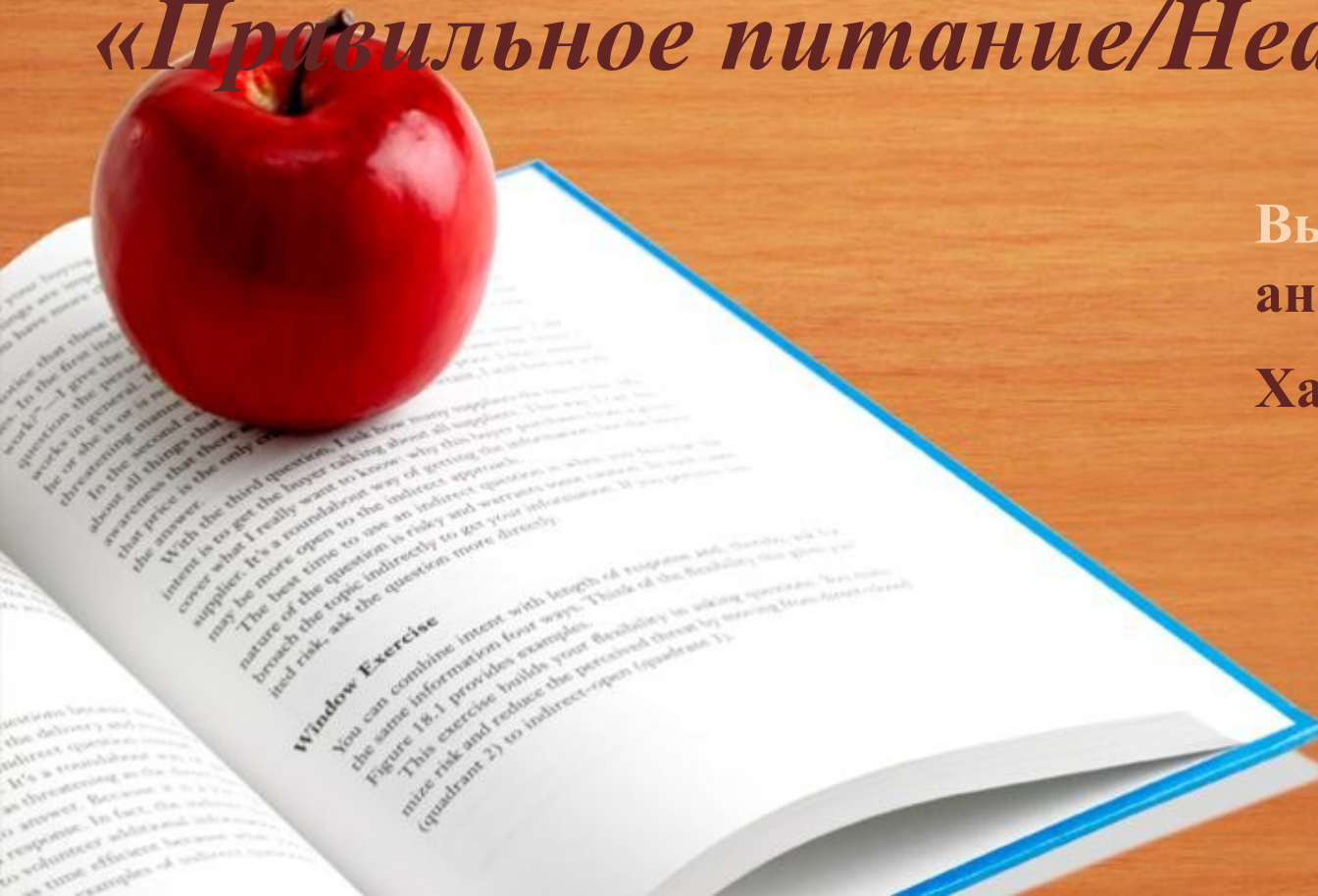


Муниципальное бюджетное образовательное учреждение
«Новоаганская общеобразовательная средняя школа №1»

Презентация к уроку английского

языка на тему:

«Правильное питание/Healthy diet».



**Выполнила: учитель
английского языка**

Хамзина В.Р.



**Новоаганск,
2018г.**

Match the words with the pictures:

a) fast food b) sumo wrestler c) healthy diet
d) morning exercises e) keeping fit f) vitamins

1



2



3



4



5



6



Check your answers:

1



2



3



d) morning exercises

c) healthy diet

b) sumo wrestler

4



a) fast food

5



f) vitamins

6



e) keeping fit

The topic of the lesson is:

“Healthy diet”

The aim of the lesson is to prove the hypotheses.



Put the words in order to make hypotheses.

Check the answers.

1. need, meals, People, every, day, five.
People need five meals every day.
2. should, some, every, exercise, People, do, day.
People should do some exercise every day.
3. a, good, It's, to eat, idea, snacks.
It's a good idea to eat snacks.
4. should, some, have, People, vegetables, fruit, and,
in every, meal.
People should have some vegetables and some fruit in every meal.
5. sugar, shouldn't, People, eat, lots of, oils, and, fats.
People shouldn't eat lots of fats, sugar and oils.

Put the words in order to make hypotheses.

Check the answers.

6. burns, the, makes, people, calories, Exercise, off, and, fit.

Exercise burns off the calories and makes people fit.

7. helps, exercise, people, to, relax, and, get, stress, rid of.

Exercise helps people to relax and get rid of stress.

8. pizza, like, eat, to, Teenagers, sandwiches, burgers, and.

Teenagers like to eat sandwiches, pizza and burgers.

9. for, important, teenager, to, fit, a, keep, It's.

It's important for a teenager to keep fit.

10. to, cool, Doing, helps, athletic, sport, teenagers, look and.

Doing sport helps teenagers to look cool and athletic.

What are we going to do at the lesson today?

In my opinion.

To my mind

I think that

It seems to me that

I consider that

- **read the text.**
- **answer the questions.**
- **work in pairs.**
- **work in groups.**
- **draw diagrams.**
- **listen to the dialogues and complete the table.**
- **write advice.**

WE ARE GOING TO...

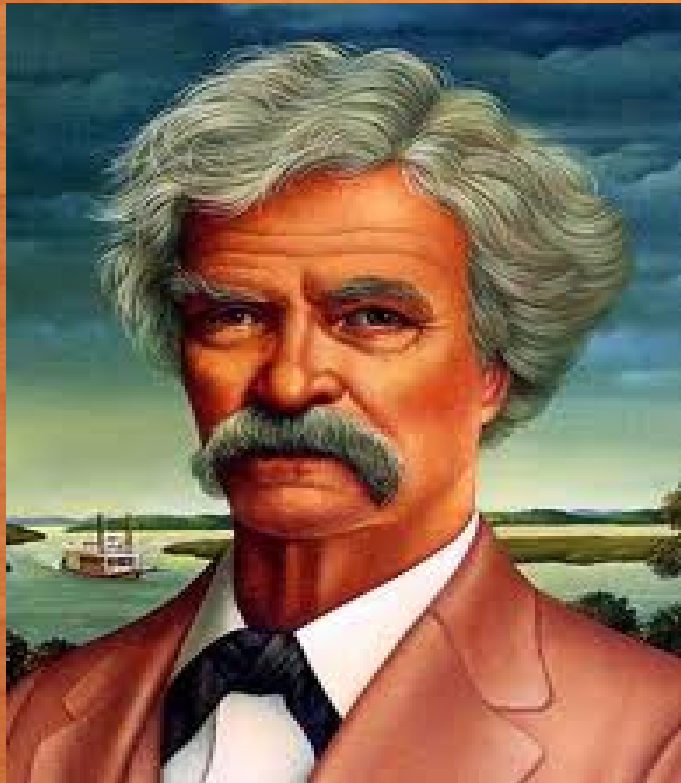
WE WILL...



Read, translate and dwell upon the
quotation.

*“The only way to be healthy is to eat
what you don’t want to, drink what you don’t
like and do what you don’t want to.”*

Mark Twain



Is that true?

People need five meals every day.

People should do some exercise every day.

It's a good idea to eat snacks.



Before you read, look at the questions and choose the answers you think are correct. Then read the text to check your answers.

1. What nationality are the people in the photo?

a Chinese b Japanese c Russian

2. How many meals do you need every day?

a one b three c five

3. Is it good idea to eat snacks?

a yes b no c it doesn't matter

4 How often do you need to exercise?

a every day b once a week c three times

a week

Read the text again. Answer the questions.
Work in pairs, changing places.

- 1. What kind of food do Sumo wrestlers usually eat? Why?**
- 2. Why do you think Sumo wrestlers go to bed straight after their dinner?**
- 3. Why are many teenagers in the UK and USA overweight?**
- 4. Do you agree with all the advice in the text?**
If not, why?

Check the answers.

- 1. Sumo wrestlers eat chankonabe, a mixture of rice, meat and vegetables. They want to get fat.**
- 2. Sumo wrestlers go to bed straight after their dinner to get fat.**
- 3. They often eat unhealthy food and spend a lot of time sitting in front of the TV or the computer.**
- 4. I agree with all the advice in the text.
I disagree with the idea that.... because...**

Evaluate your work

- 5 points** – I answered all the questions. The answers are correct. There are no grammar and spelling mistakes.
- 4 points** – I answered all the questions. The answers are correct. There are some grammar or spelling mistakes.
- 3 points** – I answered all the questions. Not all the answers are correct. There are some grammar or spelling mistakes.
- 2 points** - I didn't answer all the questions. Not all the answers are correct. There are some grammar and spelling mistakes.
- 0 points**- I didn't answer the questions.

Is that true? Can you prove it.

People need five meals every day.

People should do some exercise every day.

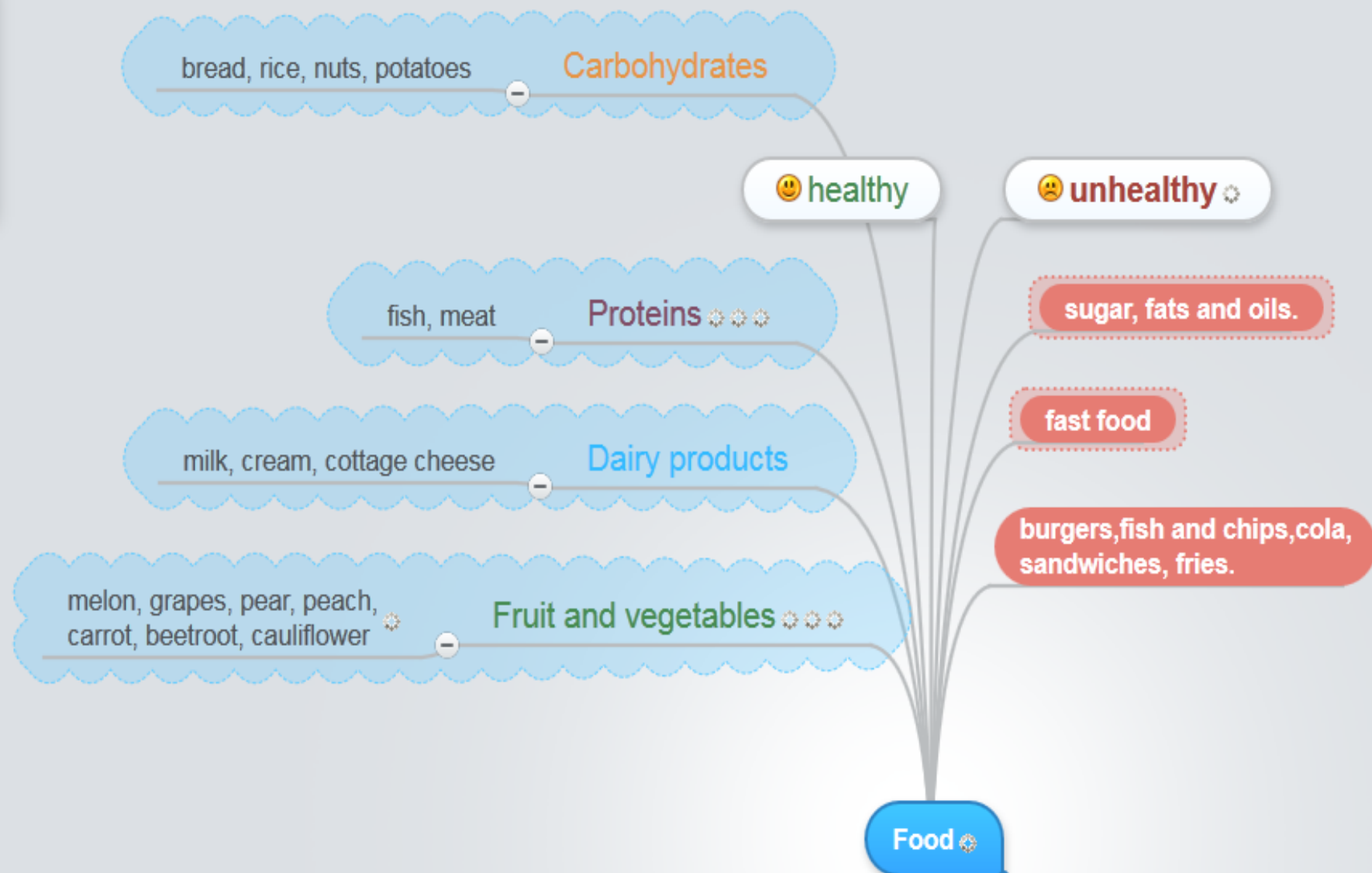
It's a good idea to eat snacks.

People should have some vegetables and some fruit in every meal.

People shouldn't eat lots of fats, sugar and oils.

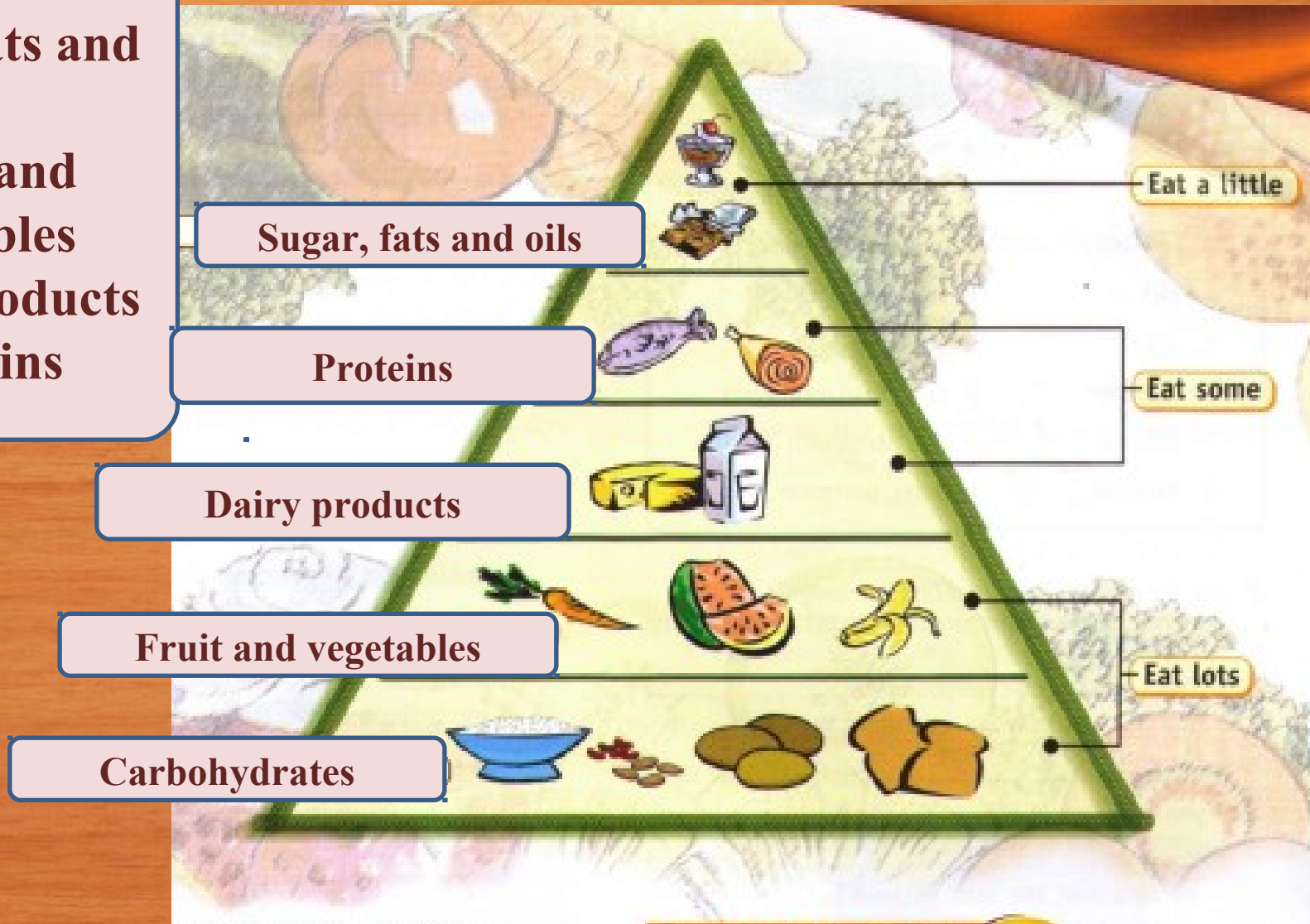


Look at the mind map. Listen, read and translate the words.



With a partner, look at the food pyramid, and write the headings in the correct places. Check your answers with the rest of the class.

- Carbohydrates
- Sugar, fats and oils
- Fruit and vegetables
- Dairy products
- Proteins



Did we prove these hypotheses?

People should have some vegetables and some fruit in every meal.

People shouldn't eat lots of fats, sugar and oils.



Look at the examples and complete the rule.

People can **easily** gain weight but it's **hard** to keep it down.

You should eat **slowly**.

I have had dinner **lately**.

Rule: Adverbs describe adjectives and verbs. .
To form a regular adverb, we usually add -ly to the adjective.
If the adjective ends with *y*, change the *y* to i before adding -ly

Irregular adverbs:

hard (усердный) – hard (усердно) , **hardly** (едва, с трудом)

late (поздний)-late (поздно), **lately** (в последнее время)

near (близкий) – near (близко), **nearly** (почти)

high (высокий) – high (высоко), **highly** (очень, чрезвычайно)

Translate the sentences in pairs:

- 1. The girl could hardly sleep last night.**
- 2. Has he worked hard lately?**
- 3. The boy threw the cap high into the air.**
- 4. I think Paul is highly skilled player.**
- 5. The stadium was nearly full.**
- 6. Is the swimming pool near your school?**

Choose and do the exercise.

Exercise 1. Complete the tables: (2 points)

Adjectives	Regular adverbs
Slow Bad Loud Quiet Lucky Easy	<i>slowly</i>

Adjectives	Irregular adverbs
fast good early late hard	<i>fast well</i>

Exercise 2. Complete the sentences with the adverbs: (4 points)

1. I play the piano very *badly*, but I can sing quite _____.
2. She talks very _____. It's difficult to hear her.
3. They missed the train because they arrived _____ at the station.
4. My English isn't very good. Can you speak more _____, please?
5. If you want to pass your exam, you need to study _____.

Exercise 3. Use the adverbs in the box to make your own sentences: (5 points)

slowly well badly loudly quietly

I can speak French quite well.

Check yourself and evaluate your work.

Exercise 1. Complete the tables: (2 points)

Adjectives	Regular adverbs	Adjectives	Irregular adverbs
slow	<i>slowly</i>	fast	<i>fast</i>
bad	<i>badly</i>	good	<i>well</i>
loud	<i>loudly</i>	early	<i>early</i>
quiet	<i>quietly</i>	late	<i>late</i>
lucky	<i>luckily</i>	hard	<i>hard</i>
easy	<i>easily</i>		

2 points – 8 correct answers

1 point -7-6 correct answers

0 points – less than 6 correct answers

Exercise 2. Complete the sentences with the adverbs: (4 points)

1) Well 3) slowly

2) Quietly 4) hard

1 point for a correct answer.

Exercise 3. Use the adverbs in the box to make your own sentences: (5 points)

1 point for a correct sentence.

Let's try to do it and say if it is true.

Exercise burns off the calories and makes people fit.

Exercise helps people to relax and get rid of stress.



And what about these?

*It's important for a teenager to keep fit.
Doing sport helps teenagers to look cool and athletic.*



Listen to the students talking about keeping fit. Fill in the table.

	Food	Exercises
Anna		
Mark		



Check yourself and evaluate your work.

	Food	Exercises
Anna	chocolate, fast food, sweets	do aerobics go jogging
Mark	coke, cheese burgers	play football go swimming

- 5 points – 9 correct answers, no spelling mistakes;**
- 4 points – 8-7 correct answers, few spelling mistakes;**
- 3 points – 6 correct answers, few spelling mistakes;**
- 2 points – 5 correct answers, many spelling mistakes;**
- 1 point – 4 correct answers, many spelling mistakes;**
- 0 points- less than 4 correct answers.**



And what about these?

It's important for a teenager to keep fit.

Doing sport helps teenagers to look cool and athletic.



We have one more left. Let's prove it.

Teenagers like to eat sandwiches, pizza and burgers.



Homework.

1) p. 105 ex. 20, p. 121 ex. 11

2) p. 105 ex.22, p. 121 ex. 12

3) p.105 ex. 23, p. 121 ex. 13



Your mark is

«5» - 20-18 points

«4» – 17-13 points

«3»- 12-10 points



Finish the sentences:

It was useful and interesting for me to...

It was hard to ...

I did my best...

I will need ... for....

Give yourself an advice....

Compliment the topic of the lesson...

