

Комитет по образованию и делам молодёжи Администрации г. Подольска

Муниципальное общеобразовательное учреждение «Лицей № 26»

План-конспект урока

с использованием ИКТ

в 9 классе

по теме:

**"HEALTH IS ABOVE  
WEALTH"**

учитель английского языка

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Подольск

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### Структура урока

Этапы урока	Время
1. Приветствие, организационный момент.	2 мин
2. Речевая зарядка.	2 мин
3. Аудирование.	2 мин
4. Обсуждение прослушанного материала.	3 мин
5. Чтение текста “How to live to be 100” и выполнение лексических упражнений на основе прочитанного текста.	5 мин
6. Электронная физкультминутка для глаз “Space”.	2 мин
7. Презентация “Healthy Eating”	3мин
8. Презентация “Vitamins”.	3 мин
9. Диалог в Макдоналдсе. Работа в парах.	3 мин
10. Презентация “Bad habits ”	3 мин
11. Презентация “Keeping Fit”	3 мин
12. Презентация “ Good Mood”	2мин
13. Электронная физкультминутка для глаз “Snowman”	2мин
14. Исполнение песни “Last Christmas”.	3 мин
15. Рефлексия - подведение итогов урока, что нового узнали, какие выводы сделали.	1 мин
16. Выставление оценок, дом. задание.	1мин

## HEALTH IS ABOVE WEALTH

### Цель урока:

- воспитание здоровой и социально-активной личности;
- актуализировать и развивать знания учащихся о здоровом образе жизни;
- воспитывать ответственное отношение к своему и чужому здоровью;
- формировать активную жизненную позицию;
- расширить лингвистический, филологический и общий кругозор учащихся;

### Развивающий аспект:

- развивать коммуникативные навыки учащихся;
- учить детей создавать и оценивать презентации проектов;

### Воспитательный аспект:

- воспитывать здоровые привычки;
- показать учащимся важность здорового образа жизни;

### Учебный аспект:

- активировать изученную лексику по теме “Здоровье”;
- развивать у учащихся умение творчески использовать усвоенный материал в новых ситуациях общения;

**Учебные пособия:** раздаточный материал (текст о здоровом образе жизни с лексическим заданием, задания для контроля аудирования), компьютер, проектор, магнитофон.

### Ход урока

1. *Организационный момент. Приветствие.* Good morning, students!

We are going to discuss a very important problem at our lesson today - a healthy way of life.

Why is it so important for us to stay healthy? You know the answer - healthy way of life makes you more energetic, active, gives you new emotions. Better health - better work results, more energy, more joy in family life and everywhere, constant feeling of happiness.

2. *Речевая зарядка. Пословицы о здоровье.* The English people say: “Health is better than wealth. Wealth is nothing without health.” Do you know any other proverbs dealing with health? There are a lot of them and very often they are similar both in the English and Russian languages. Let’s do it in the following way – I’ll give you the beginning of the proverb and you’ll find the right ending.

1. A change of activity ... (is the best rest).
2. Live not to eat but ... (eat to live).
3. An apple a day ... (keeps the doctor away).
4. Early to bed and early to rise ... makes a man healthy, wealthy and wise).
5. A sound mind ... (in a sound body).
6. Garlic heals ... (seven illnesses).
7. Cleanliness is ... (next to godliness).
8. Bitter pills may have ... (blessed effects).

Health is supposed to be interesting for everybody because health is the first wealth. Life is becoming very pressing nowadays and people nowadays are becoming more health-conscious than they used to be. Some people are healthy, some people are not. Really, we can't buy health, but we can do a lot to keep it.

3. *Фронтальная работа – опрос учащихся на предмет того, как они придерживаются здорового образа жизни.* Have you ever asked yourself if you are really healthy? Let me ask you some questions and find out how you look after your health.

1. Is keeping fit important for you?
2. Are you for or against physical activity?
3. Do you begin your day with morning exercises; do you do it regularly and with a pleasure?
4. Do you spend a lot of time out of doors every day?
5. Are you sporty? Do you go in for sport? Are you a member of a sports club?
6. Do you keep to a healthy balanced diet?
7. Do you eat fruit and vegetables every day?
8. Do you eat sweets every day?
9. Do you sleep 8-10 hours at night?
10. Do you have a hobby?
11. Do you have any bad habits (smoking, having snacks between meals, eating after 6 p.m.)?
12. What is the worst habit in your opinion?
13. Do you spend more than an hour a day working on the computer?

Be attentive enough to your health, think carefully about your future or maybe you should change your lifestyle! And I don't even speak about diseases. It's absolutely clear - anyone can occasionally fall down, but it's much better to prevent any illness by following healthy way of life than cure it.

4. *Аудирование.* What does a healthy way of life mean? Is it something abstract and unreachable nowadays? Of course not! Healthy way of life is absolutely real and not so difficult to follow. What does it depend on? What are the basics of healthy way of life? Some people live to be 100. Don't you believe it? Listen to the interview with an elderly man who is around one hundred years old. Then be ready to answer the questions. (*Приложение 1*)

5. *Чтение текста и выполнение лексических упражнений на основе прочитанного текста.* Would you like to live to be 100? Certainly, it is not possible for every person to be 100% healthy, and this is not required in most cases. Read the following leaflet giving advice on how to stay healthy. Some phrases have been left out of the text. Choose from phrases A-I below to complete the gaps. There is one phrase you're not going to need. (*Приложение 2*)

6. *Релаксация. Электронная физкультминутка для глаз "Space".* Feel a bit tired now? Would you like a minute of rest? Let's have some kind of relaxation. *Звучит приятная расслабляющая музыка.* (*Приложение 3*)

Sit comfortably. Close your eyes.  
Breathe in. Breathe out.  
Let's pretend it's summer.  
You are lying on a sandy beach.  
The weather is fine.  
The light wind is blowing from the sea.  
The birds are singing.  
You have no troubles. No serious problems.  
You are quiet. There is calm in your body.  
You are relaxing. (Pause)

Your troubles float away.  
You love your relatives, your friends.  
They love you too.  
The Earth is full of wonders.  
You can do anything.  
You are sure of yourself,  
You are full of energy.  
You are in good spirits.  
Open your eyes.  
How do you feel?

7. Презентация “Healthy Eating”. Our health depends on many things: the food we eat, the air we breathe, our good and bad habits. But there are **4 key points**: healthy eating, keeping fit, being not addicted to bad habits, and good mood. Let’s dwell on each of them.

Healthy eating comes first. People say that you are what you eat. A well-balanced diet brings your body exactly what it needs. When speaking about "well-balanced" we mean a balance both between the pleasure from your favourite meals and their usefulness for your body. A proper diet is not something about limiting yourself, It is about harmony of properly selected foods especially for you, in other words - food that contains something from each of the three main groups of food. These groups are protein, fat and carbohydrates. The Food Guide Pyramid can give you a good idea of what a well-balanced diet is. (Приложение 4)

**Protein** is found 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.

8. Презентация “Vitamins”. Besides protein, fat and carbohydrates there are many different vitamins and minerals which are also very essential for our health. They help our body stay healthy. People get vitamins from the food they eat especially from fresh fruit and vegetables. There a lot of vitamins in fruit and vegetables. People need vitamins to stay in a good form. “Vita” means life in Latin. Each vitamin is responsible for different things in the human body. (Приложение 5)

There are about ten major vitamins. They are usually named by a letter of the alphabet (A, B, C). **Vitamin A** is in green and yellow vegetables, milk and eggs. It’s necessary for seeing in the dark.

**Vitamin B1** is in meat, porridge and bread. B1 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. It helps to prevent colds.

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

**Vitamin E** is necessary for skin and body. It’s in wheat and nuts.

**Vitamin B6 and K** are necessary for human blood. You can find B6 in beans and milk; K – in potatoes and carrots.

9. Работа в парах. Диалог в Макдоналдсе. Can you find any useful vitamins in Coke, chips and other fast food? Hardly any. What is tasty is not always healthy. Still, a lot of people like drinking coca cola, and enjoy pizzas and hamburgers. There is hardly a town in our country without Mc Donald’s restaurant, KFCs, Rostics, King’s burgers, Pizza Huts and the like. It’s common knowledge that fast food is unhealthy. But whenever you visit them there are always a lot of people there, they are always overcrowded. Young people working there are very friendly, the service is very quick, the playing music is pleasant, you can always chose something to your liking on the menu. Mc Donald’s food is especially popular with teenagers. Let’s listen to two girls trying to make an order at Mc Donald’s.

**10. Презентация “Bad habits”.** But eating unhealthy food, skipping meals and even overeating are not as dangerous as smoking and drinking. Drugs addiction also badly affects our health and sometimes can prove to be even deadly. (*Приложение б*)

Do you smoke? Don't smoke! I think you are strong enough to follow this advice. It looks smart only in old movies, and it seems that everybody does it. But that is just a clever form of advertising. Smoking is unhealthy.

- Why do people smoke?
- What is the main reason of smoking?
- From what ages do people begin to smoke?
- Have you ever tried to smoke?
- What do you know about smoking?

**P1, P2, P3, P4, P5** - I know that...

- 16th of November is the day when people all over the world quit smoking.
- every year 3 million people die of smoking.
- your life is 25% shorter if you smoke.
- only 13% of the population smoke in the USA, but in Russia – more than 76%
- 400,000 people die in Russia every year as a result of smoking, a whole town like Ufa disappears every year.

It's common knowledge that smoking and drinking can shorten our lives dramatically. Smoking, for example, causes a number of heart and lung diseases, such as pneumonia, emphysema and cancer. Besides, it makes your teeth yellow and skin unhealthy. Fortunately, in recent years smoking has received a lot of bad publicity, and fewer people smoke nowadays. Some companies don't employ people who are smokers. Smoking has been banned in most public places because everyone agrees it does harm to our health. I don't smoke, because I don't want to have unhealthy skin and teeth and die young.

Never ever smoke! I believe you are strong enough to follow this advice. It looks smart only in old movies, and it seems that everybody does it. But that is just a clever form of advertising. It may be a sign of not growing up and not being able to cope. It is unpleasant and harmful to non-smokers, too, and a serious fire risk. It is offensive in public places like cafes and schools. In Britain smoking is now forbidden in many public places: on the underground, on stations, in shops, in theatres and in cinemas.

**11. Презентация “Keeping Fit”.**

Keeping to a healthy diet isn't enough to stay healthy. What you need is a lot of exercise. Keeping fit helps you to be in a good shape, to feel more energetic after working out, to get rid of stress. Take up some sports. Join a sports club. Today you have a great variety of methods helping you to keep fit: gym, swimming pool, jogging, aerobics, yoga, fitness training. The most popular individual sports are walking, swimming, cycling and aerobics. As an yogic proverb says: "Body is the very first exam for a human". 15 minutes of aerobics and 30 minutes of swimming work wonders. Very refreshing. After that you feel ready for the next week's marathon. Among the benefits of regular exercise are a healthier heart, stronger bones, quicker reaction times and more resistance to various illnesses. Besides, you can eat and drink as much as you want because you are burning it all off. (*Приложение б*)

**12. Презентация “Good Mood”.**

Keeping fit does not only mean healthy habits. Last but not least is your positive attitude to life and good mood. You should be able to get rid of the stress.

Go in for sport, take some exercise – sound very attractive and convincing! But in real life people work and study too hard. On week days they come home late and are busy at weekends.

They have no time to go to a sport clubs or sport centres which aren't quite near their homes. They can hardly do sport seriously. They just want to relax. I believe it is very important to avoid stress. You will be able to do it if you follow these rules.

**P** - 14 ways to de-stress, to grow old and to stay young:

1. Spend ten minutes doing absolutely nothing.
2. Switch off your mobile phone.
3. Take off your watch.
4. Put on your favourite music and turn up the volume.
5. Only switch on your television if there is something you really want to watch.
6. Put on your most comfortable clothes.
7. Hang up your clothes when you take them off.
8. Throw away any clothes you haven't worn for the past two years.
9. Don't eat your breakfast on your feet – sit down and enjoy it.
10. Don't run after the bus – let it go.
11. Give up the gym.
12. Fall in love.
13. Have a laugh. A good laugh is as good as a rest.

**T** - Laugh as often as possible. It is very good for your health. Of all the animals only we humans can laugh. We laugh when we react to something funny or pleasant. When we laugh so many parts of our body take an exercise: the face, the arms, the legs and the chest. Ancient people said "Laughter is the best medicine." Scientists proved that laughter helps to cure illnesses. (*Приложение 7*)

**13.** *Электронная физкультминутка для глаз "Snowman"*. I hope the following presentation will make you smile. (*Приложение 3*)

**14.** Did you enjoy the presentation? Feel better now? This presentation reminds us that New Year is coming and tomorrow we are going to celebrate Christmas. That's why it would be nice to listen to the song which can be heard each year at Christmas. A group of our students will gladly perform the song "*Last Christmas*" for you.

*Исполнение на гитаре песни "Last Christmas"*.

**15.** *Подведение итогов урока, выставление оценок, домашнее задание.*