

Учитель английского языка
Л. Т. Костелова

УРОК АНГЛИЙСКОГО ЯЗЫКА В 8-А КЛАССЕ ПО ТЕМЕ: «ЗДОРОВЬЕ – ЛУЧШЕЕ БОГАТСТВО»

Цели урока:

Развивающий аспект:

- развивать коммуникативные навыки учащихся;
- учить детей делать презентации творческих проектов;
- проводить интерактивный опрос;
- обрабатывать полученные данные;

Воспитательный аспект:

- воспитывать здоровые привычки;
- показать учащимся важность здорового образа жизни.

Учебный аспект:

- активировать изученную лексику по теме “Здоровье”;
- развивать у учащихся умение творчески использовать усвоенный материал в новых ситуациях общения.

Сопутствующие задачи:

- скрытый контроль развития речевых умений;

Тип урока:

Урок коммуникативно-ориентированного обучения.

Методы:

Интерактивный, словесный, наглядный, практический.

Оборудование и оснащение урока:

- таблицы
- дидактический раздаточный материал: карточки-задания;

Ход урока

“Health is the ‘best wealth”.



I. Организационный момент.

T: – Good morning, everybody! I’m very glad to see you at today’s lesson. How are you?

P1: – I’m fine, thanks. And how are you?

T: – I’m fine too. Thank you. (2-3 students).

T: – Today we’ll speak on the topic “Health is the ‘best wealth. We’ll discuss how sports, balanced diet help us to be fit, healthy and strong. We shall speak about sports in our school. You will know something interesting and new for you. I hope that our co-operation will be important and useful for you and for me. You see that your health is in your own hands. Thousands years ago ancient Greeks said: The ‘first ‘wealth is health. ‘Health is the ‘best wealth. These words will be a redline of today’s lesson.

T.: By the way, what words can you use speaking about health?

P1-7:

- Eating whole meal bread
- To take care of yourself.
- exercising
- Health.
- Physical training lesson (etc)

II. Фонетическая зарядка.

T: There are exercises that are useful not only for your body but also for your tongue.

T: Now, look at the blackboard.

There is a tongue twister which consists of two proverbs. Listen and repeat after me.

[w] – white, swimming, wanted, , when, was, question, winners

[θ] – the [I:], the [θ], the fourth, than, those, with.

[θ] – wealth, health, fourth, , I think, thank you,

[θ] – burn, first, Germany, work, world, third, proverb

1. Вся скороговорка
2. По частям (по 2 раза каждая)
3. Вся медленно 2 раза
4. Вся быстро 2 раза

Отработка выражений

The first wealth is health.

Health is the ‘best wealth’.

Сначала медленно с паузами. – Дети повторяют всё за диктором. Затем всё быстрее и ещё быстрее.



/спросить 2-х – 3-х человек./

T.: Thank you.

T.: All right.

T: Now, let's read these twisters all together.

T.: Now the whole tongue twister

T: So, the topic of our lesson is "Health is the 'best wealth."

Stay Healthy, Eat Right, Fight Disease

III. now let's talk about color.

Do you know that color may have healing effect?

Один из учащихся делает обзор по теме «Цвет» и спрашивает учащихся об их предпочтениях в еде и дизайне.

A full spectrum of colors is healing, and some colors in the spectrum target specific problems. Find out **what** color heals **what disorder**, and promotes what important part of your self. For instance, did you know that yellow promotes the intellect? Read more:

- * **Red** heals blood disorders, promotes vitality and creativity
- * **Orange** heals lungs and kidneys, promotes assimilation
- * **Yellow** heals stomach and liver, promotes intellect
- * **Green** heals heart and hypertension, promotes unconditional love
- * **Indigo** heals eye diseases and vision, promotes psychic abilities
- * **Violet** heals mental disorders, promotes spirituality

Read it as quickly as possible and try to restore each point of healing spectrum

IV. Skimming reading

Read short paragraphs and find possible (appropriate) headings.

a) It sounds bizarre, but beetroot could be a secret weapon against high blood pressure. The condition is a major cause of heart disease and stroke, but many people aren't aware they have it as it has no symptoms. Now, researchers from Barts and the London School of Medicine say drinking 500ml of beetroot juice could dramatically reduce blood pressure after just one hour. So drink up the pink stuff.

b) Lazy Brits will spend 17 years of our lives on the sofa, with seven years of that devoted to watching TV. Next time you hear yourself say, "I haven't got time to go to the gym" or you opt for ready meals because you're too busy to cook fresh food, think about switching off the box and doing something healthy instead.

c) Giving your partner a hug doesn't just warm the heart, it can protect it too. A study by the University of North Carolina in 2005 found that hugging your other half for 20



seconds could lower blood pressure and reduce levels of the stress hormone cortisol. High levels of cortisol have been linked to heart disease and other conditions such as diabetes.

d) We eat around 9.5g of salt a day, but the Government wants us to cut this to no more than 6g, as high levels of salt can push up your blood pressure, raising your risk of cardiovascular conditions. Many food labels only list salt as sodium however, but you can do a simple sum to work out their real salt content; just multiply by 2.5. So 0.8g of sodium becomes 2g of salt.

e) Get outside in the sunshine for a natural boost. The sun's rays on the skin help your body produce vitamin D, which has been shown to fight heart disease, depression, osteoporosis and even some types of cancer. There's not a lot of sun around at this time of year, so make the most of it when it does appear!

f) One of the largest studies into diet and cancer – the Europe-wide EPIC study – found that eating just one extra portion of fruit and vegetables a day could cut your risk of dying early from any cause by 20 per cent.

g) Add 14 years to your life by following four very easy principles; don't smoke, take regular exercise, drink sensibly and eat five portions of fruit and veg a day. These simple steps can have a huge impact on your life expectancy, say scientists from Cambridge University. If you only manage one thing, give up smoking as the study found this had the biggest impact on your health.

h) Previously, experts thought taking 10,000 steps a day was enough to control your weight, but a world-wide study has just established that women up to the age of 40 and men up to 50 need 12,000 steps a day to help shift that middle jiggle. Invest in a pedometer to make sure you're hitting your target.

i) Become a glass-half-full person! Studies have found that those with a positive attitude suffer less from conditions such as heart disease. Find something to laugh at every day to give your feel-good hormones a boost.

Headings☺

1 Let it beet. 2 Think outside the box. 3 Embracing good health. 4 Pouring salt on the wound.

5 Sunny side up. 6 One is the magic number. 7 Holding back the years. 8 A step in the right direction. 9 Laughter is the best medicine

V A) Top reasons for having a healthy diet and lifestyle. (keep remembering it if you are worrying about your health)

5 •

Typical teenagers drink more than 5 cans of soda a day.

10 •

Each can of soda contains 10 teaspoons of sugar plus caffeine. Try drinking water, iced tea,



or juice. Eliminating soda from your diet will be a significant change and can help you lose weight.

• 3 •

You should have something small to eat every 3 to 4 hours. Skipping meals will actually make you gain weight.

• 20 •

In addition to being active every day, experts recommend that teens fit in at least three 20-minute sessions of vigorous activity every week.

8 •

Drink at least 8 glasses of water each day. It's important to stay hydrated!

38 •

One pound of muscle burns up to 38 calories.

• 9.5 •

Most teens need about 9 to 9.5 hours of sleep. Being well rested is just another way to stay healthy!

V b) Top reasons for having a healthy diet and lifestyle. (keep remembering it if you are worrying about your health)

There is no one recipe for a healthy lifestyle, which entails feeling great, looking great, and having a whole new attitude towards life! So make those little changes, take a few extra strides, drink a little more water, and eat lots of fruit, exercise, avoid drugs, and take to drinking !

Let the sunshine in: Sunlight is so central to life that we don't give it a second thought! Sunshine not only prevents Seasonal Affective Disorder (SAD), which is a form of depression in winters due to lack of sunshine, but is a source of Vitamin D for the body. This Vitamin D helps regulate blood pressure and helps control stress.

A healthy sleep routine: Prepare for a restful night by relaxing before it's time to sleep to help your body slow down. Take a bath, read a book, or listen to music while you unwind, and lowering the lights will further adjust your body to bedtime.

Lose weight and keep it off for good: Lose fat and not muscle, because it is the muscle that makes you stronger to perform exercises and lose calories. With increase in muscle and decrease in fat, you appear and feel skinnier. Regular exercise keeps you fit; helps and stay healthy.



Exercise regularly to beat stress: Exercise is not all about losing weight, it one of the most powerful ways to beat stress. While managing weight and heart health, getting plenty of exercise helps your body cope with the build up of everyday stress. During exercise, cortisol, a stress chemical is burnt off by the body. Moreover, the “feel good” chemicals produced in the body because of exercising elevate mood and make one feel happier.

Low carb diet: Low carb diets help in weight loss because such diets make for lower calorie intake. Additionally, the glycols burnt by the body release water, and it is this loss of water that makes for the drop in weight rather than fat loss. Eating low fat and low calorie diets is also recommended.

Avoid Junk food and eat raw foods: Junk food lacks nutrients and contains substances that are unnatural to the human body, such as chemicals, pesticides and fractured foods. Also, food that is cooked or heated often does not retain any nutrients. Eat raw salad and fresh fruit daily to make for a balance of essential vitamins and minerals and fiber to keep your digestive system healthy.

Chew your food well: There is wisdom in your mothers constant nagging about chewing your food, because that is where the digestive process begins. Chewing softens food for easier swallowing and also sends out signals to the stomach to release gastric juices. Saliva that mixes with food while chewing contains an enzyme that breaks down starches. Chew your food properly for good digestion.

Take effective medication for depression and anxiety: Firstly, before you take anything, get a proper diagnosis done from a psychiatrist. A health care professional may prescribe Selective Serotonin Reuptake Inhibitors (SSRIs) that are very effective antidepressants. Antianxiety drugs and beta blockers may be prescribed for anxiety. However, do not rely on medicines alone, but combine them with psychotherapy and other alternative treatments.

Live in the present: Don't worry about the past or the future; instead live in the present moment to avoid unnecessary stress. Focus on the here and now!

VI Acting

Студент с медицинской картой входит в класс. Все возможные проблемы отражены на его внешности: бледность, гримаса страдания на лице и т.д. учащиеся задают вопросы:



While eating do you care about the colour of fruit and vegetables?

How much sleep do you have?

Do you have sport sessions on regular base?

Do you take any medications? Regularly or occasionally?

If you do, do you read the instructions?

После выяснения причин нездоровья один из учащихся проводит консилиум и доводит информацию до сведения учащегося с проблемами. Вместе с тем больному вручается лист по ознакомлению с правилами прочтения инструкций, которые учащиеся бойко зачитывают и приводят примеры

V. Релаксационная пауза.

T.: I see you are tired. Let's relax.

Clap your hands when you hear words about good or bad habits.

No waiting, no parking,

Don't smile, stop laughing.

Turn it on, turn it off,

Open your mouth, try to cough.

No smoking, no drinking,

No running, stop thinking.

Work all day, play all night,

Do what I say – that's right.

Turn left, turn right,

Always love, never fight.

Come early, don't be late,

Try to be good, don't hate.

VI.

T.: You see that it is very difficult to follow healthy lifestyle. But do not forget "Health is the best wealth". And what can help you to be healthy? Of course, the school. Volens nolens only at school you do morning exercising, go in for sport three times a week, and have a balanced diet. Let s listen to Sasha. (Ученик рассказывает о занятиях спортом в школе).

презентация: Sports in our school.

презентация: Our school canteen.



VII. Подведение итогов:

T.: Our lesson is over and it is time to see what results are. And now let I hope we have convinced each other to follow a healthy way of life. Thank you for your work.

