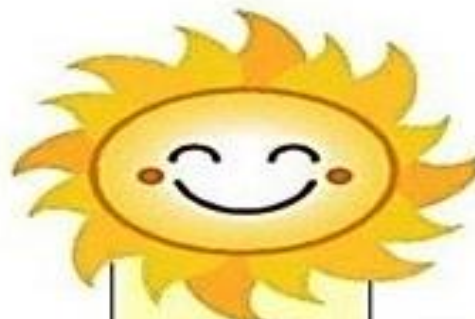


**“Healthy ways. What style of life do
you like more?”**

Form 5

December 12, 2018

hot



neutral



cold



- | | |
|----|----------|
| 10 | JOYFUL |
| 9 | GREAT |
| 8 | GLAD |
| 7 | CHEERFUL |
| 6 | CONTENT |
| 5 | OKAY |
| 4 | SO-SO |
| 3 | UNHAPPY |
| 2 | SAD |
| 1 | TERRIBLE |



The rules of our lesson.

1) Speak Russian/English.

2) Be active/passive.

3) Be sad/happy.

The rules of our lesson.

1) Speak English.

2) Be active.

3) Be happy.

Mind the pronunciation.

[ai] fine, like, time, I, style

[ɒ] not, hot, rock

[w] whether, weather, ways

[ð] whther, the, weathther

[əʊ] cold, cola, soda

**Whether the weather be fine,
or whether the weather be not.
Whether the weather be cold,
or whether the weather be hot.
We'll weather the weather
whether we like it or not.**

Let`s ...



Watch the film.

1. An English breakfast consists of (underline the right words):

tomatoes, cheese, eggs, toasts, sausages, ham, milk

2. When does the boy have an English breakfast?

a) on Saturday b) on Monday c) on Sundays

3. What does Jessica have for breakfast?

a) boiled eggs b) croissants c) fruit salad

Learn the new words.

toasts [təʊst] - тост, гренок

boiled - сваренный

croissants ['kwæsn̩] - круассан

Check your answers.

1. An English breakfast consists of tomatoes, eggs, sausages, ham.
2. When does the boy have an English breakfast?
c) on Sundays
3. What does Jessica have for breakfast?
b) croissants

Guess the word, which connects all
these concepts?

Energy Fitness Healthy Food

Sport Happiness Medicine Fruit

Diet Exercise Vitamins Body

Activity



Solve the rebus.



Hot dog



egg



apple



lemon



tea



ham



Hot dog



egg



apple



lemon



tea



ham

Health



Topic: “Healthy ways. What style of life do you like more?”

The aims:

1. to practice in listening, speaking, reading and writing;
2. to develop understanding of healthy eating, healthy living;
3. to write the rules of healthy ways to follow in school.

Topic: “Healthy ways. What style of life do you like more?”

На уроке мы будем:

- смотреть фильм и выполнять задания;

- говорить о здоровом образе жизни;

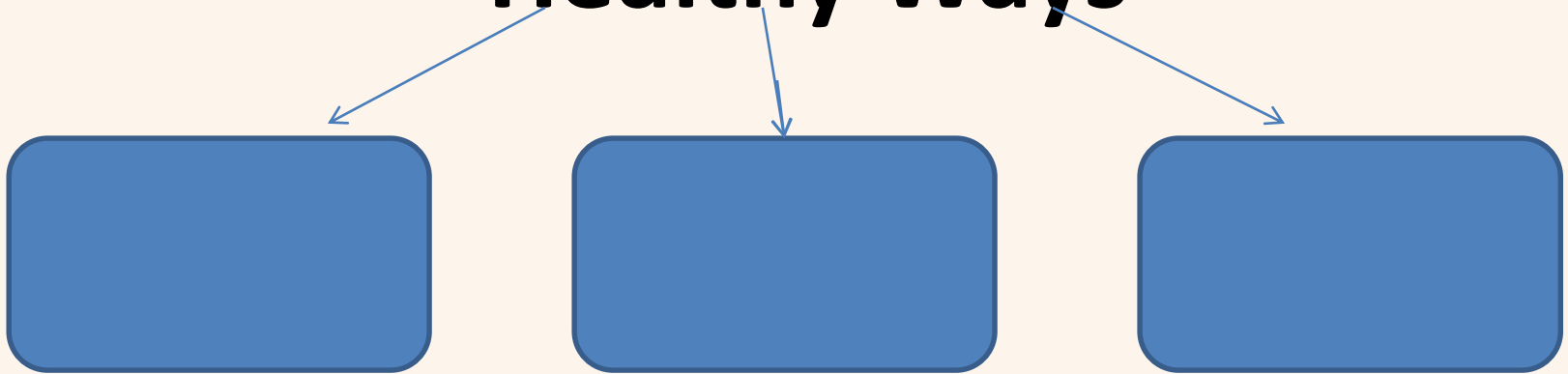
- использовать в речи структуру let's do something;

- инсценировать диалоги о спорте и здоровом образе жизни;

- говорить, используя глаголы в Present Simple, о том, что мы обычно делаем/не делаем.

Complete this memory map.

Healthy Ways



to do exercises

to go to the cinema

to go to the bank

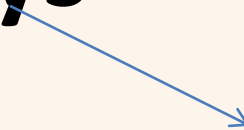
to do the rooms

to keep regular hours

to eat healthy food

to feed pets

Healthy Ways



to do exercises

to keep regular hours

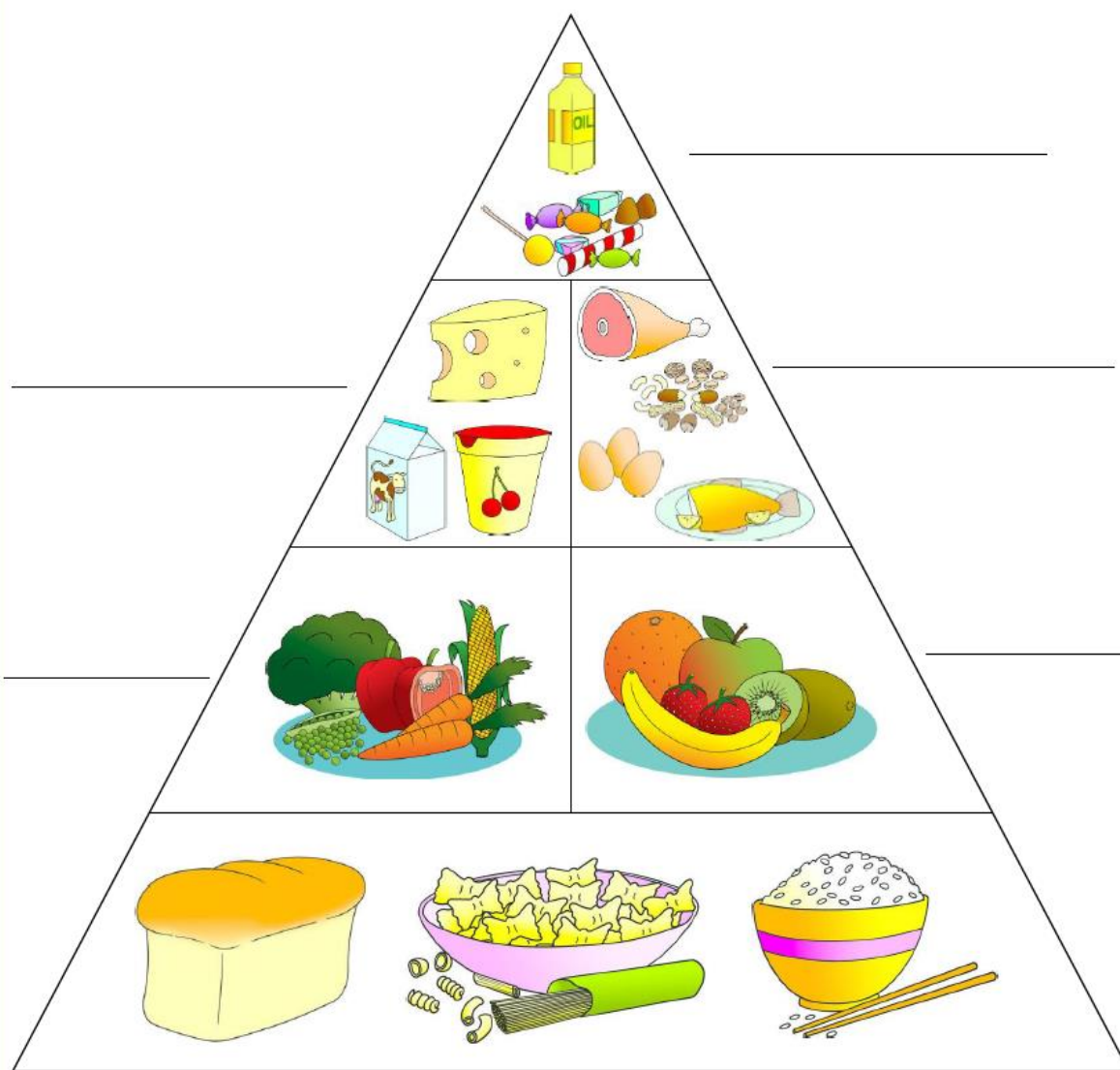
to eat healthy food

What`s this?



What`s this? - It's a cherry. Delicious!





Write the names of the groups on the correct line:

- Milk, yoghurt and cheese group
- Fats, oils and sweets group
- Vegetables group
- Bread, cereal, pasta and rice group
- Fruit group
- Meat, poultry, fish, dry beans, eggs and nuts group

ENERGY FOODS

Give us energy to move.

FRUIT & VEGETABLES

Give us vitamins that are good for our eyes, our brains and our skin.

MILK PRODUCTS

Give us calcium that is good for our bones.

MEAT, FISH, EGGS & NUTS

Give us protein which is good for our muscles.

FATS & SUGARS

Too much fat and sugar is bad for our body.

Check your answers.

Healthy food		Unhealthy food	
fruit	vegetables	junk food	cakes
cheese	yoghurt	burgers	crisps
		sweets	cola
		chips	ice cream



beats rock



beats scissors



beats paper

Whose lifestyle is healthy?
William`s or Jerry`s?

Example:

William getsu up early but Jerry getsu up late.

William doesn't go to bed late and Jerry
doesn't go to bed before 2 or 3 o'clock.

What style do you like more?

Example:

I get up early (late).

I don't do morning exercises.

Check your answers.

If you have 10-8 '+', it's excellent, you will be healthy.

If you have 7-5 '+', it's OK.

If you have less than 5 '+', start following the rules of healthy ways or it will be too late.

Keep fit at school

Example: **Let`s go for a walk.**




Let`s not stay in the room.

- walk to school
- be late for classes
- wash hands before lunch
- drink cola and soda
- eat too many sweets and cakes
- be positive
- play games in the schoolyard
- do sports on the playground

Summing up.

- 1) We (spoke/didn't speak) about healthy eating, healthy living.
- 2) We (made up/didn't make up) sentences with Let`s/ Let`s not do something.
- 3) We (acted/didn't act out) short dialogues.
- 4) We (wrote/didn't write) the rules of healthy ways for school.
- 5) We (used/didn't use) Present Simple.

Summing up.

			
How are you feeling?			
How did you work at the lesson?			
Did you do all the tasks correctly?			
How did you work in the pair, in the group?			
Did you like the lesson?			

Home task:

Your friend is often ill. Give him/her some advice how to be healthy. Write 6-8 sentences.

<https://onlinenglish.ru/video/18video.html>