**Урок английского языка в 9 классе**

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**Тема: Принципы здорового питания (Healthy lifestyle recommendations)**

**Цели:**

**Образовательные**- продолжать активизацию лексики по теме «Здоровый образ жизни» в серии речевых и языковых упражнений;

- формировать навыки чтения (с полным пониманием прочитанного и поискового) и аудирования;

- совершенствовать и контролировать навыки практического владения языком в заданной ситуации общения;

- активизировать использование грамматического материала (степени сравнения наречий)

**Развивающие -**развитие мыслительных и оценочных навыков в ситуации здорового образа жизни

- употребление лексических единиц с учетом сочетаемости словв соответствии с коммуникативными намерениями.

**Воспитательные -**воспитание бережного отношения к своему здоровью, пропагандаздорового образа жизни.

**Оборудование урока –** раздаточный материал, учебник, словари, рабочие тетради, компьютер.

1. **Организационный момент**

Today we’ll speak about good and bad habits.How do they influence our health and our appearance.

* What does our health depend on?
* Is it important to care about our health and our appearance?
* How should we do it?
* What should we do to keep fit and be healthy?
1. **Речевая зарядка**

Look at the blackboard and try to connect the parts of the proverbs!

(На доске написаны разделённые на 2 части пословицы, задача учащихся состоит правильном подборе окончания пословицы.)

* Health is better**/** than wealth.
* Early to bed and early to rise / makes a man healthy, wealthy and wise.
* A sound mind in / a sound body.
* An apple a day keeps / a doctor away.
* Eat to live but / not live to eat.
* He who has health has hope, and / he who has hope has everything.
* Eat with pleasure, / drink with measure.
* A change of activity is / the best rest.
* Health is not everything but / everything without health is nothing.

**Let’s say these proverbs and remember them! So, all together!**

1. **Проверкадомашнегозадания.Let’s check your home task, please .**
2. **People say that you are what you eat.**

**Translate into Russian.**

* It is necessary to eat high fibred food and vitamins.
* I believe that we have to eat low fat food and visit a swimming pool.
* Paying attention to health we have to go in for sports.
* Regularity in life promotes our health.
* We should convinceour friends and relatives not to smoke or drink too much alcohol.
* I am sure that our health is connected with our nervous system.
1. **What do you know about good and bad habits? Do the next task, please.**

**Divide into 2 columns:**

Phrases and words: eating whole meal bread, eating sweets, eating low fibred food, exercising, not keeping diet, physical inactivity, drinking alcohol, smoking, drugs, ahealthy diet, sleeping three hours, getting up early, regular meals, having breakfast,playing computer games for a long time.

Good Habits

Bad Habits

1. **Some bad habits are really deadly. How do they influence our health and our appearance.**

**Make up the sentences. Match the beginning of the sentences with their endings.**

**( индивидуальная работа с карточками )**

Smoking …                                                          causes slow reactions and loss of

                                                                              memory.

Drinking alcohol …                                             makes our teeth yellow and our

                                                                             hair, clothes smell.

Taking drugs …                                                   they have problems with their hair and

                                                                              skin.

If people smoke …                                              causes a cough and  headache.

Some teenagers look pale                                    affects the whole family and the

and tired because …                                             people around you.

                                                                      makes your brain centres sleep

                                                                      and affects your social controls.

                                     they don’t get enough vitamins and minerals.

                                                                             makes our speech unclear.

                                                               they have anaemiaслабость

**What are your results?**

1. **Контрольнавыковчтения.(комп.)**

**a) Read the text and guess the meaning of the following words:**

**to consult a doctor                                           headache**

**complain of                                                       heartache**

**examine  rest – cure**(покой)

**patient                                                                strictly**

**treatment**(лечение)

                                           **A visit to the doctor**

Once an old gentleman came **to consult a doctor.**

“What do you **complain of**?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state. I have a **heartache,** often **headache**and my sleep isn’t good. Sometimes I cannot sleep all night long.”

The doctor **examined** the **patient**very carefully and said: “Your **treatment**will be very simple, is other words it will be a **rest-cure.**You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk. You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed. And you can smoke only one cigarette a day.

A month later the gentleman came to see the doctor again.

“How are you?”- asked the doctor.

“I am quite well now,” –answered the patient – “I’ve done everything that you recommended me, doctor. I **strictly** followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep. But one cigarette a day almost killed me.”

“But why?” –asked the doctor.

“It’s not a joke to begin smoking at my age, I had never smoked before,” –answered the gentleman.

**b) Read the text again and answer the questions.**

**Answerthequestions**

1. What did the old gentleman complain of when he came to consult the doctor?
2. What did the doctor recommend the patient after examining him carefully? Howmanycigarettescouldthemansmokeeveryday?
3. When did the patient come to see the doctor again?
4. How did the patient feel after the rest-cure?
5. Did the patient follow all the doctor’s orders?
6. Why did one cigarette a day almost kill him as he said?

**Fill in the blanks with the suitable words.**

1. Once an old gentleman came  \_\_\_\_ \_\_\_\_ a doctor.
2. The doctor asked the patient: “What do you \_\_\_\_ \_\_\_?”
3. Thedoctor \_\_\_\_ him \_\_\_\_\_ .
4. “Your \_\_\_\_\_ will be very simple, said the doctor.

1. “You \_\_\_\_ go to a quiet place in the village for a month and have an \_\_\_\_\_ rest there.
2. And the doctor recommended the patient to smoke only \_\_\_\_ cigarette a day.
3. \_\_\_\_ \_\_\_\_ \_\_\_ the gentleman came to see the doctor again.
4. “I strictly \_\_\_\_ all your \_\_\_\_, doctor,” said the patient.
5. But one cigarette a day \_\_\_\_ killed me.
6. It’ not a \_\_\_\_\_ to begin \_\_\_\_\_ at my age. I had never smoked before.
7. **Активизация грамматического материала** (степени сравнения наречий)

В английском языке степени сравнения прилагательных и наречий имеют

одинаковые формы:

* простые наречия, вместе с наречием early (рано) образуются присоединением суффикса -er в comparativedegree (сравнительной степени): faster, sooner, earlier;
* суффикс -est прибавляется в superlativedegree (превосходной степени): fastest, soonest, earliest;
* наречия, заканчивающиеся на -ly, изменяются прибавлением more и most: morecarefully, mostoften, moreslowly – mostslowly;
* исключения составляют неправильные наречия: well – better – best, badly, much, little, far – которые образуются по тому же принципу, что и прилагательные.

**Chose the right answer:**

1.He swims (best/better) than everybody else in the school (better).

2. People usually do (hardest/the hardest) when they are doing something for their family (hardest).

 3. Please, make for me your (last/latest) photo. (latest).

 4. (The smaller/the smallest) a car is, (the easier/the easiest) it is to drive (the smaller/the easier).

5. Please, shut the window quiet/quietly (quietly).

6. The beach is less/least crowded today than yesterday (less).

7. He is very/much younger than she is (much).

8. She is practically (clever) woman I have ever met. (cleverest

1. **Контроль навыков устной речи ( в заданной речевой ситуации).**

**T:** I see that you’ve done all the task well and I’d like you to give a piece of advice for those who are anxious about meals.

How to remain healthy? What should we do to be fit and healthy? Work in groups to make some rules for people who have health problems.

(работают в группах по составлению правил здоровья)

Situations for groups: --- your relative looks pale and is overweight

--- your friend does not look healthy, he has bad hair and teeth and symptoms of stress

**What should we do?**

P1- Eat more fruit and vegetables.

P2- Don’t miss PE lessons.

P3- Eat whatever you like, not too much, not too little.

P4- Choose chicken meat better.

P5- Try to shorten fat products and fast food.

P6- Keep a diet to lose weight.

P7- Sleep eight hours a day!

P 8- Have breakfast every day.

P9- Try not to eat much sugar and fat.

1. **What emotions do you feel: sad, happy or nervous? Now, go to the blackboard and attach the smiley.**
2. **Дом.задание.**
3. **Подведение итогов урока.**

(Ilikedyourworkatthelesson.)