

Theme

«Keep fit and healthy»

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Данная учебно – методическая разработка
по теме «Здоровый образ жизни
ШКОЛЬНИКОВ» предназначена для изучения
английского языка в 6 классе по УМК
«Английский язык нового тысячелетия»
под редакцией
Н.Н. Деревянко, С.В. Жаворонкова и
соавторы.- Обнинск: Титул, 2010.

**Unit 8 «Keep fit and healthy». Раздел 8 «Здоровый образ жизни».
III четверть.**

№ п/п	Тема урока	Кол-во уроков
1.	What's the matter? В чем дело?	1
2.	At the doctor's. У врача.	1
3.	If you have flu, you should...Если у тебя грипп, то тебе следует...	1
4.	Taking your pet to the vet. Посещение ветеринара.	1
5.	How to be healthy. Забота о здоровье.	1
6.	Laughter is the best medicine. Смех-лучшее лекарство.	1
7.	Progress page. Контрольная работа по теме «Здоровый образ жизни».	1
8.	Project: How healthy are we? Защита проекта по теме «Будь в хорошей физической форме».	1
9.	Обобщающий урок по разделу «Здоровый образ жизни».	1

Listen and repeat these words

- 1. a sore throat 🗣️
- 2. a cold 🗣️
- 3. a headache 🗣️
- 4. stomachache 🗣️
- 5. a backache 🗣️
- 6. an earache 🗣️
- 7. a toothache 🗣️



a sore throat 🗣️



a cold 📣



a headache 🗣️



stomachache 📢



a backache 📢



an earache 📢



a toothache 🦷

Match the pictures and the words

1. a sore throat

2. a cold

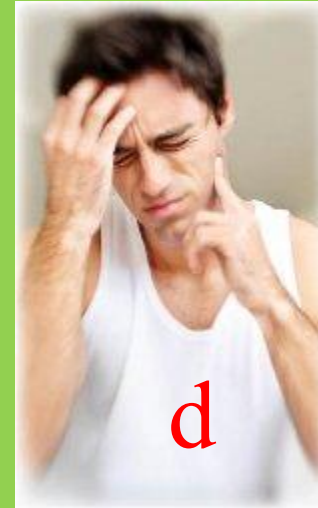
3. a headache

4. stomachache

5. a backache

6. an earache

7. a toothache




Listen and answer:

- What's the matter with

- Mike,

- Jane,

- Max? 

Listen and repeat

eat-ate-**eaten** 🗣️

break-broke-**broken** 🗣️

catch-caught-**caught** 🗣️

hurt-hurt-**hurt** 🗣️

cut-cut-**cut** 🗣️

Look and find the 3rd form verb

- eat-ate
 - break-broke
 - catch-caught
 - hurt-hurt
 - cut-cut
- **broken**
 - **eaten**
 - **cut**
 - **caught**
 - **hurt**
-
- The diagram consists of two columns of text. The left column contains five pairs of verbs connected by a hyphen: 'eat-ate', 'break-broke', 'catch-caught', 'hurt-hurt', and 'cut-cut'. The right column contains five bolded 3rd forms: 'broken', 'eaten', 'cut', 'caught', and 'hurt'. Blue arrows indicate the following connections: 'eat-ate' points to 'eaten', 'break-broke' points to 'broken', 'catch-caught' points to 'caught', 'hurt-hurt' points to 'hurt', and 'cut-cut' points to 'cut'.

Present Perfect Tense

Example: Mike (hurt) his leg.-Mike has hurt his leg.

1. Jane ... a lot of sweets. (eat)
2. Max ... a cold. (catch)
3. Henry ... his arm. (break)
4. Mary ... her hand. (cut)
5. John ... his finger. (hurt)

Present Perfect Tense

Example: Mike (hurt) his leg.-Mike has hurt his leg.

1. Jane **has eaten** a lot of sweets.
2. Max **has caught** a cold.
3. Henry **has broken** his arm.
4. Mary **has cut** her hand.
5. John **has hurt** his finger.

HEALTH

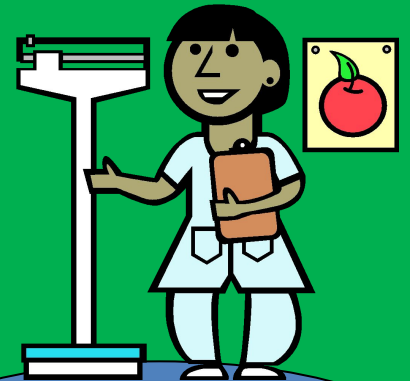
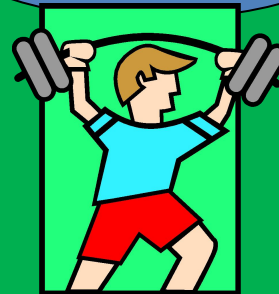
Eating low fat food



Eating whole meal bread



Exercising



Dieting

Eating high fibro food



BAD HABITS

smoking

drinking alcohol



environmental influence



eating sweets



Physical inactivity



Which is your favorite food?



Write the words on list in two columns.

Food: apples, cabbage, cake, carrots, cheese, chocolate, cola, crisps, eggs, hamburgers, hot dog, fish, nuts, pizza, popcorn, salad, sweets, yogurt.

- A. **healthy food:**

- B. **unhealthy food:**

Food

- A. healthy food:

- apples
- cabbage
- carrots
- cheese
- eggs
- fish
- nuts
- salad
- yogurt

- B. unhealthy food:

- cake
- chocolate
- crisps
- cola
- hamburgers
- hot dog
- pizza
- popcorn
- sweets

How to Keep Fit

- *Take a lot of exercise. Physical activity is good for all of us at any age.*
- *Begin your day with morning exercises. They give you enough energy for the day.*
- *Be sporty. Join a sports club or go to the gym and work out.*
- *Take enough sleep. Most people need eight hours of sleep to feel well.*
- *Leave some time for relaxing after a hard working day.*
- *Spend some time out of doors every day. Fresh air does us a lot of good.*
- *Limit the time you spend in front of your television or computer to an hour — an hour and a half.*
- *Keep to a healthy balanced diet. Don't over eat.*
- *Don't eat junk food. Some kinds of food are harmful.*
- *Don't smoke or drink alcohol. Never use drugs.*

Solve these **riddles** about **vitamins**:



- When you are ill, you usually drink tea with lemon and it helps you to get much better. 🔊
- I'm vitamin in a carrot, in butter and other products. 🔊
- And my place is in rye-bread. It's very useful food. 🔊

Match

- 1. Здоровье дороже богатства.
 - 2. Обжорство убивает быстрее, чем меч.
 - 3. Голод - лучшая приправа.
 - 4. Болезнь легче предупредить, чем лечить.
- A. Hunger is the best sauce.
 - B. Health is better than wealth.
 - C. Gluttony kills more than the sword.
 - D. Prevention is better than cure.
-
- The diagram consists of four blue arrows connecting the Russian proverbs on the left to their English equivalents on the right. The first arrow connects 'Здоровье дороже богатства' to 'Health is better than wealth'. The second arrow connects 'Обжорство убивает быстрее, чем меч' to 'Gluttony kills more than the sword'. The third arrow connects 'Голод - лучшая приправа' to 'Hunger is the best sauce'. The fourth arrow connects 'Болезнь легче предупредить, чем лечить' to 'Prevention is better than cure'.



**I wish you to keep fit
and healthy!**



Thank you for attention.