

Дата: 21.10.2022

Група №32

Урок №18-19

Тема уроку: «Healthy Lifestyle. Youth movements in Ukraine.»

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

Матеріали уроку: **Friday, the twenty-first of October.**

Class Work.

Lesson #18-19

Topic: «Healthy Lifestyle. Youth movements in Ukraine.»

Q: Fill in the blanks by using the correct answer from the word bank:

bath every day, brush your teeth , wash your hand , eat healthy food, get enough sleep ,exercise everyday













Vocabulary: A Healthy Lifestyle

Read the words in the box carefully and then match them with the pictures below

drink water less screen time exercise avoid processed food
 sleep well keep a healthy weight have a hobby relax eat well
 stop smoking get enough vitamin D spend time with friends

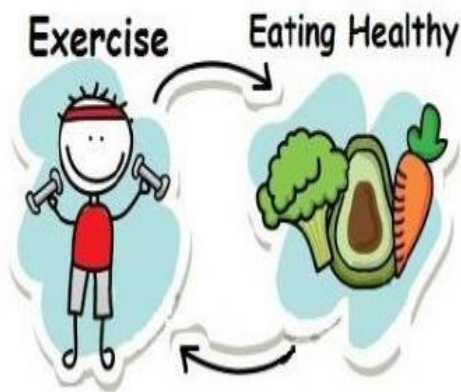


Complete the sentences: After understanding the words/ phrases above, use them to complete these sentences.

1. After a long busy day, everyone should _____ before going to bed.
2. Teach your children to drink more _____ than fizzy drinks.
3. Food that contain _____ include oily fish, egg yolk and yogurt.
4. People with breathing problems should _____ for good.
5. When I retired, vegetable growing & gardening were a new _____ of mine.
6. Eat the right food and you will _____ & look good.
7. Ready meals, crisps, sausages & tinned food are all _____.
8. When you _____, you will wake up refreshed & ready for the day ahead.

READING COMPREHENSION

A Healthy Lifestyle



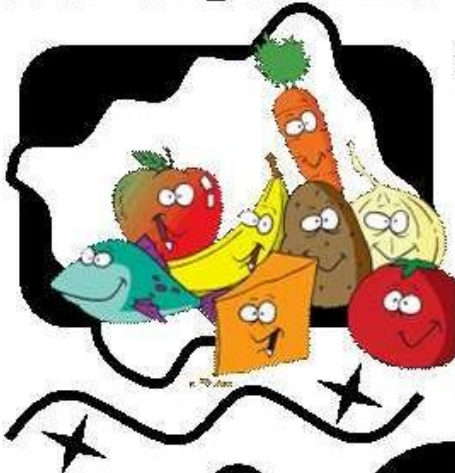
As time goes by, doctors and scientists are finding a strong relationship between the mind and the body. It's becoming clear that how you feel mentally and emotionally is very important for the way you feel physically. Have you ever thought that once you passed the age of 20 you start to die?

Of course, that is generally a slow process, but you can't escape from it. Teenagers find it difficult – if not impossible – to imagine themselves as middle-aged or old people. That's because they are young, fit and strong; however, if they don't get into the habit of taking regular exercise early in life to keep like that as long as possible, they will have lots of problems when they are older. One of the easiest ways to keep fit is to stick to a healthy diet, that is to say, to eat fruit, fresh vegetables and food containing fibre, regularly. Smoking is something you must give up if you want to be healthy. Also, try to reduce your alcohol consumption and avoid being too fat.

A. Circle T (True) or F (False).

- | | | | |
|---|---|---|---|
| 1 | There is a relationship between mind & body. | T | F |
| 2 | Our bodies start to die slowly after our twenties. | T | F |
| 3 | Teenagers know how old people feel. | T | F |
| 4 | Exercising early in life is important. | T | F |
| 5 | You will not get any health problems with exercise. | T | F |
| 6 | We should keep a healthy diet. | T | F |
| 7 | Being fat is ok. | T | F |
| 8 | Alcohol is very bad for you. | T | F |

Healthy Lifestyle



Boys and girls need to be active; to keep in shape they can run, walk, climb, jump and play. When kids engage in intense activities they need good food to fuel their little bodies. The Canadian Food Guide recommends that all kids should eat healthy and balanced meals. You must include the four food groups for a healthy lunch: breads and cereals, dairy products, meat and substitutes, fruits and vegetables. Kids should eat five to six fruits or vegetables per day, two to three servings of dairy products, four to six of breads and cereals and at least one serving of meat. Be active and eat well!

A True or False

- 1 Children need to be
- 2 Video games keep in
- 3 Kids need good food.
- 4 Kids should eat
- 5 There are two food
- 6 Bread and substitutes.
- 7 Fruits and dairy
- 8 Kids need a portion of

B

1. What can children do to be active?
2. What does the Canadian food guide recommend?
3. How many food groups are there?
4. Name two food groups.
5. Give one example of a meat serving.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

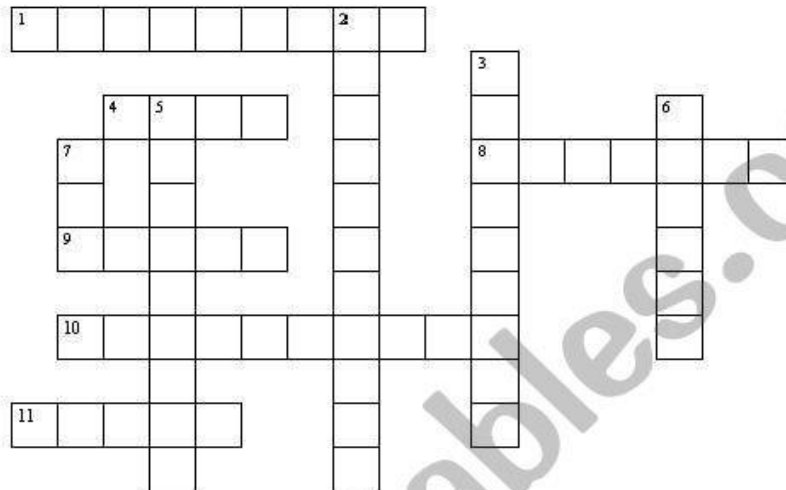
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Home Work



How healthy is your lifestyle?

Lifestyle Adjectives



ACROSS

- 1 Eating too much fat can be _____ for your health.
- 4 She had a big cold last week, so she's a bit _____ now.
- 8 Vegetables and fruit are _____.
- 9 My father doesn't sleep well so he's always _____.
- 10 Pamela weighs 100 kg. She's _____.
- 11 Warren doesn't move at all. He's really _____.

DOWN

- 2 John eats very little. He's sure _____.
- 3 Don't eat so many burgers and pizzas. That's very _____.
- 5 Eileen can't stop moving. She's very _____.
- 6 Jonas is really _____; he can lift very heavy things.
- 7 He does a lot of exercise. He's very _____.

