

Дата: 21.10.2022

Група №16

Урок: №22-23

Тема уроку: «Bad eating habits. Preparing a traditional dish.»

Мета уроку: ознайомити з лексикою уроку. Формувати навички письма та усного мовлення. Провести контроль вивченого матеріалу по темі.

Матеріали уроку:

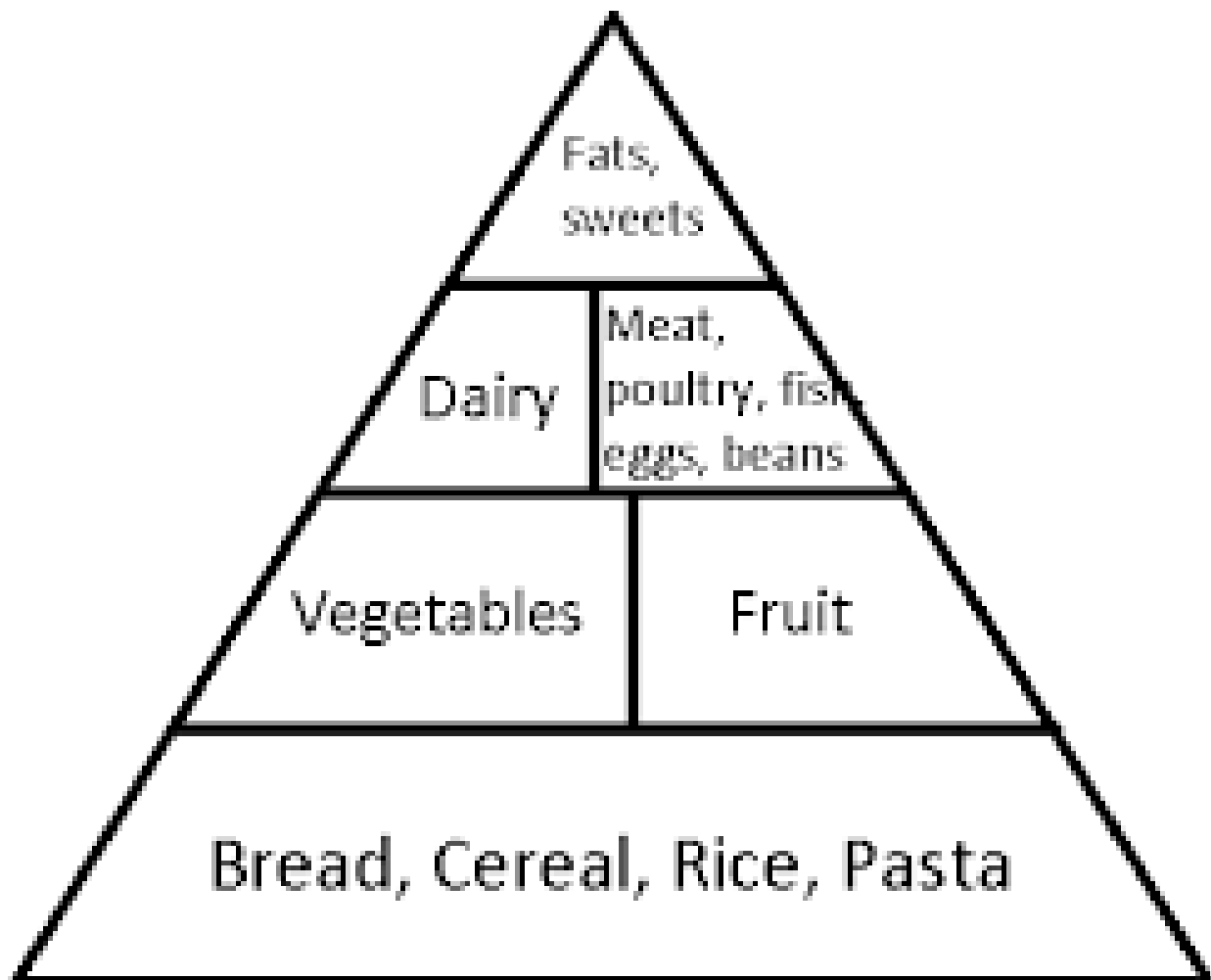
Friday, the twenty-first of October.

Class Work.

Lesson №22-23

Topic: «Bad eating habits. Preparing a traditional dish.»

1. Повторіть дану лексику та відтворіть харчову піраміду в зошиті.



2. Прочитайте та перекладіть письмово на українську мову. Випишіть з тексту незнайомі слова з перекладом та вивчіть їх.

HEALTHY EATING TIP 3

Fruits and vegetables are the foundation of a healthy diet. They are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber.



- All food is made up of nutrients which our bodies use. There are different kinds of nutrients: carbohydrates, proteins, fats, vitamins and minerals.
- Before we cut down on fat, sugar and salt, we have to know a bit more about the kind of food these things might be in. The biggest problem comes when these things are hidden in other foods: biscuits, crisps, sausages, meat pies, soft drinks and so on.

Nutrients food





What is junk food?

Lollies, soft drink, potato chips, hot chips, ice cream, and hamburgers, hot dogs and other kinds of take away food are called junk food.

3.

Complete the following text with these words:

recipe	ingredients	helping
sauce	delicious	cook

I wouldn't say I'm a great (1) , but I had some friends round for dinner recently and it went quite well. I'd seen a (2) for fish curry in a magazine the week before and it sounded (3) – so I thought I'd try it. I went to the market and bought all the (4) and then spent the day in the kitchen. Everybody said they really liked it, especially the (5) , and I think they were telling the truth because everyone wanted a second (6) !

Now match the verbs on the left with the phrases on the right in the two lists below:

- | | |
|-------------|--------------------------------------|
| 1. peel | a. the mixture with a wooden spoon |
| 2. pour | b. the potatoes and boil in a pan |
| 3. slice | c. the cheese and add to the sauce |
| 4. grate | d. the sauce over the meat and serve |
| 5. stir | e. the ham as thinly as possible |
| 6. chop | f. the eggs until light and fluffy. |
| 7. mix | g. a lemon over the fish |
| 8. beat | h. a little butter in a frying pan |
| 9. melt | i. the vegetables into small pieces |
| 10. squeeze | j. all the ingredients together |

5. Напишіть свій рецепт з описом приготування улюбленої страви.

Complete the following recipe with the words and phrases below:

Spicy Stir-fry Beef

Preparation: 30 minutes

Cooking: 5 minutes

Ingredients:

450 grams fillet of beef

1 tablespoon of soft brown sugar

1 tablespoon of dark soy sauce

2 cm piece of fresh ginger, grated

a pinch of salt

2 tablespoons of oil

6 spring onions

freshly ground black pepper

serve	heat the oil	stirring
slice	cook gently	add

1. the beef into thin strips about 3 cm long.
2. Mix the sugar, spices and soy sauce in a bowl. the beef, ginger and salt and stir well.
3. in a wok and stir-fry the onions for one minute.
4. Add the beef and fry, constantly, for four minutes, or until the meat is browned.
5. Stir in a little more soy sauce and black pepper and for a minute or two.
6. with plain boiled rice.

Д/з: Довчити лексику із завдання 1 та написати рецепт першої страви з описом приготування.

Конспекти надсилати:

Россоха Н.М.- nataross2017@gmail.com

Карнах Е.В.- emiliya.karnakh@gmail.com