

**Дата: 19.10.2021**

**Група №32**

**Урок №19-20**

**Тема уроку:** «Healthy lifestyle. How can I spend my free time.»

**Мета уроку:** Ознайомлення з новою лексикою теми, сприяти розвитку в учнів умінь ввічливо висловлювати власні переконання, думки, згоду й незгоду, використовуючи для цього необхідний лексико-граматичні знання. Формування навичок читання та усного мовлення.

**Матеріали уроку:**

**1. Поєднати словосполучення так щоб утворилася приказка та перекласти її на українську мову.**

1. A sound mind	a) best medicine.
2. An apple a day	b) makes a man healthy, wealthy and wise.
3. Early to bed and early to rise	c) keeps the doctor away.
4. Good health	d) in a sound body.
5. A good laugh is the	e) Doctor Diet, Doctor Quiet, and Doctor Merry-man.
6. The best doctors in the world are	f) is above wealth.
7. After dinner sit a while,	g) the best medicine.
8. Laughter is	h) after supper walk a mile.
9. Health is not valued	i) are always in a good mood.
10. If your health is good, you	j) till sickness comes.

**2. Прочитайте текст та перекладіть.**

### **How to lead a healthy lifestyle**

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

#### **1. Get active each day**



- Regular physical activity is important for the healthy growth, development and well-being of children and young people.

- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them ‘huff and puff’.
- Include activities that strengthen muscles and bones on at least 3 days of the week.
- Parents should be good role models and have a positive attitude to being active.

## **2. Choose water as a drink**



- Water is the best way to quench your thirst – and it doesn’t come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.
- Reduced fat milk for children over two is a nutritious drink and a great source of calcium.
- Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar.

## **3. Eat more fruit and vegetables**



- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.
- Aim to eat two serves of fruit and five serves of vegetables every day.
- Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

## **4. Switch off the screen and get active**



- Sedentary or ‘still’ time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.
- Children and young people should spend no more than two hours a day on ‘small screen’ entertainment. Break up long periods of use as often as possible.
- Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

## 5. Eat fewer snacks and select healthier alternatives



- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

## 3. Дайте відповіді на запитання

1. What food is healthy to eat?
2. What food do vegetarians eat?
3. What food is unhealthy?
4. Why is this food unhealthy?
5. Which drinks are bad for your health?
6. How are these food called?
7. Why do we eat?
8. What does it mean to eat balanced meal?
9. What are these four main food groups?



## 4. Прочитайте текст та поставте 6 запитань до нього.

**Fast Food is very bad for your health**

A lot of people eat fast food almost every day because they find it very tasty. Sometimes they eat it because they are busy and don't have time, or are too tired to cook.

Firstly, fast food such as burgers and chips contain a lot of fat and salt. People shouldn't eat fast food very often as this is bad for their health. We need to eat a plenty of fresh fruit and vegetables as well as fish and meat.

Secondly, fast food is very expensive. The money some people spend on fast food in one week is enough to buy fresh food for two weeks.

On the other hand, some people say that eating fast food saves time. So it's a way busy people can avoid cooking during the weekdays.

Although fast food is usually tasty and easy, people should cook their own meals and eat meat which is full of protein and other healthy products, all these kinds of food will make their lives long and healthy.

**5. Запишіть речення в дві колонки: в праву колонку корисні для здоров'я, а в ліву шкідливі для здоров'я.**

1. Get up early and go to bed early.
2. Wash your hands before eating.
3. Smoke.
4. Watch TV too long.
5. Do sports.
6. Clean your teeth twice a day.
7. Sleep enough.
8. Drink Coke.
9. Take a shower.
10. Skip meals.
11. Surf the Internet all day long.
12. Eat too many sweets.
13. Eat between meals.
14. Eat more fruit and vegetables