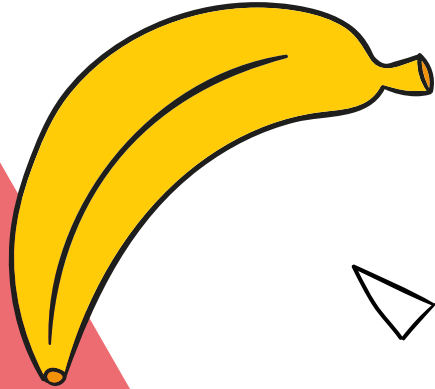


The background is white with various colorful geometric shapes and illustrations. There are green circles, a yellow circle, a red triangle, and a green triangle. There are also illustrations of a pineapple, a carrot, and a sliced apple. The text is centered in the middle of the page.

Healthy Takeaway

Reading and Listening Lesson



Today at the lesson you will:

1. Learn new words about healthy food
 2. Watch the video about takeaway food in UK
 3. Read the text "Healthy Takeaway"
 4. Do the formative task on reading comprehension skills
-
1. Ты изучишь новые слова на тему здоровая пища
 2. Посмотришь видео о еде, которую заказывают в Англии
 3. Прочитаешь текст "Healthy Takeaway"
 4. Выполнишь формативное задание по тексту



• Let's revise Should and Must

6 Complete the sentences with *should* or *shouldn't* and the verb in brackets.

- 1 You ... *shouldn't forget* ... (forget) your parents' birthdays.
- 2 You ... (look after) the countryside.
- 3 You ... (visit) my city. It's fantastic!
- 4 You ... (swim) in the sea today. It's dangerous.
- 5 You ... (help) your parents with housework.
- 6 You ... (do) more exercise if you want to get fit.
- 7 You ... (keep) to the path – there are bears in the wood.



Get it right!

Use the infinitive without *to* after *must(n't)* and *should(n't)*:

You must tidy your room before dinner. ✓

~~*You must to tidy ... ✗*~~

You shouldn't watch TV so late if you're tired. ✓

~~*You shouldn't to watch ... ✗*~~





• Let's revise Should and Must



3 Choose the correct words.

- 1 You must / mustn't have a passport to go to the USA.
- 2 You must / mustn't go to school.
- 3 You must / mustn't throw litter on the floor.
- 4 You must / mustn't wear a seat belt in a car.
- 5 You must / mustn't leave a shop without paying.
- 6 You must / mustn't keep your dog on a lead in some parks.



Write new words in your vocabulary

5c

boiled /'bɔɪld/ (adj)

вареный

calorie /'kæləri/ (n)

калория

compared to (phr)

по сравнению с

dish /dɪʃ/ (n)

блюдо

fried /fraɪd/ (adj)

жареный

immigrant /'ɪmɪgrənt/ (n)

иммигрант

nation /'neɪʃən/ (n)

народ

order /'ɔ:də/ (v)

заказывать

owner /'əʊnə/ (n)

владелец

snack /snæk/ (n)

закуска

Отработай произношение слов и выучи их в качестве домашнего задания



Watch the video

<https://www.youtube.com/watch?v=YMeRcy9MOT8>

• Read the text “Healthy takeaway UK”



2

Healthy Takeaway UK!

Brits love takeaway food, but some dishes are healthier than others.

Chinese food

The first Chinese restaurant opened in London over a hundred years ago, and now it's one of the nation's favourite takeaways. But next time, try noodles with bean sprouts, which has very few calories compared to crispy duck pancakes or spring rolls.

Indian food

British people love curries. They spend £250 million a year on them – and they usually order too much food! Why not share your chicken tikka masala with a friend? And make sure you order boiled rice, which has very little fat, rather than fried rice.

Kebabs

Immigrants from Turkey and Cyprus brought kebabs to Britain. Now they're a favourite nighttime snack. But ask the owner just to put a bit of meat in the pitta bread, and fill it up with salad.

Ordering takeaway tonight?
Make a healthy choice!





Do the formative task

instructions for completing a formative task:

Прочитайте внимательно ответы по тексту и ответьте на них следующим образом:

- ✅ True (Верно)
- ❌ False (Неверно)
- 🙄 Doesn't say (В тексте об этом не говорилось)

(Задание на следующем слайде) ➡

Formative task

1. Chinese restaurant is not popular in London.
2. Noodles with bean sprouts has many calories.
3. British people love curries.
4. Chinese people spend £250 million a year on them order food.
5. Duck pancakes and spring rolls are high in calories.
6. Kebabs are a British favorite snacks at night.
7. Spicy food is one of the delicious food for UK.
8. Boiled rice has more calories than fried rice.
9. Turkish immigrants brought kebabs to the UK.
10. The UK has a healthy lifestyle.