

**Класс: 5**

**Тема: «Health and Body Care»**

**Цель:** систематизировать и обобщить знания учащихся по теме «Health and Body Care»»

**Задачи урока:**

**Образовательные:**

- обобщение лексического материала по теме « Health»;
- обобщение грамматического материала ( Косвенная речь);
- развитие навыков говорения, чтения, аудирования, письма.

**Развивающая:**

- развитие коммуникативных навыков по теме « Health and Care»;
- развитие творческих способностей учащихся;
- развитие памяти, внимания , мышления.
  
- развитие умения обобщать и делать выводы

**Воспитательные:**

- воспитание здоровых привычек и культуры здорового образа жизни;
- воспитание умения работать в сотрудничестве.
  
- развитие мотивации к изучению иностранного языка;

**Тип урока:** обобщающий урок

время	Этап урока	Деятельность учителя	Деятельность ученика	
<b>I. Организационный этап</b>				
2 мин	Приветствие  Целеполагание	Приветствует учащихся: “Good morning, children! I’m glad to see you .Sit down, please  Let’s start the lesson with the proverbs that show the topic of our lesson. Look at the blackboard and match the beginnings of the proverbs with their endings An apple a day                    keeps a man healthy Good health is                    keeps a doctor away Early to bed, early to rise above wealth -Now you can easily say that the topic of our lesson is ....	Отвечают на реплики: “Morning, teacher! Glad to see you too.”  The topic of our lesson is .....	<i>blackboard</i>
<b>II. Основной этап</b>				
3 мин	1. Актуализация лексики	1. Give it a name, please:  - having a bad taste    - soft white cheese - in a definite way    - to feel pain - to sit on a bike    - products made from milk - not hard    - a strong enemy - to cook in hot oil    - clear and certain - smth. that one usually use to eat and drink	Учащиеся слушают и отвечают	<i>Слайд 1</i>

		<p>2. Put in the missing words</p> <ol style="list-style-type: none"> <li>1. My Dad bought me a bike but I can't .....</li> <li>2. Cottage cheese, cheese, sour-cream are all ....</li> <li>3. Put on your coat. It's .... cold outside.</li> <li>4. Alcohol is very bad for health. You should drink only .....</li> <li>5. Think it over and give a ..... answer.</li> <li>6. Soft white cheese is ...</li> <li>7. Playing the piano is not ...</li> <li>8. My Granny suffers from stomachache. She should .... of porridge and dairy products.</li> <li>9. Strong coffee tastes ..... Add some ....</li> </ol>	<p>выполняют задание</p>	<p><i>пре-зентации</i></p>
<p>3 мин</p>	<p>2. Введение в речевую деятельность</p>	<p>1. Answer the questions:</p> <ol style="list-style-type: none"> <li>1. Have you ever suffered from a headache? What do you do when you have it?</li> <li>2. Who keeps to a diet in your family?</li> <li>3. What food do you prefer boiled or fried? Why?</li> <li>4. What dairy products do you like to eat?</li> <li>5. Do you often eat junk food?</li> <li>6. How often do you catch a cold?</li> <li>7. Do you or your parents read articles about health?</li> </ol>	<p>Учащиеся отвечают на вопросы</p>	
<p>5 мин</p>	<p>3. Актуализация знаний</p>	<p>2. Say if it is healthy or not. Try to explain why</p> <ul style="list-style-type: none"> <li>- I eat fruit and vegetables every day</li> <li>- I do exercises every morning</li> </ul>	<p>Учащ-ся слушают и дают ответы: - I think this habit is healthy</p>	

8мин	4. Формирование навыков чтения	<ul style="list-style-type: none"> <li>- I watch TV 7 hours a day</li> <li>- I go for a walk regularly</li> <li>- I take a shower every morning</li> <li>- I eat food when I watch TV</li> <li>- I visit a doctor regularly</li> <li>- I eat fast food every evening</li> <li>- I wash my hands before dinner</li> <li>- I drink cola with every meal</li> </ul> <p>Now let's read the text and find out what we should or shouldn't do to stay healthy. I want you to make Health Code - the rules to keep fit and healthy. The first team will discuss and tell us what we should do to be healthy and the second team will tell us what we shouldn't do. Now let's see the rules</p>	<p>because there're a lot of vitamins in fruit and vegetables</p> <ul style="list-style-type: none"> <li>- morning ex. make a man stronger</li> <li>- watching TV fo so long is bad for eyes</li> <li>- a man's body should be clean</li> <li>- a man can eat too much food</li> <li>- such food is very bad for health</li> <li>- there're a lot of microbes on dirty hands and we can eat them with food</li> </ul>	<i>Слайд 2</i>
2 мин	5. Физкультминутка	<ul style="list-style-type: none"> <li>- It goes without saying that our body needs exercises. Fit people live longer and healthier.</li> </ul>	<p>Читают текст "Health and body care" и выписывают правила</p> <ul style="list-style-type: none"> <li>- sleep 8-10 hours</li> <li>- keep clean</li> <li>- exercise every day</li> <li>- eat healthy food</li> <li>- wash hands before you eat</li> <li>- take a cool shower every morning</li> <li>- not to eat many sweets</li> <li>- not to eat much</li> <li>- not to smoke</li> <li>- no alcohol</li> </ul>	

3 мин	<p><b>6.Совершенство вание грамматических навыков</b></p>	<p>Let us do some exercises. Listen to the poem and do the actions:</p> <ul style="list-style-type: none"> <li>- We are running, we are jumping.</li> <li>- Yes we are</li> <li>- We are flying, we are driving a care.</li> <li>- Yes we are</li> <li>- We ar playing, we are fighting</li> <li>-Yes, we are</li> <li>-We are dancing, we are walking, We are sitting, we are talking</li> <li>- Yes,we are</li> </ul> <p>Now I want you to change the following sentences into Indirect Speech.</p> <ol style="list-style-type: none"> <li>1. Steve: « I never suffer from anything»</li> <li>2. David: “ Do you go in for any sports?”</li> <li>3. Sam: “I ate cottage cheese yesterday”</li> <li>4. The doctor: “ I’ll send a specialist tomorrow”</li> <li>5. Mom: “Add some cream, please. The coffee tastes bitter.”</li> <li>6. A boy: “Last summer I rode a horse”</li> <li>7. Mrs. Brown: “My little daughter fell ill twi days ago”</li> <li>8. The doctor: “I’m going to feel your puls, Andy.”</li> <li>9. Granny: “Have you done your morning exercises yet?”</li> <li>10. My friend: “Where did you go last week?”</li> </ol>		<p><i>слайд 3</i></p>
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8 мин	7. Формирование навыков диалогической речи	<p>-Not all people follow useful advice and we often fall ill and have to visit doctors. Make up dialogues using these illnesses and remedies <i>flu, sore throat, toothache, headache, stomachache</i></p> <p><b>Remedies:</b></p> <ul style="list-style-type: none"> <li>- Stay in bed for a week</li> <li>- Drink milk with honey</li> <li>- Take vitamins</li> <li>- Take this medicine 3 times a day</li> <li>- Take regular exercise</li> <li>- Have a walk outside</li> <li>- Keep to a diet, eat dairy products</li> <li>- No fried food</li> <li>- No smoke</li> </ul>	Ребята составляют небольшие диалоги и разыгрывают их	Слайд 4
<b>III Рефлексивно - оценочный этап</b>				
6. мин	1. Анкетирование	<p>Do you want to know if you are really healthy? Then answer the questions that are on the screen. Tick + or –</p> <ol style="list-style-type: none"> <li>1. Do you do morning exercises?</li> <li>2. Do you spend much time outdoors?</li> <li>3. Do you sleep 8-10 hours at night?</li> <li>4. Do you limit your time on TV and computer?</li> <li>5. Do you go in for sport?</li> <li>6. Do you like porridge?</li> <li>7. Do you eat more than 4 times a day?</li> </ol>		Слайд 5

		<p>Now count your points. One point for each “Yes» answer.</p> <p>6-7 point – You’re quite healthy. Well done</p> <p>3-5 points- Not bad but be attentive to your health. Do more exercises and eat healthy food</p> <p>0-2 points – Oh, dear! Change your life style. You should think about your future! No sweets, chips and cola! Only healthy food, good sleep and physical activity.</p> <p>PREPARE A STORY “Eat to live, not live to eat.”</p> <p>The plan will help you:</p> <p>Eat To Live Not Live To Eat.</p> <p>People can’t live without food.</p> <p>Not all food is healthy.</p> <p>Eating junk food usually has bad results.</p> <p>What to eat to be healthy.</p> <p>Eat to live, not live to eat.</p> <p>-Was there anything difficult for you at the lesson? What did you like most?</p> <p>- Thank you for your work. I hope our lesson will be useful for you. You should always remember that health is above wealth. Try to follow these rules and you will be strong, healthy and study well.</p>		
2. Домашнее задание				
3. Подведение итогов урока				