**Конспект урока**

**по английскому языку в 9 классе**

**Тема: «Забота подростков о своем здоровье»**

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**Краткая аннотация к уроку.**

**Класс: 9 класс, общеобразовательная школа.   
УМК: “Happy English – 4”, В.П. Кузовлев**  **Издательство** «Просвещение»; 2011 год.

**Тема раздела: Unit 4, “Health is the greatest wealth”**

**Тема урока:** «Забота подростков о своем здоровье»

**Форма организации работы:** работа в парах, группах, индивидуальная, фронтальная.

**Тип урока:** комбинированный

**Методы обучения:** ИКТ, наглядно-иллюстративный, демонстрационный, репродуктивный.

**Дата урока:** 16 февраля 2017 года.

**Цели:**

* *Образовательная –* развивать навыки, чтения и монологической и диалогической речи, формировать навыки самостоятельного решения коммуникативных задач.
* *Развивающая –* развивать логическое мышление: учить детей самостоятельно анализировать, классифицировать и делать выводы.
* *Воспитательная* – формировать навыки здорового образа жизни

**Задачи***:*

* 1. Обобщить лексический и грамматический материал, изученный по данной теме.
  2. Совершенствовать и контролировать умения и навыки практического владения английским языком по данной теме по всем видам речевой деятельности: аудированию, говорению, чтению и письму.
  3. Совершенствовать грамматические навыки говорения (Present perfect continuous)
  4. Стимулировать желание учащихся высказываться на английском языке.

**Оборудование:** мультимедиа аппаратура.

**Наглядные пособия:** презентация, лексические карточки с названием хороших и вредных для здоровья привычек, грамматическая таблица (Present perfect continuous).

Ход урока:

1. **Организационный момент.**

Today we’ll speak about good and bad habits.

How do they influence our health and our appearance?

What does our health depend on?

Is it important to care about our health and our appearance?

How should we do it?

What should we do to keep fit and be healthy?

1. **Фонетическая зарядка**

**а)**

care about high fibre food

health habits gain weight

influence cough

deadly

pay a lot of attention to…

depend on

promote

convince

keep healthy

cause

affect

physical activity

**b) Give antonyms to the following words and word combinations:**

Health, activity, high-fat food, more, to gain weight, to eat breakfast, healthy, chaotic lifestyle.

1. **Контроль знаний лексического материала, навыков устной речи.**

**There are good and bad health habits. What are they? Match the cards.**

(healthy diet, do sports, eating sweets, drinking alcohol, obesity, snacking, eating breakfast, smoking, taking drugs, skipping breakfast, exercising, eating high fibre food, physical inactivity, sleeping too much or too little, regular meals, eating wholemeal bread, sleeping 7 or 8 hours, eating low fat food, getting up early)

**Good habits Bad habits**

**How do they influence our health and our appearance?**

**What habits have you got more? (высказывания учащихся)**

1. **Практикум в обратном переводе.**
2. **Translate into English.**
3. Я думаю, что людям следует заботиться о своем здоровье.
4. Если у вас хорошее здоровье, у вас хорошее настроение.
5. Наше здоровье зависит от многих вещей: от того, что мы едим, от наших привычек, от нашей физической активности.
6. Проводить много времени на открытом воздухе – очень важная вещь для каждого.
7. Мы должны есть больше фруктов и овощей, так как они богаты витаминами.
8. Мы не должны есть много.
9. Ешь по яблоку в день и врач тебе не понадобится.
10. **Translate into Russian.**
11. It is necessary to eat high fibre food.
12. I believe that we have to eat low fat food and visit a swimming pool.
13. Paying attention to health we have to go in for sports.
14. Regularity in life promotes our health.
15. We should convince our friends and relatives not to smoke or drink too much alcohol.
16. I am sure that our health is connected with our nervous system.
17. **Some bad habits are really deadly. How do they influence our health and our appearance?**

**Make up the sentences. Match the beginning of the sentences with their endings.**

Smoking … causes slow reactions and loss of

memory.

Drinking alcohol … makes our teeth yellow and our

hair, clothes smell.

Taking drugs … they have problems with their hair and

skin.

If people smoke … causes a cough and headache.

Some teenagers look pale affects the whole family and the

and tired because … people around you.

makes your brain centres sleep

and affects your social controls.

they don’t get enough vitamins

and minerals.

makes our speech unclear.

they have anaemia

1. **Совершенствование и контроль навыков аудирования, говорения.**

**a) Listen to the text and guess the meaning of the following words:**

**to consult a doctor headache**

**complain of heartache**

**examine rest - cure**

**patient strictly**

**treatment**

**A visit to the doctor**

Once an old gentleman came **to consult a doctor.**

“What do you **complain of**?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state. I have a **heartache,** often **headache** and my sleep isn’t good. Sometimes I cannot sleep all night long.”

The doctor **examined** the **patient** very carefully and said: “Your **treatment** will be very simple, is other words it will be a **rest-cure.** You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk. You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed. And you can smoke only one cigarette a day.

A month later the gentleman came to see the doctor again.

“How are you?”- asked the doctor.

“I am quite well now,” –answered the patient – “I’ve done everything that you recommended me, doctor. I **strictly** followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep. But one cigarette a day almost killed me.”

“But why?” –asked the doctor.

“It’s not a joke to begin smoking at my age, I had never smoked before,” –answered the gentleman.

**b) Listen o the text again and answer the questions.**

**Answer the questions**

* 1. What did the old gentleman complain of when he came to consult the doctor?
  2. What did the doctor recommend the patient after examining him carefully? How many cigarettes could the man smoke every day?
  3. When did the patient come to see the doctor again?
  4. How did the patient feel after the rest-cure?
  5. Did the patient follow all the doctor’s orders?
  6. Why did one cigarette a day almost kill him as he said?

**Fill in the blanks with the suitable words.**

* 1. Once an old gentleman came \_\_\_\_ \_\_\_\_ a doctor.
  2. The doctor asked the patient: “What do you \_\_\_\_ \_\_\_?”
  3. The doctor \_\_\_\_ him \_\_\_\_\_ .
  4. “Your \_\_\_\_\_ will be very simple, said the doctor.
  5. “You \_\_\_\_ go to a quiet place in the village for a month and have an \_\_\_\_\_ rest there.
  6. And the doctor recommended the patient to smoke only \_\_\_\_ cigarette a day.
  7. \_\_\_\_ \_\_\_\_ \_\_\_ the gentleman came to see the doctor again.
  8. “I strictly \_\_\_\_ all your \_\_\_\_, doctor,” said the patient.
  9. But one cigarette a day \_\_\_\_ killed me.
  10. It’ not a \_\_\_\_\_ to begin \_\_\_\_\_ at my age. I had never smoked before.

**How to remain healthy? What should we do to be fit and healthy? (высказывания учащихся)**

1. **Совершенствование и контроль навыков чтения, устной речи.**

**Ex.V p.193, 194.**

**(учебник английского языка “Happy English – 4” , автор В.П. Кузовлев)**

**a) Read the texts and discuss them.**

**b) Who of the teenagers says the following?**

1. Who thinks it is very important to be fit and healthy and look nice. (Helen)

2. “I live only once, so why not enjoy myself?” (Bob)

1. People are free to decide if they want to be healthy. (Kate)
2. It is impossible to change. You are what you are. (Bob)
3. Who likes to have different people with different likes and dislikes? (Kate)
4. Who pays a lot of attention to his/her health? (Helen)
5. “Why should I give up tasty things?” (Bob)
6. “I don’t want to have unhealthy skin and teeth.” (Helen)

**c) Answer the questions.**

1. What is Helen’s attitude towards her health?

2. Helen agrees that some firms do not employ people who are smokers. Why?

3. What does she think about her future?

4. What problems does Bob have?

5. What health sins has he got?

6. What is he afraid of?

7. Does he want to change anything?

8. What is more important for Kate: her health or her appearance?

9. Does she pay a lot of attention to her friends’ health habits? Why?

10. What does she like in her friends?

1. **Совершенствование и контроль навыков устной речи.**

**What is your attitude towards health? ( высказывания учащихся)**

1. **Совершенствование грамматических навыков говорения.**

**а) Find the answer to the following question in the texts:**

**What have the teenagers been doing to keep fit and to be healthy?**

Helen ***has been doing*** aerobics for a year.

Dennis ***has been exercising*** all his life.

What about Bob? What has he been doing since he was 12?

Bob ***has been smoking*** since he was 12.

**b) Translate into English:**

1. Я не курю с прошлого года.

2. Моя подруга ест только низкокалорийную пищу 4 месяца.

3. Максим занимается спортом с 9 лет.

4.Я принимаю Coldrex 2 дня.

5.Она пользуется зубной пастой Colgate долгое время.

6.Я не ем слишком много сладкого.

1. **Практикум в диалогической речи.**

**There are situations. Make up the dialogues.**

**Let’s make compliments to each other.**

1. You meet your friend. She looks slim. You make a compliment. She expresses her thanks and expresses reasons.

2. You meet your friend. His hair doesn’t smell. You make a compliment. He expresses his thanks and expresses his reasons.

3. You meet your friend. She looks great. You make a compliment. She expresses her thanks and reasons.

4. You meet your friend. She looks great. Her teeth are white and look strong. You make a compliment. She expresses her thanks and reasons.

5. You meet your friend. He has lost weight. You make a compliment. He expresses his thanks and reasons.

1. **Подведение итогов урока**

Ресурсы:

1. Английский язык 9 класс; В. П. Кузовлев, Н. М. Лапа, Э. Ш. Перегудова;
2. Книга для учителя к учебнику для 9 класса. УМК “English-9” для 9 класса общеобразовательного учреждения, Кузовлев В.П., Лапа Н.М.