

## разработка урока "Здоровый образ жизни"

Автор: Надежда Васильевна Краус  
23.11.2020 11:04

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Healthy Lifestyle. 10 класс

Цель урока: систематизировать и обобщить знания учащихся по теме «Healthy lifestyle»

Задачи урока:

образовательная : знакомить учащихся с различными пословицами и поговорками о еде, сравнить их с русскими эквивалентами; говорить о здоровье;

развивающая: развивать воображение, фантазию, творческое мышление; развивать речевые способности, способность логически излагать свои мысли, развивать умения сравнивать, анализировать, воображать;

воспитательная: учить учащихся бережно относиться к своему здоровью, правильно питаться, отказаться от вредных привычек.

Оборудование: музыкальный центр, проектор, выставка творческих работ учащихся, которые они готовят заранее.

ХОД УРОКА

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### 1. Warming up. Brainstorming

T: Good morning, everybody. Nice to meet you. How are you today? Are you fine? That's nice. Then, let's start our lesson.

Agree that everyone wants to be well and happy. What comes to your mind when you think about happy life?

S1: good relations;

S2: love;

S3: health;

S4: money;

S5: having no problems with studying;

S6: faithful friends

T: Everything you have mentioned is important. But what comes first?

S1: health

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T: You are right. The theme of our lesson is "Healthy lifestyle" Work in pairs. Do the questionnaire with your partner.

2. Questionnaire. How healthy is your lifestyle?

1 What kind of drinks do you usually have?

a) sweet fizzy drinks b) tea or coffee c) fruit juice or water

2 How many portions of fruit and vegetables do you eat every day?

a) fewer than three b) three or four c) five or more

3 Which of these things do you do?

a) smoke cigarettes b) spend time in smoky rooms c) don't go near cigarette smoke

4 How many times a week do you do physical exercise?

a) never b) once or twice c) three times or more

5 How many hours do you sleep at night?

a) under 5 hours b) 5 to 7 hours c) 8 or more hours

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### Questionnaire scores and answers

1 a=0 points b=0 points c= 5 points

2 a=1 point b=3 points c= 5 points

3 a= - 20 points b= - 5 points c= 5 points

4 a= - 5 points b=2 points c=5 points

5 a= - 5 points b= 2 points c =5 points

Under 0= you really need to think about your lifestyle!

0-10= not bad but you must change some things!

11- 20= your lifestyle is healthy but think about how you can improve it!

21-25= well done!

T: Look at the blackboard and read some words and expressions. Which of these words belong to good habits and which to bad habits?

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To go in for sports, to drink alcohol, depression, to eat fruit and vegetables, to smile, an active life, to take drugs, to be a pessimist, to be polite, to eat a lot of vitamins, to feel inspired

S1: good habits- to go in for sports, to eat fruit and vegetables...

S2: bad habits – to take drugs, to be a pessimist...

T: Let's wipe off all the negative words from the blackboard. Let's them disappear not only from the blackboard, let's them disappear from our lives too.

One of the students wipes off all the negative words.

### 3. Questions about health

T: Answer some of my questions

1. What makes people happy and healthy?

2. What makes people aggressive?

3. Are positive emotions good for our health?

4. How do bad emotions influence our health?

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5. Is sport important for our health?

6. Is healthy food important for our health?

Students give possible answers.

4. Team work

T: We have two teams. Do you know the Russian proverbs about food and health? Which of the teams will be the best? Who names the most of all? (учащиеся заранее дома готовят пословицы о еде и здоровье).

- 1) The appetite comes with eating.
- 2) They don't carry samovars to Tula town.
- 3) Every vegetable has its season.
- 4) A spoon is dear when lunch time is near.
- 5) A hungry man is an angry man.
- 6) Porridge and cabbage soup is but our native food.
- 7) Too much butter won't spoil the porridge.
- 8) Tastes differ.
- 9) You say you are a mushroom, so- into the basket you go!
- 10) Hunger breaks stone walls.
- 11) The last piece of meat is especially sweet.
- 12) A man with a full belly thinks no one is hungry.

### Writing Competition

1) For the first team: write as many words (food- products, plants) as you can that are useful for our health (e.g. fruit, vegetables, fish, meat, poultry, nuts).

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2) For the second team: write as many words as you can that are harmful or unhealthy for us (e.g. chocolate, sugar, coffee, sweets, butter, etc.).

“ Food Categories “

T: Fill in (complete) the table “ Food Categories”.

Fruit

Vegetables

Nuts

Fish

Meat

Poultry

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Apple, beet, banana, pea, cashew, green pepper, peach, lettuce, bean, potato, pecan, pear, strawberry, peanut, onion, plum, walnut, carrot, orange, tomato, celery, lemon, coconut, pineapple, cherry, squash, cucumber, grapes, beef, sardine, turkey, pork, duck, sole, mutton, veal, chicken, herring, cod, lamb, goose, trout, venison, salmon, bacon, carp, ham, hen, tuna.

Speech competition

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T: Explain to your foreign friend:

- 1) how to cook Russian dinner;
- 2) how to make your favourite cake or pudding;
- 3) how to use some beauty products;
- 4) how to cook a traditional family dish.

Correct the mistakes if any:

inactivity,  
faibre,  
ingridient,  
eyesigt,  
diseas.

CCC

calori  
harespray,  
vetamine,  
obesity,

### 5. Listening Comprehension

T: We go on talking about our health. Listen to two people at the doctor's. Choose the correct answer. Аудирование и инсценировка диалога "У врача"

УМК "Challenges", p.31 ex.1

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### 6. Roleplays

T: Use the Speaking Help to prepare for the roleplay.

Doctor

Patient

Say hello. Ask what the problem is.

Describe how you feel.

Ask another question.

Give more information.

Recommend some treatment

Say thank you.

Some of the pairs act out their roleplays for the class

### 7. Summing up

Our lesson has come to an end. It was our last lesson on the topic "Healthy Lifestyle". I see that you know much about the main rules of keeping fit. And I hope that you will continue to take care of your health in everyday life in future.

Thank you for your work. You were very active today.

### 8. Home assignment

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T: Project: a survey

1 Write three questions.

2. Ask other students your questions and write down their answers.

3. Write a report of your results.