

## Методическая разработка открытого урока в 7 классе

# Здоровое питание и здоровый образ жизни

*Дьякова Галина Геннадьевна,  
учитель английского языка ГБОУ лицей №623  
им. Павлова, Санкт-Петербург*

### Пояснительная

Задача учителя состоит в том, чтобы выбрать такие методы обучения, которые позволили бы каждому ученику проявить свою активность, свое творчество. Современные педагогические технологии такие, как метод проектов и использование Интернет-ресурсов обеспечивают индивидуальный подход к обучению с учетом способностей детей и их уровня подготовки. Метод проектов способствует развитию активного самостоятельного мышления учащихся и ориентирует их на совместную исследовательскую работу. Работая в лицее, который является экспериментальной площадкой по теме «Формирование ценностей здорового образа жизни» мною была выбрана тема, мотивирующая учащихся на здоровый образ жизни, а выбранные технологии способствуют её реализации.

На уроке учащиеся учились пользоваться приобретенными знаниями для решения познавательных и практических задач. Работая в группах, они развивали коммуникативные и исследовательские умения. Индивидуальный темп работы обеспечил выход каждого учащегося на свой уровень развития.

Кроме того, на уроке применялась игровая технология в виде решения кроссворда и здоровьесберегающая технология в виде песни и «репа» с отгадыванием слов.

### Результаты урока:

1. Метод проектов способствовал:
  - повышению мотивации учащихся.
  - Овладением как предметными, так и надпредметными знаниями в значительном объёме.
  - Формированию культуры общения.
2. Использование приобретенных знаний в разных ситуациях в процессе урока и его подготовки привело к прочному их усвоению.
3. Применение релаксационной паузы как здоровьесберегающей технологии (песня) позволило понизить напряжённость учебного процесса.
4. Применение игровой технологии как формы обучения способствовало созданию благоприятного психологического климата и закреплению лексики без утомительного зазубривания.

## Сценарий урока

**Вид урока:** Обобщающий, с использованием метода проектов.

### Цель урока:

*Учебный аспект:* совершенствование лексических и грамматических навыков говорения.

*Развивающий аспект:* развитие способностей к логическому изложению, развитие умения высказать свою точку зрения, умения определить и сформулировать собственные пути решения проблемы.

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

### Техническое оснащение урока:

1. классная доска
2. картинки и плакаты, поощряющие высказывания учащихся
3. плакат "Food pyramid"
4. раздаточный материал (кроссворд)
5. магнитофон

### Ход урока:

#### I. Разогрев.

- T. - Good morning. Take your seats, please.  
- It's 12 o'clock. Have you had your lunch at school yet?  
- Did you have breakfast before school?  
- Did you always have breakfast?  
- What did you have for breakfast?

*В качестве разогрева дети дают свободные ответы на вопросы предложенные преподавателем.*

#### II. Сообщение цели урока.

- T. Well, children, today we are going to discuss healthy food, good and bad eating habits and how to keep fit. By the way, what does it mean "to be fit"?

#### III. Обсуждение важных составляющих продуктов.

- T. - You know that good food has seven important things. What are they?  
- Why do we need carbohydrates?  
- Why do we need fats?  
- Why is protein important for us?  
- What makes our bones and teeth strong?  
- Why should we eat fibre rich food and drink water?  
- How many types of vitamins are there?

- T. Now, children, look at the pictures below the text. What foods can we see in the second picture?

P. Butter, meat, oil and cheese.

T. How can we label the picture?

P. Fats.

T. Why?

P. These foods are rich in fats.

*Учащиеся подписывают картинки, называя продукты и объясняя свой выбор (приложение №1)*

IV. Советы по здоровому питанию.

- T. Now it's time to summarize everything we've been talking about healthy eating. My pictures will help you.

*Показываются картинки, наводящие на ответ. В своих ответах учащиеся опираются на изученный ранее материал (приложение №2).*

V. Пауза для релаксации.

- T. I think you are a bit tired. To relax and have some fun I'd like to suggest you completing a food rap. I'll sing the first line and you'll sing the second adding rhyming words on topic "food".

*Учащиеся поют реп, заканчивая фразы, затем поют песню "I love chocolate" (приложение №2 и №3).*

VI. Презентация проекта.

- T. Children, I think you remember that we did a survey about healthy habits in your class. Now let's listen to N. who will present us the results.

*Один из учащихся представляет результаты опроса, проведённого на предыдущих уроках. В приложении №4 приведены возможные варианты вопросов.*

VII. Разгадывание кроссворда.

- T. Well, children, let's have some more fun and try to do a crossword puzzle. The pupil who will guess the most words will get a prize.

*Учащиеся разгадывают кроссворд, определяя слово, запрятанное в центре, и выявляют победителя (приложение №5).*

VIII. Домашнее задание.

- T. We've learnt a lot of words related to food but you know that in idioms words often have different meanings. So, for your homework, I'd like you to read and try to match the idioms with their meanings.

*Задание на идиомы см. приложение №2.*

IX. Подведение итогов урока. Оценка работы учащихся.

*Итогом работы по данной теме предполагаются монологические высказывания учащихся, а также разгадывание кроссворда. Предполагаемые результаты опроса приводятся в приложении №6. В приложении №7 приводится опорный текст по теме "How to keep fit".*

## Questionnaire

Questions	Name1	Name2	Name3
1. How long do you usually sleep?			
2. How long do you sleep at your day off?			
3. Do you have breakfast regularly?			
4. Do you usually eat between meals?			
5. Do you have lunch at school?			
6. Do you try to eat more vegetables and less high fat food?			
7. How often do you eat sweets?			
8. Do you take care what food you eat?			
9. Have you ever followed a diet?			
10. Do you exercise a lot?			
11. Do you have a shower regularly?			
12. How long does it take you to do your homework?			
13. Do you have a lot of additional lessons?			
14. Do you take part in outings?			
15. Do you spend your free time in the open air?			
16. Have you ever attended any sport club?			
17. Do you eat at night?			
18. How often are you ill?			
19. How many times a day do you clean your teeth?			
20. Do you smoke, drink alcohol or take drugs?			
21. Do you care about your health?			

**Project****“An average student of our class”**

To begin with, an average student of our class sleeps about 8 hours a day but at his days off he sleeps for 10 or 11 hours. I think it's OK because we need a rest on Sundays.

As all teens he likes to watch TV in the evening or read till late at night. Sometimes he goes on chat rooms but not often. It isn't common for him to spend a lot of time on plying computer games.

He always has breakfast before going to school. It's good for his health as it gives him energy for a day ahead. Usually he snacks between meals. As a rule it's some rolls and tea. It's a kind of lunch for him because he prefers to have dinner at home. Sometimes he has to stay at school after lessons then he has his dinner at our school canteen. So he tries to keep regular hours with his meals and doesn't skip meals. He eats a lot of sweets every day. I'm sure he has a “sweet tooth”. He cares about what food he eats but he has never kept a diet or counted calories because he doesn't care about gaining weight.

He doesn't do morning exercises but he goes in for sport regularly.

It takes him 2 or 3 hours a day to do his homework. After his school day is over he has a lot of additional classes such as music, English, chemistry and chess.

An average student of our class shares household duties with his family: walking pets, cleaning rooms, doing the shopping or looking after his brother.

Almost all of us take part in outings and are fond of playing sport games: volleyball, football, basketball and so on.

To sum up, I was surprised to learn that an average student of our class doesn't have bad health habits.

If you eat junk food day after day – like hamburgers and pizza – you won't feel satisfied. Our nose and mouth are very sensitive to the flavour, the smell and the temperature of food we eat. That's why we need to eat different really tasty foods.

We should always make time to sit down and eat our meals at the table. If we eat in a hurry and don't chew our food properly, we often eat more than we need.

We shouldn't eat a lot of sugary snacks like biscuits, sweets and cakes. They give us a sense of energy but it doesn't last long. So they make us feel high and then low.

We should take more exercise but we shouldn't eat a lot of carbohydrates such as pasta, bread and rice before that. These foods make us feel sleepy.

When we exercise, the best plan is to eat lots of protein with fiber-rich fruit, vegetables or salad. When we have finished our workout, it is good to eat carbohydrates to get back the energy, which your body used up during exercise.

**Food Rap**

- 1) Hi, my name is Sam,  
I like eating .....
- 2) My name is Louise,  
I like to eat .....
- 3) My big brother Jake  
Is fond of .....
- 4) And my sister Bunny  
Eats too much .....
- 5) This girl is Lola.  
She likes drinking .....
- 6) And this boy is Fred.  
He likes eating .....
- 7) But do you want to know the food that is a dream?  
It's chocolate cake, with lots of good .....

**Fruity Language**

**Match the idioms with its meaning**

- 1) to be the apple of someone's eye
  - 2) to go bananas
  - 3) as cool as a cucumber
  - 4) to be in a pickle
  - 5) a lemon
  - 6) a couch potato
  - 7) a carrot
- a) to become angry
  - b) to be in a difficult situation
  - c) a silly person
  - d) someone who spends lots of time watching TV
  - e) a promised reward for doing something
  - f) very calm, not nervous
  - g) to be one's favourite (person or thing)

I love chocolate

I drink milk, I eat cheese,  
I like nuts and I like greens,  
I like cereals, I like beans,  
These are things my body needs.

**Chorus:**

But late at night,  
Under my bedclothes,  
I eat chocolate,  
And no one knows.

I eat vegetables, I drink juice,  
I like rice, I like fruit,  
I like pasta every way,  
I eat good things every day.

**Repeat chorus**

I like honey on my bread,  
I like salad and I like eggs,  
I drink water all day long,  
All these things make me strong.  
*Repeat chorus.*

I love chocolate

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# A Food Crossword

				1) c	r	i	s	p	s
	2) b	r	e	a	d				
3) m	i	n	e	r	a	l	s		
		4) f	i	b	r	e			
	5) l	e	m	o	n				
				6) h	o	t	d	o	g
7) s	p	i	c	y					
	8) s	a	r	d	i	n			
				9) r	i	c	e		
			10) p	a	s	t	a		
		11) b	u	t	t	e	r		
			12) b	e	a	n	s		
13) c	h	o	p	s	t	i	c	k	s

- 1) Flat round pieces of potato, cooked in oil and sold in bags
- 2) A food item that can be fresh or stale, and which is rich in carbohydrates
- 3) Something that makes your bones and teeth strong
- 4) Something that cleans the inside of your body
- 5) A citrus fruit that tastes sour
- 6) A sausage inside a piece of bread
- 7) How food with a lot of pepper tastes
- 8) A type of fish
- 9) The most important food in Japan
- 10) A food item that is popular in Italy
- 11) A type of food which is made from milk and rich in fats
- 12) A type of pulses
- 13) Something that Chinese people use to eat rice

**Project**  
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## 6 Eat well, stay healthy!

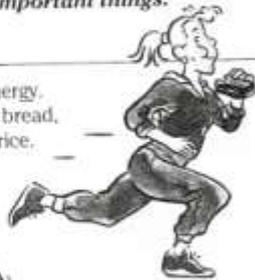
Extra practice - WB  
Ex. 1-5

Read about the foods we eat. Do you eat all of the 'seven important things'?

### EAT WELL stay healthy

Good food has seven important things.

**CARBOHYDRATES** give you energy. There are carbohydrates in bread, sugar, potatoes, pasta and rice.



**FATS** make you strong and give you energy. There are fats in meat, butter and cheese and oil.

**VITAMINS** are important for your eyes, your skin, your bones, your hair and for other parts of your body. There are 13 types of vitamins (A, B, C, and so on). There are vitamins in many types of food.



**PROTEIN** helps you to grow and gives you energy. There is protein in meat, fish and milk.



**WATER** is important for your blood. It also cleans your body from the inside. Drink lots of water every day!

**MINERALS** make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat, cereals and many other foods.



**FIBRE** cleans the inside of your body. There is fibre in nuts, beans and cereals.



**DANGER!**  
HIGH IN CARBOHYDRATES  
HIGH IN SUGAR AND SALT!  
HIGH IN FATS!  
LOW IN FIBRE!  
LOW IN VITAMINS!

You can hear the article on the cassette.

## 7 In the supermarket

Complete 10/11

Look at this picture. Can you write the correct name on the signs?



## How to Keep Fit

All people want to be strong, healthy and slim, that is to keep fit.

In my opinion the most important thing is sports. We should go in for sports regularly, do morning exercises, walk a lot. Physical activity keeps us fit. But physical activity is a great problem in big cities where people prefer to travel by car, by bus or by metro.

It is also important to spend more time outdoors, as fresh air does people a lot of good. People who live in big cities and breathe polluted air are not so healthy as people who live in the country-side, so it is very good to spend a week-end in the country, to walk to school, to play games outdoors.

Another important thing is eating healthy food. Such natural products as meat, fish, milk and all dairy products, fruit and vegetables contain a lot of vitamins and protein which are necessary for a healthy body. We should keep a proper diet: eat more fruit and vegetables and avoid sweet things. It is very important to have regular meals – that is meals at regular times. We shouldn't eat too much or too little: both is harmful for our health. If you don't want to put on weight (to become stout), you shouldn't eat after 6 o'clock. You'll never lose weight if you eat before going to bed.

To keep fit it is necessary to lead a regular way of life, that is to have enough sleep, enough rest; to go to bed early and to get up early; to take a cold shower in the morning; not to smoke or take alcohol.

Of course, it is necessary to prevent illness. To do that we should consult the doctor regularly and be examined carefully. When the doctor listens to our heart lungs, feels our pulse, takes our blood pressure, examines our throat we can be sure that we are healthy and out of danger.

As for me, I know all the rules how to keep fit, but my life is very busy and I can't always find time for sports or going for a walk every day. But I try to have regular meals to keep to a proper diet and eat healthy food. I think I lead a healthy way of life, that's why I am hardly ever ill. If I am sometimes ill it takes me just a few days to recover because there is nothing serious with me.

Крива 7.