

Открытый урок по теме
Healthy and unhealthy habits

9 класс

МБОУ г. Мурманска «ООШ 26»

Учитель английского языка

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Цели:

- 1) совершенствование лексических навыков по теме «Здоровый образ жизни»;
- 2) воспитание здоровой и социально-активной личности.

Задачи:

Образовательный аспект:

- повторение лексического материала по теме;
- совершенствование навыков чтения и говорения по теме «Здоровый образ жизни».

Развивающий аспект:

- развитие интеллектуальных способностей у учащихся (логического мышления, способности к обобщению информации и формулированию выводов).

Воспитательный аспект:

- показать учащимся важность здорового образа жизни;
- привить стремление к здоровому образу жизни.

Тип урока: урок коммуникативно-ориентированный, направлен на совершенствование навыков всех видов речевой деятельности по теме «Здоровый образ жизни».

Методы обучения:

- поисковый;
- наглядно-иллюстративный метод;
- словесный метод;
- аудиовизуальный метод;
- коммуникативный метод.

Формы организации познавательной деятельности:

- фронтальный опрос;
- групповая работы;
- парная работа;
- индивидуальная работа.

Средства обучения:

- информационные (компоненты УМК);
- раздаточный материал

Оборудование:

- Доска
- раздаточный материал (задания, маркеры, лист ватмана,словари)

План урока

I. Организационный момент:

- 1) приветствие;
- 2) фонетическая зарядка;
- 3) речевая зарядка.

II. Основной этап урока:

- 1) активизация лексических навыков;
- 2) физкультминутка;
- 3) совершенствование навыков говорения по теме «Здоровый образ жизни».

III. Заключительный этап урока:

- 1) подведение итогов урока;
- 2) выставление оценок.

Healthy and unhealthy habits

Good morning children. Sit down please .Today we will discuss (read the topic). Our propose today to learn more about good and bad habits.

Firstly look at the blackboard and try to say what for you means healthy (at the board) give me some ideas. Thanks for your answers.



Now look at our diagram (кружок) .it helps you with your next task. I give you lists of habits . at the blackboard you can see two trees : healthy and unhealthy. You need separate you lists for two trees. Then choose two person who will go to the blackboard (one for health side and one for unhealthy) .

Now try to say how do you think which habits do you have more(discussion)

Task 2

Keep a healthy diet

Eat fruit and vegetables

Do morning exercises

Go jogging

Sleep during 7-8 hours

Regularly have breakfast, lunch and dinner

Take a cold shower.

Read books

Brush teeth 3 times a day

Tidy your room

Smoke

Drink alcohol

Eat junk food

Physical inactivity

Go to bed late

Eat a lot of sweets

Play computer games

Watch TV all day

Thanks for your answers. Lets continue our work. Your next task. i give you a several part of text about habits. You need to put it in right order and read full text. But be careful you have two extrapart from another text.

Task 3

Our health depends on many things: our physical activity, the food we eat and our good and bad habits. Although a lot of people are interested in staying healthy, not many people do very much about it. Modern way of life when people have little physical activity, use cars instead of walking, watch television and work on computers for many hours is quite dangerous for their health.

People's health also influences their mood.

There are many opportunities to stay healthy and be fit and one of them is going in for sports. But you needn't be a professional sportsman. Just simple regular exercises give you energy and help you feel and look better.

Exercises that involve repeated movements such as are walking, jogging or swimming are the best. Bending and stretching which are practiced in aerobics or yoga make your body flexible and light. The cheapest and most popular sport is jogging. If you don't have time for it, make small changes like using stairs instead of the lift or walking or cycling instead of taking the bus and it can help you to improve your health and make you a more active person.

Also it is very important to get rid of bad habits. The worst ones are smoking and drinking alcohol. Smoking doesn't only causes heart and lung problems but also makes your teeth yellow and skin unhealthy.

Food we eat also influences our health.

A lot of people like drinking Coca-Cola and coffee and enjoy pizza and hamburgers. But what is tasty is not healthy. You should avoid eating in fast food restaurants and make it a rule to cook meals at home using organic food as much as possible.

Only a healthy man can enjoy his life, work well and be happy. There are proverbs “Health is better than wealth” and “Early to bed and early to rise makes a man healthy, wealthy and wise”.

Food we eat also influences our health. Nowadays people are very busy and they often eat in fast food restaurants as they don't have time to cook. Fast food is unhealthy. It is very rich in calories (fatty) and has a lot of additives. This food gives a lot of energy. But if you don't work it out (израсходовать), it becomes fat in your body. The same is with chocolates, cakes and sweets. They have much fat and sugar.

People should get rid of a habit of eating fast food and get into a habit of eating organic food such as fruit, vegetables and fish.

There are other bad habits, which can ruin our health. It is smoking, drinking alcohol and using drugs.

Ok, you right (в моем случае была одна ошибка, я объяснила правильный порядок).

At your table you can see your next task. You have small texts about habits. You need read it and write names.(you have stickers and markers). Lets read names and texts.

Fast food is a kind of dishes that can be cooked and served within 15 minutes. Pizza, hamburgers, cheeseburgers, hotdogs, shawarma, french fries, doughnuts, pan-cakes, calamari and onion rings, chicken and fish nuggets are made of pre-cooked ingredients preliminary stored in a fridge. All these dishes are served hot. Mayonnaise and tomato sauces as well as deep fat frying make them tasty but caloric.

Smoking is the shortest way to bad health. Today half of the men and a quarter of the women in the world smoke. Some people think that there is not much sense in refraining from smoking, since the inhabitants of many cities and even villages breathe air contaminated with industrial and automobile wastes. They are very wrong. Vehicle exhaust gases are harmful in themselves, but a smoking driver is subject to something far more dangerous

Sport is very important in our life. The general belief is that a person who goes in for sports can't be weak and ill. Physically inactive people get old earlier than those, who find time for sport activity. And of course good health is better than good medicine.

Our health depends on our eating. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.

Taking a proper rest and getting enough sleep, from 8 to 10 hours daily, are also great healthy habits. Sleep is the food for our brain and the rest for our muscles. Moreover we should avoid getting nervous or worried for no reason.

And your final tasks. Remember all that you discussed today, use your previous tasks and try to do poster (коллаж) about healthy and unhealthy habits and represent it to the class.

Thanks for the lessons and your work. Good bye.