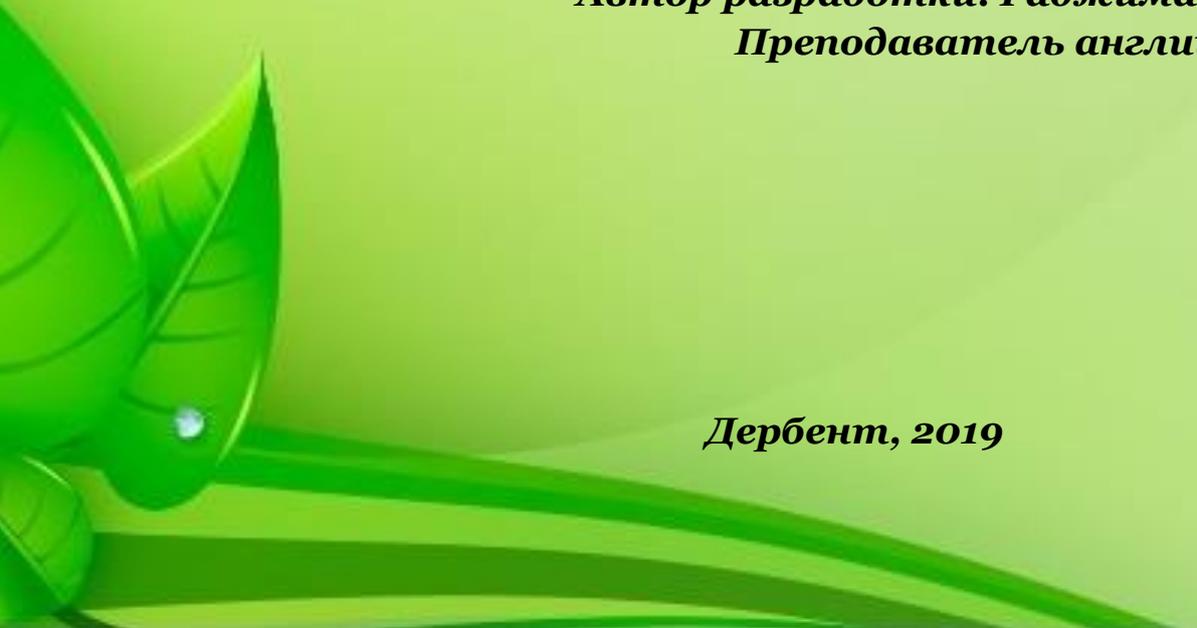


*Министерство образования и науки РД  
ГБПОУ «Дербентский профессионально – педагогический  
колледж им. Г.Б. Казиахмедова»*

**Методическая разработка**  
*открытого урока по английскому языку*  
*на тему:*  
**“Healthy Way of Life”**  
*(Здоровый образ жизни)*

*Автор разработки: Гаджимагомедова Л.С.  
Преподаватель английского языка.*

*Дербент, 2019*



## **Цели:**

### **Обучающие:**

- формирование представления о здоровом образе жизни;
- анализ собственного образа жизни, вредных привычек и полезных для здоровья видов деятельности;
- формирование навыка восприятия речи на слух и говорения;
- формирование навыка чтения с пониманием общего содержания прочитанного;
- формирование коммуникативной компетентности средствами английского языка в рамках запланированной темы.

### **Воспитательные:**

- формирование коммуникативной компетенции;
- воспитание ответственности и бережного отношения к своему здоровью;
- формирование опыта конструктивного, учебного диалога (на этапе работы в группе);
- воспитание активности и заинтересованности студентов.

### **Развивающие:**

- развитие фонетического слуха, памяти, мышления, языковой догадки, познавательного интереса;
- развитие устойчивого интереса к изучению иностранного языка.

**Вид урока:** урок изучения нового материала.

**Оборудование:** компьютер, проектор, презентация

**Оснащение урока:** презентация “Healthy Way of Life”, картинки, раздаточный материал, афоризмы.



# Ход урока

## I. Начало урока

**Teacher:** – Good morning, students! I’m very glad to see you at our lesson. How are you?

**Students:** I’m fine, thanks. And how are you?

**Teacher:** – I’m fine too. Thank you. Who is on duty? What day is it today? Who is absent?

### Warm up



**Teacher:** But where is (ИМЯ)? What is the matter?

**Student:** She is not well. She has the flu.

The doctor told her to stay in bed.

**Teacher:** Oh, what a pity. I hope she’ll recover soon.

(Слайды 1, 2)

**Thousands years ago ancient Greeks said: “The first wealth is ... ..is the best wealth”.**

*What word is missed?*

**Students:** It is Health.

### Постановка проблемы:

**Teacher:** Today we’ll speak about your health. We’ll discuss what helps us to be fit, healthy and strong. You will know something interesting and new for you. You see that your health is in your own hands. (Слайды 3, 4)

### Основная часть

#### Информационно-аналитический блок

## II. Фонетическая зарядка

**Teacher:** There are exercises that are useful not only for your body but also for your tongue.

**To be healthy in your life,  
Don't forget to do all five,  
Get up early, quick and bright,  
Exercise with all your might,  
In the morning jump and run,  
Eat your breakfast you've done,  
Train your body, train your brain,  
And all bad habits pass away.**

**Teacher:** Now, look at the card with sound. Repeat after me and give your example.

[w] – white, swimming, wanted, , when, was, winners  
[ə] – the, then, than, those, with.

[θ] – wealth, health, fourth, I think, thanks.

[ɜː] – burn, first, Germany, work, world, third, proverb.

Ссылка на видео: <https://youtu.be/uisqCXIRLhE>

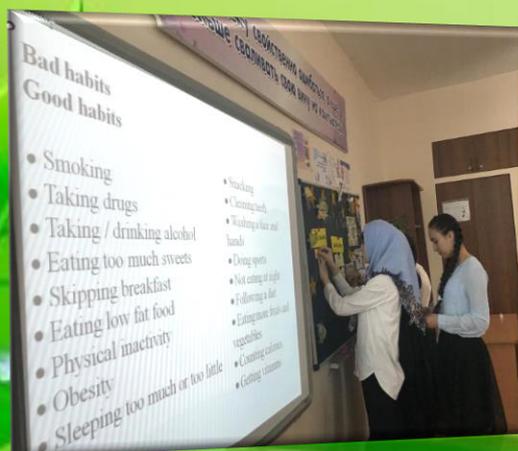
**Teacher:** Look at the poem. Read it after me and translate underlined words and word combinations. (Слайд 5)

(студенты переводят отдельные слова и словосочетания).

**Teacher:** I think you guess what the topic of our lesson is.

**Students:** I think we are going to speak about our health.

**Teacher:** You are right. The topic of our lesson is « **Healthy Way of Life** ». Today healthy lifestyle is becoming more and more popular with the old and the young. People say that the greatest wealth is health. And it's so true. The aim of our lesson to popularize the healthy way of life among teenagers and adults. Today our group is divided into two subgroups: “first”, “second”. (Слайд 6).



## III. Речевая зарядка

**Teacher:** Dear students there are mixed phrases on your desks. Your task is to put them into two groups: good or bad habits.

“Healthy way”, find good habits. “Unhealthy way”, find bad habits.

**What bad and good habits do you know?** (на карточках даны фразы, студенты по цепочке выходят к доске и распределяют

## Conclusion:

If every member of our society demonstrates healthy habits, our society as a whole will be more healthy, wealthy and wise.

здоровые и вредные привычки).

### Bad habits

### Good habits

- Smoking
- Taking drugs
- Taking / drinking alcohol
- Eating too much sweets
- Skipping breakfast
- Eating low fat food
- Physical inactivity
- Obesity
- Sleeping too much or too little
- Snacking
- Cleaning teeth
- Washing a face and hands
- Doing sports
- Not eating at night
- Following a diet

(Слайды 7, 8, 9).

- Eating more fruits and vegetables
- Counting calories

It is very important to have a healthy way of life. If you feel good it is easier to be happy and optimistic.

- Getting vitamins

## IV. Проверка домашнего задания

**Teacher:** Let's check up your home task. It was presentation, about how you lead your way of Life..... Презентации (Какой образ жизни я веду?) (студенты демонстрируют свои проекты).

(Слайды 10, 11).

## V. Чтение

**Teacher:** You know that some people take care about their health while others don't. Now we are going to read a story about two people. Their names are Suzy Stressed and Henry Healthy. Do their names tell you anything about them and their habits?

**Students:** Suzy Stressed follows bad habits. Henry Healthy follows good habits.

**Teacher:** I think so too. Now read the story and be ready to ask and answer thin and thick questions about Suzy Stressed and Henry Healthy.

### Suzy Stressed and Henry Healthy

*Suzy Stressed* gets up late and has a shower. She doesn't have breakfast. She goes to work by car. She gets to work at five to nine. She uses the lift. At 11 o'clock she has a cigarette and a black coffee. She has lunch at half past one. She finishes work at 6 o'clock. In the evening she goes to an Italian class. Then she watches TV. She has dinner at 11 o'clock. She goes to bed very late.

*Henry Healthy* gets up early and goes running before breakfast. Then he has a shower. He has fruit juice and cereal for breakfast. She walks to work. He doesn't use the lift. He starts work at half past nine. He goes home at five o'clock. In the evening he does yoga. He doesn't watch TV. He goes to bed early.

(Слайды 12, 13).

## VI. Письмо

### Приём «ТОЛСТЫЕ» И «ТОНКИЕ» ВОПРОСЫ

Учащимся предлагается сформулировать вопросы к тексту в форме «тонких» и «толстых» вопросов и написать их.

### Форма таблицы «тонких» и «толстых» вопросов

**Teacher:** You should make up questions, ask and answer them. Address your questions to your group mates.

“Thin” questions	“Thick” questions
Who ...?	What is the most important idea of

What ... ?	the story?
When ... ?	What is the difference between Suzy and Henry?
Where ... ?	

**Students:** Who gets up late (early)?

What does she / he do in the evening?

When does she / he go to bed?

Where does she/ he go after work?

The most important idea of the story is lifestyle of two people, Suzy and Henry. Suzy leads unhealthy way of Life. Henry leads healthy way of Life.

The difference between Suzy and Henry is their habits. Suzy has got bad habits. Henry has got good habits.

**Teacher:** Do you live like Suzy Stressed or Henry Healthy?

**Students:** I live like...

**Teacher:** So if you want to be healthy you should try to live like Henry Healthy.

Now I would like you to read some information about the top ten rules. Statistics believe that if we follow these rules we can easily live to be 100. Read these rules and be ready to say which 3 rules are the most important in your opinion. Which of these rules do you break?

Which of these rules do you follow?

Breakfast	Always start the day with a good breakfast
Three meals	Always eat three meals a day
Diet	Eat well! Eat a lot of fresh fruit and vegetables, fish and chicken. Don't eat a lot of meat. Never eat fried food. Don't put sugar in your tea or coffee.
Alcohol	Don't drink a lot of alcohol.
Coffee	Don't drink a lot of coffee.
Cigarettes	Every cigarette you smoke shortens your life. Stop smoking today!
Social life	People with a good social life often live longer. Married people usually live a long time. Don't stay at home! Go out! Get married!
Exercise	Do exercise or sport often to live longer.
Sleep	Sleep seven or eight hours a day.
Stress	Stress kills! Don't worry. Relax!



(Студенты высказывают свое мнение: 3 важных правила для них, какие из этих правил, они нарушают, какие правила используют).

(Слайды 14, 15).

В дверь постучали. Заходит репортер из Лондона.

Reporter: Hello, may I come in?

Teacher: Yes, you may. Who are you?

**Reporter:** I am Miss Black. I am a reporter from a famous TV programme "Health"

I would like to know a lot about your students' health and their habits. I want to interview them. (Задаёт вопросы, которые изображены на картинке).

**Reporter:** Thank you very much. You are good students. Don't forget to watch our programme. I wish you good luck. Good bye!

**Teacher:** Thank you! Good bye. (Слайд 16).



I am a reporter from a famous TV programme "Health". I would like to answer some questions about your health and health habits.

- How often do you brush your teeth?
- How often do you wash your hands?
- Do you often go to the swimming pool?
- How often do you visit a dentist?
- Do you like to visit a doctors?

Thank you very much. Don't forget to watch our programme.

## VII. Повторение и закрепление грамматического материала



**Teacher:** And now it's time to revise the modal verb should / shouldn't. Dear students, make a magic flower using the modal verb and phrases that are in front of you on your desk.

The first group says what we should do; the second group says what we should not do.

Get up early and go to bed early  
Wash your hands before eating  
Smoke  
Watch TV too long  
Go in for sports  
Clean your teeth twice a day

Sleep enough  
Take a cold shower  
Eat too many sweets  
Avoid bad habits  
Eat between meals  
Air the room

(Первая группа готовит цветок с советами на лепестках, что «следует» делать, вторая группа, что «не следует» делать). (Слайды 17, 18, 19).

**Teacher:** I would like to give you seven tips for a healthy living. Watch and remember!

(Демонстрация видеоролика с советами).

## VIII. Аудирование

**Teacher:** Which is your favorite food?

**Students:** I like...

I prefer...

**Teacher:** Now listen to the story "Eat Healthy. Stay Wealthy".



(слушают историю про Дейва – мультик)

And be ready to ask my questions.

What do we call “JUNK” food?

**Students:** Pizzas, burgers, chips, chocolate.

**Teacher:** What do we call ‘HEALTHY’ food?

**Students:** Cereals, vegetables, fruits, bread, fish, chicken.

**Teacher:** What has junk food done to Dave?

**Students:** He became bigger, he felt sick and lazy, it was difficult to him to walk.

**Teacher:** What did his mom tell him to do?

**Students:** To have healthy food, to have a balanced diet, to drink a lot of water, exercise regularly, to have fresh fruit and vegetables.

As you see we should not eat fast food, sweets, sausages, pastry and fat food. This type of food shortens our life, it leads to health problems. (Слайды 20, 21, 22).

Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins and proteins.

It is very important to be healthy. Health is the greatest wealth. If you want to be healthy, you should avoid bad habits, they can be dangerous for your health. You shouldn't smoke and drink alcohol. You should go in for sports. It is very useful to do exercises every morning. You can also go jogging every morning and go to the swimming pool.

## ***IX. Говорение***

**Teacher:** You know that sometimes people have different problems. Imagine that you are a doctor. Work in pairs, please. (Слайд 23).

Ex. Valida, you are a doctor, Karina, you are a patient.

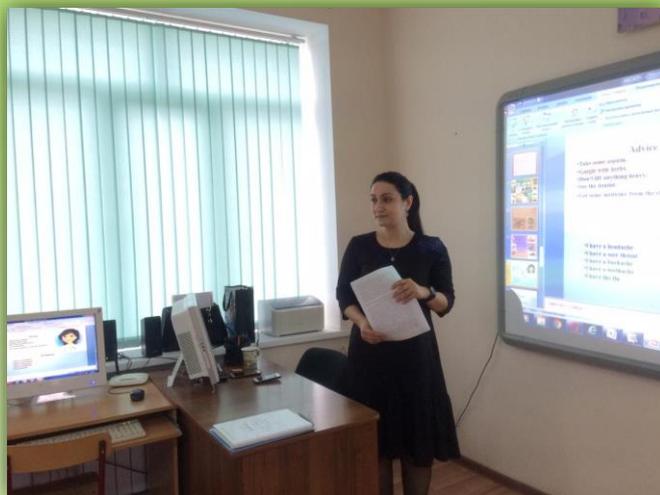
- Doctor, I have a headache.

- Take some aspirin, please.
- Thank you.
- Be healthy.

***Look at the health problems. Find good advice for each problem. (Консультация у доктора.)***

Advice

- Take some aspirin.
- Gargle with herbs.
- Don't lift anything heavy.
- See the dentist.
- Slowly pour cold water.
- Get some medicine from the chemist's.



Problems

- I have a headache
- I have a sore throat
- I have a backache

- I have a toothache
- I have a burn
- I have the flu

Ссылка на видео: <https://youtu.be/bfYvkLPYh7E>

### ***X. Физминутка***

**Teacher:** Dear students, I think you are a little tired. So stand up and repeat after me. (звучит песня «Clap your hands» и все выполняют упражнения, стоя, под эту песню).

### ***XI. Работа с пословицами***

Teacher: As you remember at the beginning of our lesson we have mentioned two proverbs. You know there are a lot of English proverbs about health. Now let's have a minute for them. (Пословицы о здоровье и здоровом образе жизни). (Слайды 24, 25).

Look at the blackboard and match the beginning and the ending of the proverbs:

Health is

An apple a day

Early to bed and early to rise

The early bird

A sound mind

makes a man healthy, wealthy and wise

The greatest wealth (above wealth) catches the worm

keeps the doctor away in a sound body

Key: 1-a, 2-c, 3-e, 4-b, 5-d

## *XII. Рефлексия*

**Teacher:** And now I want to hear your attitude to healthy way of life? Write down the poem to the word "health". (Слайд 26).

**(Прием «Синквейн»:** первая строка-существительное, вторая строка - 2 прилагательных, третья строка - 3 глагола, четвертая строка - фраза, отношение автора к данной теме, пятая строка-синоним к первому слову). Студенты озвучивают то, что у них получилось.

Health

Precious necessary

Health

To improve, to ruin, to regain

Strong, good

Health is the most important thing in our life!

To keep, to walk, to clean

Value

Health is the greatest wealth

Wealth



### ХІІІ. Заключительная часть

Teacher: Summing up our lesson I want you to do the test. (Слайд 27).

My dear students, you have worked very well today. I'll give you only good and excellent marks. Your home task for the next lesson is write topic "Sport in my life".

Teacher: So. What does our health depend on?

Students: Our health depends on: 1) the food we eat; 2) our good or bad habits; 3) our physical activity.

Teacher: You see our Lifestyle depends on us. We should care about our health.

Dear friends, there are red and yellow stars on your desks. If you like our lesson, take red star and stick it on the cloud, if you don't like take yellow one.

(Студенты клеят красные или желтые звездочки на облако. Если урок понравился – красные звездочки, нет – желтые).

Thank you for your work. I hope our lesson will be useful for you. You should always remember that health is above wealth. Try to follow these rules and you will be strong. I wish you be healthy, wealthy and wise. (Слайды 28, 29, 30).

**Good bye!**

