***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.

***Воспитательный аспект***: формирование сознательного отношения к здоровому образу жизни.

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

***Оборудование:***

плакаты против курения, алкоголизма, наркомании; таблица-диаграмма

результатов анкетирования; карточки с пословицами; ТСО; карточки с заданиями; мед. инструменты для ролевой игры (халат,тонометр,градусник)

таблица-проект «Measures to be taken to be healthy»

***Начало урока* (**сообщение учителем целей и задач урока**)**

**Teacher**: Hello, boys and girls! Nice to meet you. How are you? How do you start your morning? (предполагаемые ответы: «In the morning I usually do morning exerсices», «My morning begins with a cup of tea; with a shower» and so on.

OK. Today we are going to have an unusual lesson which will be devoted to healthy

way of life.We’ll speak about health and factors which our health depends on. As you

can see on the blackboard there are 2 trees but there are no leaves on them. Each time

when we find out any information a new leaf will appear on them. This brown tree

symbolizes negative attitude to health. It’s a tree of death. The other one is the symbol of life and health. Here we’ll place the leaves on which positive information is reflected. At the end of the lesson you’ll try to make a choice what way of life we

should choose. It’ll be the project of our lesson.

I’d like to pay your attention to this popular English proverb.Read it please «An apple a day keeps a doctor away». How do you understand it? (ответы уч-ся). Do you

agree it’s enough to eat fruit to remain healthy ? Of course, no! That’s why the topic of our lesson is «An apple a day isn’t enough!». For the epigraph of our lesson I’ve chosen the words of Yuri Vlasov «There’s no bad life, there’s an inability to live».How do you understand them?

***(смотри на мультимедийном проекторе)***

***II Знание английских пословиц о здоровом образе жизни.***

Teacher: Now let’s see if you know any English proverbs about health. On the

blackboard there are proverbs but they are divided into two parts. Your task is to

Join these parts and give Russian equivalent.

***(смотри на мультимедийном проекторе)***

*III* ***Заполнение таблицы и обсуждение некоторых факторов, влияющих на здоровье.***

Teacher: Tell me, please, on what factors, to your mind, our health depends on. Let’s

fill in this table. Call the factor and write it down.

OK. There are a lot of factors which influence our health, but the most important of

them are human habits. Some people have good habits, the others have bad ones.

- What habits can be called good?

(a habit to follow well-balanced diet; to eat wholemeal bread, high fiber food, low fat food, vegetables and fruit which are rich in vitamins and minerals; a habit to exercise

every day, go in for sport, to try to have regular rest and avoid sleeping too much or too little ).

- What about bad habits?

(snacking or skipping regular meals leads to stomach diseases, eating high fat food,

overeating leads to obesity, physical inactivity, smoking, drinking alcohol, taking drugs.)

***(смотри на мультимедийном проекторе)***

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| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | Environmental  influence |      |  | | --- | | Health |  |  | | --- | | Physical  activity | | Bad habits |  |  | | --- | | Medicine |     Health care   |  | | --- | | Regularity  in life |   products |

***IV Предварительная творческая работа учащихся****.*

Teacher: Some of our pupils had a creative task. They were to find any information

about the most dangerous and widely spread habits such as smoking, drinking, taking drugs and eating unbalanced food. Let’s listen to them and see in what way these things influence our health. Please, don’t forget to put the leaf with negative

information on the tree of death .

Заслушиваются выступления учащихся о влиянии курения, алкоголизма, наркотиков , переедания на здоровье и повседневн. деятельность человека .

***(смотри на мультимедийном проекторе)***

Teacher: Now I want you to do some exercises. On these cards there are texts

about smoking and alcoholism but some words are missing. You are to fill the gaps.

(работа с карточками)

***V Исследовательская работа учащихся.***

Teacher: Tell me, please, what measures are taken against smoking in our country?

(-cigarette advertising is banned on TV and radio

-it’s banned to smoke in public places

-there are official warnings on all cigarette packs too

-some firms don’t employ people who are smokers).

It’s true. But unfortunately a lot of teenagers have been smoking since they were

13-14 years old. What situation is in our school? One of the pupils has surveyed the situation. The pupils of senior classes were offered to answer some questions to find

out their attitude to healthy way of life. Let’s see what results we’ve got.

(результаты исследования отражены в диаграмме).

***(смотри на мультимедийном проекторе)***

As we can see the situation leaves much to be desired. A certain part of our

schoolchildren needs help. Let’s do it right now.

***VI Экспериментальная работа учащихся.***

Teacher: I think some pupils smoke because they can’t see what happens to their lungs when they are having a smoke. Now one of our pupils will show what color the lungs become when cigarette smoke reaches them.

(Учащиеся проводят опыт, комментируя его на английском языке. Описание опыта см. в приложении).

Teacher: Now after all you’ve seen it make your mind to smoke or not to smoke.

***VII Ролевая игра «На приеме у врача» (релаксация*)**

Now let’s have a rest a little and watch a role play. It’s a standard situation at the doctor’s office. Yana is going to act the role of a doctor and Vova will be a patient.

Let’s watch them and try to explain due to what reasons the doctor has put such a diagnose.

-Come in, please. I’m your doctor. Well, what’s the trouble?

-Morning. Doctor, I feel unwell. I can’t fall asleep(sleeplessness). It has become difficult to study for me!

-Let me examine you! Show your tongue. Oh, it has a white fur. It says about your stomach problems.

Well, I’d like to examine your heart and lungs. Do you feel any pain in your chest?

-Sometimes I feel tight in it and short of breath.

-Your heart and lungs are not so bad but you need to x-ray your chest.

-OK, doctor. I’ll follow your advice

-What about your pulse?

There is an increase of your pulse rate. What about blood pressure?

Oh, you have high blood pressure. Have you got a headache?

-Almost every day, doctor, especially in the morning!

-The diagnose is clear. I think your way of life is unhealthy and it causes a stress.

If you don’t take care of yourself, you may have a nervous breakdown.

So I advise you to stop worrying, have regular meal, give up smoking, take a rest somewhere.

-Thank you,doctor.

***VIII Развитие навыков диалогической речи*.**

Teacher: One more factor which influences our health is food we eat.

-What way does our health depend on food? Why do people all over the world pay much attention to this problem?

(Заслушивается творческое выступление учащегося)

Don’t forget to put the leaves on our trees.

You’re right to be healthy isn’t enough to give up smoking or drinking. It’s necessary

to follow a well-balanced diet.

-What is a well-balanced diet?

(it’s food which contains proteins, carbohydrates, fats, vitamins, minerals)

-How do you think how many calories a day schoolchildren need?

-What kind of food should be used by teenagers?

(food which is rich in vitamins and minerals, fresh vegetables and fruit every day,

food which is rich in proteins)

-What food is rich in proteins?

(fish, meat poultry, eggs, cottage cheese)

-What food gives us energy?

(fats, oil, carbohydrates. But we shouldn’t eat them in big quantities)

Tell me, please, what food can you buy in our school canteen and if it can be called

healthy?

Yet many years ago a famous English writer Jerome K. Jerome said «We are the slaves of our stomach». What does it mean?

***(смотри на мультимедийном проекторе)***

***IX Проектная работа***

Teacher: Let’s see if you follow a well-balanced diet. What food do you prefer? Your

h\w was to make up dialogues about your meal. Let’s listen to some of them.

(Слушается несколько диалогов)

Tastes differ. But now I offer you to make up a menu that follows a well –balanced

diet. Kate, will you take the first green leaf and write down everything we’ll choose

(варианты меню)

Now let’s place the leaf with our menu on the tree of health and life.OK. We’ve put

the beginning for our healthy way of life.

***X Защита проекта***

Teacher:Today we’ve discussed plenty of factors which influence our health greatly.

Now I want you to make a project of our lesson. Each of you has a green leaf from

our tree of life and health. Will you write down the measures you consider the most

important to keep fit and healthy on your leaves and put them on the tree.

(учащиеся подходят к дереву и объясняют свой выбор. «To my mind the main thing to keep fit is….»).

***(смотри на мультимедийном проекторе)***

***XI Заключительный этап урока.***

OK. Our TREE looks fine. I hope after being present at our lesson you’ll make a right

choice if you want to have health and look great.

Подведение итогов. Оценивание работы учащихся.

(В конце урока учащимся раздаются яблоки как символ здорового образа жизни).