

План открытого урока  
учителя английского  
языка

Бигуловой Зарины  
Казбековны по теме

«Домашние средства  
лечения»

в 7 классе

**Цель:** Закрепление и повторение лексики по теме «Лекарственные средства из природы» и формирование языковых навыков фонетических и орфографических (лексических) в рамках темы.

**Задачи:**

- 1.) Развитие навыков сотрудничества со сверстниками при создании мини проекта.
- 2.) Развивать у учащихся навыки аудирования и письма в рамках предложенной темы.
- 3.) Освоение способов решения проблем поискового характера;
- 4.) Формирование представлений о здоровом образе жизни и лекарственных природных средствах и их целебных свойствах.
- 5.) Развивать навыки осознанного построения речевого высказывания в соответствии с задачами коммуникации и составлять тексты в устной и письменной формах;

**Технология-** проектная.

**Цели урока:**

**Обучающие:** к концу урока учащиеся должны:

1. Закрепить и повторить лексику по теме «Лекарственные средства из природы»
- 2) освоить во всех видах речевой деятельности новые ЛЕ по теме “Home remedies”;
- 3) уметь сделать сообщение по данной теме;
- 3) уметь дать совет больному о том, какой продукт может улучшить его состояние.

**Развивающие:** развивать мыслительную деятельность учащихся; умения анализировать и обобщать. Развивать и поддерживать интерес к предмету; развивать умения смыслового чтения: умения прогнозировать содержание текста по иллюстрациям и ключевым словам или заголовку, выделять основную мысль, устанавливать смысловые соответствия при восприятии речи на слух, развивать воображение при моделировании ситуации общения.

**Воспитательные:** воспитывать культуру питания как составляющую часть здорового образа жизни, воспитывать бережное отношение к своему здоровью и здоровью окружающих.

Оборудование: картинка чеснока, уксуса, меда, чая, соды, имбиря, ТСО

## Ход урока

### *Приветствие*

Good afternoon, class! I am glad to see you all healthy today

### *Речевая зарядка*

- 1) Do you do your morning exercises every day?
- 2) Do you go in for sport?
- 3) Do you sleep more than 8 hours?
- 4) Do you get up early in the morning?
- 5) Do you take any vitamins sometimes?
- 6) Do you often get ill?
- 7) Do you take medicine or do you take any home remedies?.
- 8) How would you translate that phrase into Russian? (Домашние средства лечения)
- 9) How else would you call these remedies? (home ambulance)

The topic of our lesson today is our health and home remedies. Next time when you wake up with a headache or a sore throat don't run to the chemist's. Where can you find natural remedies? (in the kitchen cupboard)

By the end of the lesson you will be able to speak about some of these remedies. You will be able to give advice to an ill person.

What do you think is the most important thing in the world?

Can you buy it?

What proverbs about health do you know? How do you understand them?

1. Good health is above wealth.(good health is more important than money because even if you have a lot of money but poor health you cannot enjoy your life/ live your life to the fullest)
2. A sound mind in a sound body (if a person has a healthy body they can think and act reasonably and wisely)

3. An apple a day keeps doctors away. (If you eat a lot of fruit and vegetables you will be healthy).
4. Early to bed and early to rise makes a man healthy, wealthy and wise. (If a person goes to bed early and wakes up early they have enough energy during a day. They can be very successful at work and become rich)

First let us start with pronunciation of some words

Immune

Soothe

Swallow - swallowing

Headache

Caffeine

Odour – free

Indigestion

Ginger

Chew-chewing

Stomach

Now I want you to revise vocabulary you may need in our lesson. Guess what it is.

**natural remedy** (n): sth from nature that can cure an illness

**immune system** (n): the body's defence against illness

**rub** (v): to press your fingers against sth and move them

**swallow** (v): to make sth go from your mouth to your stomach

**insomnia** (n): difficulty sleeping

**blood vessels** (n): small tubes that carry blood around the body

**odour-free** (adj): having no smell

**upset stomach** (n): stomach ache causing you to feel unwell

**travel sickness** (n): feeling ill as a result of travelling

**bad breath** (n): unpleasant smell from the mouth

## Pre-reading activities

*Teacher:*

Now take a look at ex 1, p. 64 When was the last time you suffered from any of these? What did you do? Tell the class.

Suggested answer key:

I had a headache yesterday. I took an aspirin.

I had a sore throat last week. I drank some tea with honey, etc..

## Reading activities

Now look at the pictures. What health problems can these food items help?

Answer key:

Garlic can help when you have a cold or the flu as well as spots.

Vinegar can help with minor cuts, itchy rashes and sunburn.

Honey can help with a sore throat, cuts and grazes and insomnia.

*Imagine that your friend has some health problems and he is asking you for some advice. What would you recommend him? When you give your recommendation say*

*It will help – if you are sure 100%*

*It can help - if you are sure 70%*

*It may help – if you are sure 50%*

*It might help – if you are sure 30%*

*Take a card. Read the task. (Ученики по очереди вытягивают карточку и отвечают по предложенной задаче.)*

### **1. Your friend has a cold. What should he do?**

*-If you have a cold you should/could add chopped garlic to hot tea or water with honey and lemon and drink. It might help.*

### **2. Your friend has indigestion. What should he do?**

*You could chew a piece of ginger. Or you can mix a teaspoon of baking soda into water and drink it slowly. It might help.*

### **3. Your friend has travel sickness. What should he do?**

*You could chew a piece of ginger. It might help.*

### **4>Your friend has got a minor cut. What should he (she) do?**

*You should put a little honey on the cut and cover it with a plaster. It helps.*

### **5. Your friend has got sunburn. What should he (she) do?**

*You should try adding one cup of white vinegar to a cool bath. It might help.*

### **6. Your friend has got a few spots. What should he (she) do?**

*You could rub chopped garlic on them*

### **7. Your friend has got itchy rashes. What should he (she) do?**

*You should put some vinegar on the itchy rashes. It might help.*

**8. Your friend has got a sore throat. What should he (she) do?**

*You should drink a warm milk with honey.*

**9. Your friend has got watery eyes. What should he (she) do?**

*You should put cold wet tea bags over eyes and wait a little. I will really help you.*

**10. Your friend has got a cough. What should he (she) do?**

*You could try warm milk with honey or a cup of tea with honey and lemon too.*

**11. Your friend has got smelly feet. What should he (she) do?**

*You should sprinkle some baking soda in your shoes. It will help you.*

*Now let's listen to three people speaking. What problem did they have? What did they do about it? ( ex. 7, p. 65)*

	<b>Problem</b>	<b>Decision</b>
<b>Sally</b>	<i>burnt her finger</i>	<i>She put it under cold water and the put some honey on it.</i>
<b>Greg</b>	<i>had indigestion</i>	<i>ate a banana</i>
<b>Simon</b>	<i>had a bad cold</i>	<i>He drank warm lemon juice with water and honey</i>

*Физминутка*

*And now you are to make a wallpaper «Home ambulance». Here are pictures of food you can find in your cupboard. You are to write everything you know about this product according to the plan.*

*And now you are to perform a project work.*

*Any project work has a target.*

*The target of your project is to make a collage «Home ambulance» in groups.*

*Here are pictures of food you can find in your cupboard. You are to write everything you know about this product according to the plan.*

*I can give you 5 minutes to do it.*

1. *Name the natural remedy.*
2. *Think of the health problems (as many as you can) it can help us and write.*
3. *What way can you use this natural remedy?*
4. *Writing your article about natural remedies, use modal verbs – can, could, may, might, should, have to, must.*

*Инструкцию ученики видят на экране.*

*Через 5 минут ученики по командам представляют результаты своей работы.*

*Now it's time to present your collage.*

*Well done, pupils! Now look at these remedies and say which of them*

- *Kills germs микробы(garlic, honey)*
- *Is extremely old (vinegar)*
- *Must you keep in your mouth for a while (ginger)*
- *Has a strong smell(garlic)*
- *Helps you sleep (honey)*
- *Helps with indigestion (baking soda)*
- *Helps with constricted blood vessels (tea)*

*Now your homework will be to write about some other products according to this plan. You can ask your parents or look up information in the Net.  
p 65, ex 9\*, p 66 – Voc Read and Translate*

Well, and now let's imagine that you've got a mosquito bite and you came to a doctor. We are going to listen to you and our guests will tell us whose dialogue will be better. (p 67, ex 2b)

Подведение итогов:

So, students, what did you like most of all?

Thanks for your cooperation. All of you will get 5 for the lesson.

