

Открытый урок по теме «*Health is above wealth*»  
(«*Здоровый образ жизни*»)

в группе 113

*15.02.15 Технология металлообрабатывающего производства по  
программе базовой подготовки*

ГБПОУ «Челябинский механико-технологический техникум»

**Преподаватель английского языка**

**Антонова Дарья Андреевна**

г. Челябинск

2021 год

**Цели:**

- 1) совершенствование лексических навыков по теме «Здоровый образ жизни»;
- 2) воспитание здоровой и социально-активной личности.

**Задачи:**

*Образовательный аспект:*

- повторение лексического материала по теме;
- совершенствование навыков чтения и говорения по теме «Здоровый образ жизни».

*Развивающий аспект:*

- развитие интеллектуальных способностей у обучающихся (логического мышления, способности к обобщению информации и формулированию выводов).

*Воспитательный аспект:*

- показать обучающимся важность здорового образа жизни;
- привить стремление к здоровому образу жизни.

**Тип урока:** урок коммуникативно-ориентированный, направлен на совершенствование навыков всех видов речевой деятельности по теме «Здоровый образ жизни».

**Методы обучения:**

- поисковый;
- наглядно-иллюстративный метод;
- словесный метод;
- аудиовизуальный метод;
- коммуникативный метод.

**Формы организации познавательной деятельности:**

- фронтальный опрос;
- групповая работы;
- парная работа;
- индивидуальная работа.

**Средства обучения:**

- аудиовизуальные (ПК, проектор);
- информационные (компоненты УМК);
- авторские медиа ресурсы (презентация в программе Microsoft Power Point).

**Оборудование:**

- ПК;
- проектор;
- раздаточный материал;
- презентация в программе Microsoft Power Point.

## Ход урока

### I. Организационный момент (5 минут)

Этап занятия, время	Содержание этапа	
	Деятельность учителя	Деятельность учащихся
Приветствие (1 мин.)	<ul style="list-style-type: none"> <li>- Good morning, boys and girl!</li> <li>- Glad to see you.</li> <li>- How are you today?</li> <li>- I'm fine, thanks. Sit down, please.</li> <li>- Who's missing today?</li> </ul>	<ul style="list-style-type: none"> <li>- Good morning, teacher.</li> <li>- Glad to see you too.</li> <li>- Fine, thanks. And you?</li>   <li>- All are present today.</li> </ul>
Фонетическая зарядка (2 мин.)	<p>Look at the screen and think what we are going to speak about. Yes, you are right. Today we'll speak on the topic "Health and body care". We are going to discuss our lifestyle and the ways of taking care about our healthy. But first of all look at the screen (Слайд 2). There is a poem about the healthy life-style. let's read it together.</p> <p><i>Early to bed, Early to rise Makes a man Healthy, wealthy and wise.</i></p> <p><i>Hi, how are you? Fine. And how are you? I am fine. How's Bill? He's fine. How is Mary? She is fine. How are the children? They are fine. How's Jack? He is sick. Oh, no!</i></p>	Учащиеся читают стихотворение вместе с учителем

<p><i>Речевая зарядка</i> (2 мин.)</p>	<p>There can be no doubt that health is very important for any person. There are many proverbs about health. Please, look at the screen again (Слайд 3). There are some proverbs. Let's read them and try to translate.</p> <ol style="list-style-type: none"> <li>1. <i>Health is better than wealth.</i></li> <li>2. <i>A sound mind in a sound body.</i></li> <li>3. <i>An apple a day keeps a doctor away.</i></li> <li>4. <i>Early to bed and early to rise- makes a man healthy, wealthy and wise.</i></li> <li>5. <i>A merry heart is a good medicine.</i></li> <li>6. <i>You are what you eat.</i></li> <li>7. <i>Eat to live, not live to eat.</i></li> </ol>	<p>Учащиеся читают пословицы и переводят их, подбирая пословицу-эквивалент на русском языке.</p>
--	--	--

## II. Основной этап урока (30 минут)

Этап занятия,	Содержание этапа	
время	Деятельность учителя	Деятельность учащихся
<p><i>Активизация лексических навыков</i> (5 мин.)</p>	<p>Well, I see, you know many Russian proverbs about health. It's really great! And now look at the sheet of paper with some words. You should write all the words into 2 columns: good and bad habits.</p> <p>Рабочие листы: см. приложение 1</p> <p>Very well. You're right.</p>	<p>Учащиеся по очереди выходят к доске и записывают словосочетания, затем записывают их в своих тетрадях.</p>





<p>Совершенствован ие навыков говорения  (10 мин.)</p>	<p><b>As you see it is very difficult to follow healthy lifestyle.</b></p> <p><b>But do not forget</b> “Health is the best wealth”. And what can help you to be healthy? Of course, the college. Only at college you go in for sport three times a week and have a balanced diet. Look at the screen. There are 2 themes for you reports. The 1<sup>st</sup> is “Sports in our college” and the 2<sup>nd</sup> is “Our college canteen”. Please, choose the theme of the report for your group/ You have got 3 minutes for preparing.</p> <p>Let s listen to.... (Студент рассказывает о занятиях спортом в техникуме).</p> <p><b>But not only sport helps us to be healthy. A balanced diet is very important too.</b></p> <p><b>Let’s listen to ....</b></p> <p><b>Excellent! You are absolutely right. Our teachers and the Headmaster try to help you to be healthy.</b></p>	<p>Обучающиеся делятся на 2 группы, выбирают тему, готовятся вместе 3 минуты, затем выбирают в своей группе того, кто представит рассказ.</p> <p><u><b>ПРИМЕРНЫЕ РАССКАЗЫ:</b></u></p> <p><b>Sports in our college.</b> <i>P.: As for me, I want to tell you about sports in our college. We pay great attention to sports in the college. We have PE three times a week and we enjoy our lessons very much. The lessons are held in a small gym and in the 1st ground. At the lessons we run, jump and play sport games. We are crazy about volleyball, football and tennis. In my opinion every person should go in for sports because it helps people to be strong and healthy.</i></p> <p><b>Our college canteen.</b> <i>P.: I’d like to tell you about our college canteen. In order to stay healthy it is important to have a balanced diet. The balanced diet is food that contains something from each of the three main groups of food. These groups are protein, fat and carbohydrates. You find protein in lots of food, meat, fish, nuts, cheese and milk. It helps your body grow and be healthy and it gives you energy. Fat gives you energy too, but don’t eat a lot – it is bad for you. At college the teachers take care about our balanced diet. Many children of our school have dinner in our canteen.</i></p>
--	--	--

## I. Заключительный этап урока (5 минут)

Этап занятия, время	Содержание этапа	
	Деятельность учителя	Деятельность обучающихся
<p><i>Подведение итогов урока, выставление оценок (3 мин.)</i></p>	<p>Our lesson is over and it is time to see what results are. We knew a lot of interesting facts about balanced diet; we remembered some words, told to each other about our school and now look at the screen. There are some rules of health life-style. (Слайд 6). Read it and remember.</p>	<p>Подводят итоги вместе с учителем, затем читают правила здорового образа жизни на слайде</p>
<p><i>информация о домашнем задании и инструктаж по выполнению его (1 мин.)</i></p>	<p>Well, now you know what you should do to be healthy. I hope we have convinced each other to follow a healthy way of life. Your home task is on the blackboard. And also you should answer the questionnaire about your life-style.</p> <p><b>Рефлексия.</b></p> <p><b>T:</b> What did you like most of all? What was difficult for you? What skills need training?</p> <p>Thank you for your work. Lesson is over, see you later.</p> <p>Анкета “Are you healthy?”</p> <p>см. Приложение 4.</p>	<p>Записывают домашнее задание</p>

**Приложение 1.**

<p>get up early and go to bed early</p> <p style="text-align: center;">smoke</p> <p style="text-align: right;">eat too much or too little</p> <p>wash your hands before you eat</p> <p style="text-align: right;">take regular exercises</p> <p>watch TV too long</p> <p style="text-align: right;">eat healthy food</p> <p style="text-align: right;">take too much medicine</p> <p>keep to a diet</p> <p style="text-align: right;">spend much time outdoors</p> <p>drink alcohol</p> <p style="text-align: right;">work on your computer too long</p>	
<b>What we should do to be healthy</b>	<b>what we shouldn't do to be healthy</b>
	



## Приложение 2.

### Текст для чтения:

In order to stay healthy it is important to have a balanced diet – in other words, food that contains something from each of the three main groups of food. These groups are protein, fat, and carbohydrates.

You find protein in lots of food, for example meat, fish, nuts, cheese and milk. It helps your body to grow and to be healthy and it gives you energy. Fat gives you energy but don't eat a lot – it's bad for you. There are a lot of fatty foods that come from animals, for example milk, cheese, butter and meat.

Carbohydrates give you more than 70% of your energy. Bread, pasta, cereals, fruits, and vegetables such as potatoes and cabbage all contain lots of carbohydrates.

Fruits, vegetables, beans and nuts, brown bread all have fibre. It doesn't give you energy but it fills your stomach when you are hungry.

There are many different vitamins and minerals. They help our body be healthy. You can get all your vitamins and minerals from fresh fruit and vegetables.

Vitamin A is in green and yellow vegetables, milk and eggs. It's necessary for seeing in the dark.

Vitamin B<sub>1</sub> is in meat, porridge and bread. B<sub>1</sub> is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.

Vitamin C is in every fruit and vegetable. You can find this vitamin in black currants, strawberries, oranges and grapefruits, onions, cabbages and green peppers. Vitamin C is important for building bones and teeth.

Vitamin D is in eggs. People can get it from sunlight. It makes our bones strong.

Calcium is essential for strong bones and teeth. It also plays an active role in the body's immune system. You can find it in milk, cheese, green leafy vegetables, nuts.

### Приложение 3.

*Задания к тексту.*

	<b>From</b>	<b>For</b>
<b>Carbohydrates</b>		
<b>Protein</b>		
<b>Fat</b>		
<b>Fibre</b>		
<b>Vitamins</b>		
A		
B		
C		

D		
Minerals		
Calcium (Ca)		

**Приложение 4.**

**Test “Are you healthy?”**

	Yes	No
1. Do you eat fruit and vegetables every day?.....	[ ]	[ ]
2. Do you go in for sports?.....	[ ]	[ ]
3. Do you watch TV for more than an hour a day? .....	[ ]	[ ]
4. Do you eat sweets every day? .....	[ ]	[ ]
5. Do you sleep 8-10 hours at night? .....	[ ]	[ ]
6. Do you think about your health?.....	[ ]	[ ]

*Put “one” for each “yes”-answer!*

*My total score \_\_\_\_\_*

*What does your score tell about?*

**0-2:** Oh, dear! Forget about chips and sweet! You need fruit and vegetables!

**3-4:** Do more exercises and eat more carefully!

**5-6:** You keep fit! Well done!