gaps with  appropriate words and word combinations.

Учащиеся дополняют текст, используя предложенные слова.

***Use: play, travel, too much, don`t do, are, people, food, use.***

*Along time ago, there were no medicines for sick people. Today, there ……medicines, but there is a new problem - ………..are getting fatter. Many people eat ..………… . A lot of ……….. today is unhealthy, for example, fast food. Many people ……….. much exercise outdoors.  They …….. TV, …… computer, and ……….. computer games. They ……….. by car a lot, too.*

**5. Первичное усвоение новых знаний**

If you want to be strong and healthy you should eat the right food. Soon we shall read a text about the healthy food, but before we start, let`s look at some new words and try to guess their meaning. These are important components of food and I am sure you already know something about them from your Nature Study classes.

Ученики подбирают перевод к дефинициям.

Please match the definitions of the words with their translations:

|  |  |
| --- | --- |
| 1. **Carbohydrates**give your body energy
2. **Fiber**helps move food through your stomach
3. **Proteins** help your muscles to grow
4. **Calcium**is for healthy bones
5. **Iron** is for healthy blood
 | 1. Белки
2. Углеводы
3. Кальций
4. Железо
5. клетчатка
 |

Practice reading the new words in pairs, and copy them into your vocabularies.

Чтение слов отрабатывается сначала хором, потом в парах, затем слова записываются в словарики.

**6. Первичная проверка понимания**

Now you  will read the text under the title «The Right Food». While reading you are to complete the sentences with the proper words.

Ученики читают текст и во время чтения выполняют упражнение, в котором нужно дополнить предложения пропущенными словами.

Exercise: Complete the sentences with the words from the table while reading the text

|  |
| --- |
| Sugar  vitamins  proteins  fiber  calcium  fat  |

1. Meat, fish and eggs have lots of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Too much fat can make you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is bad for your teeth
4. Milk, yogurt, and cheese have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Fruit and vegetables have lots of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Brown bread and brown rice have lots of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***The right food***

*You need to eat the right food. Carbohydrates give your body energy. Fiber helps to move food through your stomach and intestines. Brown bread and brown rice have lots of fiber. Fruit and vegetables also have fiber, and vitamins that help you to stay healthy. Proteins help your muscles to grow. Meat,fish, and eggs have proteins. Dairy food like milk, yogurt, and cheese have proteins, fat, and calcium. You need calcium for healthy bones. You need iron for healthy blood. Meat, eggs, and green vegetables have iron. Eat lots of fruit and vegetables, and food with proteins and carbohydrates. Don't eat too much food with sugar, fat, and salt. You need a little fat to stay healthy, but too much fat can make you fat! Too much sugar and salt is unhealthy, too. Sugar is also bad for your teeth.*

**7. Первичное закрепление**

Now we shall check how well you have understood the text and what you know about the right food now. Let`s play a game. Each of you will get a half of a sentence. Then you will read the halves aloud and match. If you find yourself a pair you two go to the blackboard and stick your sentence on it.

Ученики получают части предложений, зачитывают их вслух, ищут себе пару и готовое предложение вешают на доску.

|  |  |
| --- | --- |
| CarbohydratesFiber halps food to moveProteins helpYou need calciumToo much fat, sugar, and salt | you muscles to growthrough your stomach and intestinesis unhealthygive your body energyfor healthy bones |

For doing your home projects you need to systemize your knowledge about the healthy food. We are to fill the chart about essential components of food. I will divide your class in three teams. The first one is to find products rich in carbohydrates, the second one works with food rich in proteins and the third team looks for food rich in vitamins

Ученики заполняют таблицу, используя предложенные слова.

|  |  |  |
| --- | --- | --- |
| Carbohydrates | Proteins | Vitamins A,B,C |
|   |   |   |

On the blackboard you see the list of products to work with:

|  |
| --- |
| Lemons, spaghetti, bread, flour, meat, fish, butter, oil, carrots, potatoes, milk, ice cream, sour cream, tomatoes, oranges, bananas, rice, sea products, eggs, chicken, cheese, sugar, sweets, bacon, cereal, green tea, hot chocolate, sausages, apples, peaches.  |

**8. Контроль усвоения, обсуждение допущенных ошибок и их коррекция**

Let`s discuss your charts and share the information. Who will present the information to the class?

(Ученики выслушивают докладчика от каждой из групп, заполняют оставшиеся колонки таблицы, вносят дополнения и исправления).

**9. Сообщение домашнего задания**

At home you are to do the project «My favourite Lunch».

Ученики получают бланк для выполнения задания

**My Favourite Lunch**

Complete the chart about your favourite lunch.

What is your favourite lunch? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **What is in it?** | **None** | **Some** | **A lot** |
| **Fat** |  |  |  |
| **Sugar** |  |  |  |
| **Salt** |  |  |  |
| **Proteins** |  |  |  |
| **Carbohydrates** |  |  |  |
| **Fiber** |  |  |  |
| **Vitamins** |  |  |  |

**Write about your favourite lunch. What is healthy? What is unhealthy?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10. Рефлексия**