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Група №33

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 уміння 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 усно. Випишіть в зошит виділені поради та допишіть ще своїх 5 порад.

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

Now use the correct form of the following verbs:

Use each one twice.

avoid keep stay give up cut down

1. Playing tennis twice a week is what me fit.
2. Lots of fresh fruit and vegetables will help you to healthy.
3. *My doctor keeps telling me I should smoking completely.*
4. *You don't have to stop drinking completely.*
Just try to a little.
5. If you can, try to stressful situations.
6. It's easy to start a diet. It's much harder to to it!
7. You'll see a big difference if you the amount of sugar you take in tea or coffee.
8. It's not essential to alcohol completely. Some doctors think a little a day is actually good for you.
9. Eat small meals regularly. This means you should do your best to eating big meals – especially late at night.
10. My weight has the same for the last ten years.

Homework

5 Problems

Match these lifestyle problems with the pieces of advice below:

The problems:

1. My hair always feels lifeless and oily. If I wash it in the morning, I need to wash it again when I come home from work. And I can't seem to get rid of the spots on my face.
2. If I buy a new pair of trousers, they don't fit me after a couple of months. So now I buy all my trousers one size too big. That way they last twice as long.
3. I get really breathless if I have to go upstairs nowadays. I used to be able to run up stairs. Now I have to stop halfway up and have a rest.
4. When I come home from work, the first thing I do every evening is pour myself a large gin and tonic. It's the only way I can relax.

The advice:

- a. Look carefully at your diet. Are you eating too many oily foods, like chips or potato crisps?
- b. You'd be far better playing squash or tennis after work. That would help you relax far better. You need less stress in your life.
- c. You're smoking too much. At the moment you are breathless. What will you do when the doctor tells you it's cancer?
- d. You are simply eating too much. If you are putting weight on so quickly, you must simply eat less and eat more healthily. Try cutting out all sugar and butter immediately, then start cutting out other things, like cream. Change to semi-skimmed milk.

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