

Дата:07.09.2022

Група № 33

Урок № 1-2

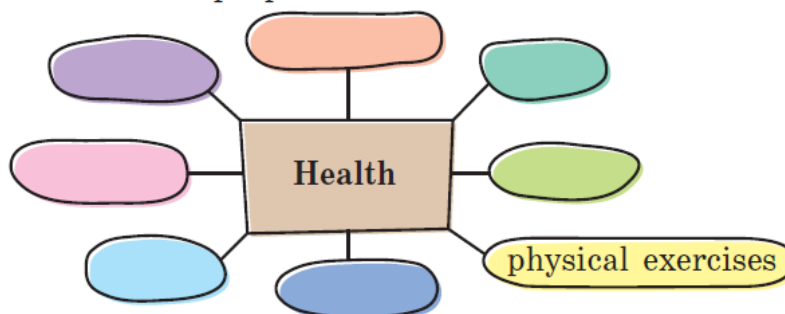
Тема уроку: «Food culture. Tastes and preferences»

**Мета уроку:** ознайомити здобувачів освіти з новою лексикою; навчити учнів розповідати про смакові уподобання, використовуючи нову та раніше вивчену лексику, а також граматичні конструкції.

**Матеріал уроку:**

### **1. Виконати вправу**

1. What are the laws of health in your opinion?
2. What factors affect people's health?



These words and expressions can help you:

good rest and sleep, junk food, stress, balanced diet, perfect cleanliness, physical exercises, pure water, pure fresh air, healthy food, addiction.

### **2. Work in pairs. Complete the table and present the results of your work to the classmates.**

Healthy Food	Unhealthy (Junk) Food

These words can help you:

**Fruit:** peaches, pears, bananas, cherries, watermelons, grapes, kiwi fruits, oranges, lemons, grapefruits, mangos, pomegranates, coconuts, pineapples, plums, papayas.

**Vegetables:** beans, potatoes, cucumbers, cabbages, brussels sprouts, broccoli, cauliflowers, carrots, radishes, lettuce, peppers, tomatoes, beetroots.

**Berries:** raspberries, strawberries, blackberries, gooseberries, (black) currants, cloudberries, blueberries.

**Food:** hamburgers and fruit, pizza and hot dogs, cookies, chocolates and cakes, donuts, ice cream, swiss rolls, fairy cakes.

*\*Записати невідомі Вам назви фруктів та овочів та їх переклад у зошит*

### **3. Поєднати слова з їх значенням та написати переклад.**

- |  |  |
|--|--|
| 1. cleanliness ['klenlənəs] <i>n</i>     | the state of being clean   |
| 2. saturated fats<br>['sætʃəreɪtɪd fæts] | these fats are not easily processed by the body when eaten because of the way their chemical structure is arranged |
| 3. liver ['lɪvə(r)] <i>n</i>             | a large organ in the body that produces bile and cleans blood  |
| 4. to overeat [əʊvər'i:t] <i>v</i>       | to eat more than you need or more than it is healthy   |
| 5. low-fat [ləʊ'fæt] <i>adj</i>          | containing only a very small amount of fat   |
| 6. actually ['æktʃʊəli] <i>adv</i>       | used to emphasise a fact or a comment  |

### **Домашнє завдання:**

#### **Виконайте вправу**

- |  |   |
|--|---|
| 1. Drink                               | a) sugary drinks                                    |
| 2. Eat                                 | b) as it has fewer calories and less saturated fats |
| 3. Don't eat                           | c) of food  |
| 4. Don't drink                         | d) less and more often                              |
| 5. Don't drink                         | e) regularly  |
| 6. Do                                  | f) enough (7—8 hours)                               |
| 7. Sleep                               | g) sports   |
| 8. Do exercises                        | h) much coffee                                      |
| 9. Eat                                 | i) alcohol  |
| 10. Avoid oversized portions           | j) drugs  |
| 11. Drink fat-free or low-fat 1 % milk | k) junk or fast food                                |
| 12. Drink water instead of             | l) healthy food                                     |
| 13. Don't take                         | m) plenty of water                                  |
| 14. Go for walks                       | n) as often as you can                              |

**Увага! Фото виконаної класної роботи та домашнього завдання надсилати на електронну адресу викладача [gr.ev@ukr.net](mailto:gr.ev@ukr.net)**

**У темі листа вказувати Ваше ПІБ, № групи, назву предмета, номер уроку.**