

**Учебно-методическая разработка плана-конспекта урока предназначена для активизации изученной лексики по теме «Еда и напитки», материал предназначен для 6 класса.**

**Класс:** 6, учебник «Starlight 6» Баранова К.М., Дули Д., Копылова В.В.

### **«Healthy Food vs Junk Food»**

**Цели урока:** Формирование и совершенствование языковой компетенции через получение знаний по теме «Healthy Food vs Junk Food»

**Задачи урока:**

*Общеобразовательные* — формирование лексических навыков говорения, а также диалогической речи и применение их на практике.

*Развивающий аспект* — развитие умения работать совместно с одноклассниками, классификация, речевые действия, воображение; навыки диалогической речи и письма. Развитие памяти, внимания, мышления.

*Воспитательный аспект* - развитие презентационно-речевых умений. Воспитывать умение общаться, взаимодействовать.

*Регулятивные* - планирование алгоритма построения работы с партнером (ми).

*Познавательные* - импровизация, высказывание предположений, обсуждение проблемных вопросов.

**Речевой материал:** применение изученной лексики по теме «Здоровая и вредная пища»

**Тип урока:** нестандартный комбинированный речевой урок. Повторение и изучение нового материала.

**Вид урока:** урок совершенствования речевых и презентационных умений по теме «Здоровая и вредная пища».

**Основные термины и понятия:** Лексика по теме «Здоровая и вредная пища ».

**Наглядность:** презентация, аудиозапись.

**Применяемые технологии:** проектные, информационные, компьютерные.

**Формы работы:** парная, индивидуальная, фронтальная, групповая

## **Ход урока.**

### **1. Организационный момент**

Teacher: Good morning! Glad to see you at our lesson.

Today we have special lesson, you can see many guests in class. Please greet them!

-Good morning dear guests.

-Sit down, please.

-Before beginning of our special lesson I want to ask you a few questions:

1. What do you usually eat for breakfast?

2. What did you eat for breakfast in the morning?

3. Have you drunk coffee today?

4. Have you ever drunk coffee?

5. What do you prefer, tea or fruit juice?

-Thank you for your answers!

### **2. Введение в тему урока (Introduction).**

- Look at the blackboard and let's read the proverbs and quotes on the blackboards to guess the theme of our lesson.

**1. You are what you eat.**

**2. An apple a day keeps a doctor away.**

**3. Live not to eat, but eat to live.**

**4. Every vegetable has its season.**

**5. You can buy a doctor but not health.**

**6. You cannot make an omelette without breaking eggs.**

**7. Avoid junk food to be in better mood**

**8. Good health is above wealth.**

- «Healthy Food vs Junk Food»

- Right you are!

- Today we are going to discuss healthy eating and unhealthy eating and today we will have a game lesson. We need 2 teams. one team will support healthy food and the other – junk food. At the end of the lesson we will have a winner team. And at the end of the lesson we will learn to advantages of healthy and unhealthy eating.

### **3. Основная часть (Main Part)**

#### **1. Watching the video**

- We will start with the video about 10 tips for healthy eating. You will get cards and you will have to fill in the gaps according to the video.

Students watch the video.

the tips:

1. eat more fruit and vegetables
2. limit fast food and soft drinks
3. eat less salt and sugar
4. drink more fresh water
5. eat breakfast every day
6. avoid convenience food.
7. read food labels
8. control your portion
9. keep balanced diet.

## **2. Working with a worksheet**

- Well, now, students, let's see if you know what healthy and unhealthy food is. Each team will have a worksheet and inside your team you will have to choose healthy products and unhealthy.

## **3. True or false**

-Say whether my statements are true or false but comment on them using these word combinations **need it for strong body, contain .. fat, high amount of sugar, salt, vitamins, minerals, protein, high in vitamin, low in fat, high in fat, leads to obesity, gives you energy, helps to get enough iron.**

1. Coca cola is good for you.
2. Healthy food is not very important.
3. A diet leads to obesity.
4. To get more vitamins you should eat more fruit and vegetables.
5. Eating too much sugar is good for your health.
6. Eating low-fat food is a bad habit.
7. Exercising is good for your health.

## **4. Listening**

- Now it is a high time to check your homework. Have you listened the recording?

Let's see what celebrities prefer eating.

## **5. Speaking**

Now let's talk about advantages and disadvantages of healthy and unhealthy eating.

You have several minutes to discuss the topic in your teams. Make up 5 sentences.

Begin your sentences with. **It is very important to eat healthy food because ...**

**It is true that junk food is high in fat but ...**

So, the time is over! Do you have any questions?

#### **6. Подведение итогов. (Conclusion of the lesson)**

Teacher . Our lesson comes to an end and I want to say that you are brilliant, your presentations were wonderful and informative. You've worked hard. Thank you for your excellent preparation for this lesson. The result of this is your knowledge and successful answers during the lesson. It was a real pleasure to work with you. You are getting good and excellent marks .

**Your homework** is test reading of ex 2 page 34 and ex 1 page 36 write verbs into the vocabulary.

#### **Рефлексия. (Reflection).**

Teacher: Students, tell me, what have we learnt today? How do you find this lesson? Was it interesting for you?