

Конспект урока по теме “Health is the greatest wealth”

Цели урока:

Учебный аспект: совершенствование лексических и грамматических навыков говорения. Сопутствующая задача – развитие диалогической и монологической формы речи.

Развивающий аспект: развитие способностей к осуществлению продуктивных речевых действий, к логическому изложению, развитие умения высказывать свою точку зрения, умения определить и сформулировать собственные пути решения проблемы. Практиковать в чтении текста с извлечением полной информации; Практиковать в умении слушать текст с извлечением нужной информации; Практиковать в умении употреблять в речи модальные глаголы should, shouldn't;

Воспитательный аспект: формирование сознательного отношения к здоровому образу жизни.

Познавательный аспект: знакомство с влиянием пагубных привычек на здоровье человека.

Оснащение урока: Компьютер, проектор и экран; слайды с диаграммами; магнитофонная запись с текстом; карточки с лексическими единицами и речевыми образцами, карточки с индивидуальными заданиями; картинки по теме «Здоровье»; учебник английского языка для 9 класса авт. В.П. Кузовлев, Н.М. Лапа и др.

Ход урока

I. Организационный момент.

а) Приветствие.

- Hello, dear children! Nice to meet you. How are you? Thank you, I'm fine too.

б) Сообщение цели и задач урока.

In order to be merry we'll divide into groups. We are going to have a competition. You will do the tasks in your groups. You will get stars for quick and right answers. In the end of our lesson we'll count the stars and know which team is the best.

Let's start!

На доске записан ряд слов:

Car, gold, computer, health, cottage, jewel, job.

- Children, what thing is the most important for you? Why?

- Yes, you are right. Health is the greatest wealth. As you see, today we'll continue the work on unit "Healthy Living Guide" Our topic today is called "Health Is The Greatest Wealth"

- And we'll try to understand: Do you care about your health?

II. Фонетическая зарядка.

1. You can see two columns of words on the blackboard. Let's read them after me.

Physical	Low fat food
Taking	Breakfast
Personal	Activity
Skipping	Alcohol
Regular	Drugs
Environmental	Diet
Health	Hygiene
Healthy	Meals
Eating	Influence
Drinking	Habits

2. Let's check which group can read these words in a chain without mistakes. You must read very quickly.

3. Can you match the words from the first column and the second one to make up the word combinations?

III. Речевая зарядка.

1. They say: "Health is the greatest wealth"

- Do you agree with the proverb? Why? Why not?

(I agree with this statement. I think people can buy different things but they can't buy their health.

Health was valued greatly in all times and all countries.

I disagree with the statement. In my opinion if you have money you will visit good doctors and buy a good medicine.)

There are a lot of proverbs about health, here are some of them.

2. Combine the proverbs!

- | | |
|---------------------------|---------------------------------|
| 1. Prevention | a) above wealth |
| 2. The wealth | b) keeps the doctor away |
| 3. Health is | c) you must have a healthy body |
| 4. To have a healthy mind | d) is health |
| 5. An apple a day | e) is better than cure |

Быстрый и правильный ответ оценивается в 1 балл.

3. Now, the first team have to call as many bad habits as they know, and the second one have to call good habits. You can use the pictures which you can see on the blackboard.

- Eating high fibre food, eating low fat food, regular meals and a healthy diet.
- Obesity, snacking, skipping breakfast, eating too much chocolate, drinking too much alcohol, smoking.

Команды набирают очки за правильные ответы.

IV. Тренировка диалогической речи.

Ask each other questions in a chain.

What health problem do you have?

- I eat too much. What health problem do you have?

V. Тренировка монологической речи.

1. Say what bad habits cause or make?

...cause(s)...

...make(s)...

- | | |
|-------------------|------------------------|
| 1) a cough | 1) teeth yellow |
| 2) cancer | 2) skin unhealthy |
| 3) blood disease | 3) hair smell |
| 4) heart disease | 4) speech unclear |
| 5) slow reactions | 5) brain centers sleep |
| 6) death | |

2. Why is it important for you to have good health?

It is important for me to have good health. I want ...

- 1) to look nice, great
- 2) to have healthy skin, hair and teeth
- 3) to be a supermodel
- 4) to get good job
- 5) to continue my education
- 6) to go in for sport

VI. Развитие монологической речи.

I see, I quite agree with you.

But do you follow these rules in your real life? How do you care about your health?

We have done the class survey. Let's look at the results. (на экране график с результатами исследования)

Who can explain this diagram?

VII. Физкультминутка.

If you want to be healthy and active, do exercises every day.

It's time to have a rest. Will you stand up please?

Eyes up. Eyes down.

Eyes to the left. Eyes to the right (2-3 раза)

Shut your eyes

Open your eyes widely (2-3 раза)

Look at your right hand

Look at your left hand

Shake your head (2-3 раза)

VIII. Диалогическая речь. Дискуссия по проблеме.

Let's role-play the situation which you can see on the picture.

So, we know that some pupils in our school have bad habits.

They are smokers. Try to convince your friends not to smoke, not to drink beer, not to eat so many sweets.

IX. Тренировка навыков чтения и монологической речи.

You see some smokers say that smoking helps them to relax and to loose weight.

- How do you think, is that scientific fact or it's myth?

You are right. It's myth. There are a lot of myths and scientific facts in our life.

- I'd like you to open your textbooks, page 118, ex.1. Will you read the task, please?

You will decide which pieces of information are myths and which are scientific facts. You will have 3 minutes to do the task.

Who is ready to read the scientific facts (myths)?

X. Актуализация навыков аудирования.

It's time to check up your guesses. Listen to the tape, please. Now we can divide the statements into two groups. Read the scientific facts (myths)

XI. Отработка модального глагола should.

So, let's make "Health rules" for people, who want to be healthy.

What should we do "to be healthy" and what we shouldn't.

Eat vegetables	Drink alcohol
Go to bed late	Do morning exercises
Spend more time in the open air	Watch TV too much

Get a good night's rest	To smoke
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ХII. Домашнее задание

You have to make a crossword to the topic "Health".

You should use 10 and more questions.

ХIII. Подведение итогов.

And now it's time to see what our results are. Let's count how many stars has got the 1 (2) group. I see everybody have worked very good. Your marks for today...

- Well, what did we talk about at the lesson?
- What The English say about health?
- We must take care of our health and we should think carefully about our food. Snacking, skipping breakfast, obesity... destroy our health. We should eat more fruit and vegetables. Eating low-fat food, high fiber food and dieting help us keep in good health. The English people say: "Health is above wealth"

I hope we have convinced each other to follow a healthy way of life and you will never forget about that.

I wish you to be healthy and wealthy! Thank you for your work. Good bye!

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Agree or disagree with the sentences: (It is true/It is false)

1. Smoking is one of the dangerous bad habits. _____
2. It is not important for the person to follow a balanced diet. _____
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