**CONVERSATION CLUB**

**Healthy lifestyle**

**Aims:**

Raise students' awareness about what kind of English learner they are

To enrich students’ knowledge about health ; to teach to find information while reading the text.

To develop students’ skills in speaking, listening, reading.

**Objectives:**

To practice the topical vocabulary;   
To check the students’ ability to use the active vocabulary in a new context;   
To develop communicative competence: speaking, reading and listening   
comprehension;   
To maintain skills of critical thinking;   
**Language material:** active vocabulary of the text “health”,   
**Type of the extra-curricular lesson:** Revision and getting new information.

**Interaction:** Geography, History, Biology.

**Plan of the extra-curricular lesson**

I**. The beginning of the extra-curricular lesson**

a) Greeting   
b) Defining the theme of the extra-curricular lesson  
**II. Warm-up”Brainstorming”**   
a) answer the questions

**III. Debate**

Game Sing a song

**IV. Conversation with guest from NIS “Healthy lifestyle ”**

**V. The end of the ECL**

a) Reflection

b) Evaluation

**The Procedure of the extra-curricular lesson**

**The plan of the lesson**

* Introduction
* Warming up
* Presentation new topic
* Work with the interactive board
* Production. Defense of their creative work.

Problem for discussion.”What do you think of **Healthy lifestyle**?”

* Conclusion

**The procedure of the lesson**

* Good afternoon! I’m glad to see you today, sit down, please.
* Declare an aim : We talked a lot of your, your friends, parents’ characters, and jobs and today I’d like you to sum up your knowledge. It will be the first part of our lesson.

1. That’s right. And now I’d like you to remember proverbs and sayings about health. Look at the screen and put the words in the logical order.

* *1. wealth, is, good, above, health.*
* *2. healthy, fit, to, eat, food, keep.*
* *3. an apple, keeps, a doctor, a day, away.*
* *4. early, to rise, to bed, early, man, keeps, wealthy, wise, healthy, and.*
* *5. sound, in, body, mind, a sound.*(слайд 2)

Well done. Now look at the screen and complete the sentences you see there. In your handouts you can find the words which you can use in your sentences.

*1. The modern bad habits are …*

*2. … is really a good way to live.*

*3. Bad health habits could lead to …*

*4. … makes people strong and healthy.*

*5. If you want to be healthy, don’t skip…*

*6. … is dangerous for our health.*

*7. Children should … their TV and computer time.*

eating a variety of foods; different diseases; smoking, drinking alcohol and taking drugs; limit; breakfast; sport; fast food.

1. As you’ve said, people should eat a variety of foods. What products help us to be healthy and to keep fit? (слайд 4)

A.Garlic 1) makes your bones strong

B. Milk 2) is good for your nerves

C. Green tea 3) helps to make your heart strong

D. Onion 4) is good for your muscles

E. Carrot 5) protects your teeth

F. Banana 6) is good for your eyes

speaking

Now think and answer “What does being healthy mean to you?”

* *As for me, I …*
* *Besides I…*
* *It means that …*
* *I think people should …*
* *May be I …*
* *Being healthy for me is …*

To be healthy people should also have positive emotions. Music can help us to get them and to relax. Let’s sing!