

МУНИЦИПАЛЬНОЕ АВТОНОМНОЕ  
ОБЩЕОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ  
СРЕДНЯЯ ОБЩЕОБРАЗОВАТЕЛЬНАЯ ШКОЛА №36

**МЕТОДИЧЕСКАЯ РАЗРАБОТКА  
УРОКА АНГЛИЙСКОГО ЯЗЫКА  
В 10 КЛАССЕ НА ТЕМУ:  
«ДИЕТА ПОДРОСТКОВ  
И ЗДОРОВЬЕ».**

Учебник: «Английский в фокусе» для 10 класса  
О.В. Афанасьева.

Учитель КИРИНА Н.Н.

Тамбов 2011 г.

## **Цели урока:**

### Познавательный аспект:

Знакомство с некоторыми факторами влияния различных продуктов на здоровье, с проблемами различных диет для подростков, правилами здорового образа жизни.

### Развивающий аспект:

Развитие способностей к переключению внимания в упражнениях в разных видах речевой деятельности;

Развитие способности к догадке на основе контекста;

Формирование способностей к избирательности восприятия (поиск конкретной информации в тексте); способности к формированию выводов из прочитанного.

### Воспитательный аспект:

Формирование критического осмысления и понимания проблем правильного питания и здорового образа жизни.

### Учебный аспект:

Формирование лексических и грамматических навыков говорения; организация монологических высказываний по теме; организация аудирования текста с детальным пониманием содержания.

Речевой материал - лексика и грамматика предыдущих уроков.

## TEEN DIET AND HEALTH.

“Tell me what you eat, and I’ll tell you what you are”.  
(*Anthelme Brillat-Savarin, French lawyer and politician*)

Today we shall listen, read and talk about healthy and unhealthy food, about problems related to diet, about cooking methods.

### **I. Warming up.**

First of all let’s remember the proverbs you know about food and health.

1. An apple a day keeps the doctor away.
2. Early to bed, early to rise makes a man healthy, wealthy and wise.
3. After dinner sleep a while, after supper walk a mile.
4. Health is the greatest wealth.
5. Tastes differ.
6. Eat at pleasure, drink with measure and enjoy life as it is.
7. Gluttony kills more men than a sword.

### **II. Vocabulary work.**

A). Now look at the board, please. Which of the following items are fruits? vegetables?

- grape • apple • broccoli • carrot • corn
- lettuce • orange • tomato • cherry • raisin
- lemon • celery • melon • strawberry
- blueberry • aubergine • pea • pineapple
- peach • pear • raspberry • plum
- watermelon • banana • pumpkin • fig
- lime • cabbage

Which of these words are countable/ uncountable? What are their plural forms?

B). Cooking methods

How do you eat the following foods in your country? How do you prefer them?  
bread, potatoes, fish, meat, cake, rice, vegetables, chicken.

- steamed • boiled • toasted • grilled
- fried • roasted • baked • raw

E.g. We usually eat fish grilled or fried. I prefer it grilled.

### **III. Speaking.**

A). Now tell me which colour foods you ate yesterday. How do you think colour is related to food? Listen to your classmates to find out.

#### **Pupil 1. Red foods.**

Red foods get you moving. They give you that extra **boost** when you really need it the most. What's more, eating foods in this group will protect you from many serious illnesses and can keep older people active for longer. So, have you got a big game tonight? Is it your turn to do the gardening? Then go ahead and treat yourself to one or even two of your favourite red foods.

#### **Pupil 2. Orange foods**

Orange foods are **brain** food. They help you keep your mind on things and really improve your powers of **concentration**. On the physical side, foods like mangoes, oranges and peaches have lots of vitamin C This is important because that's the vitamin that helps your body fight off infections. As everyone knows, carrots are also fantastic for your eyesight. After all, you've never seen a rabbit wearing glasses, have you?

#### **Pupil 3. Yellow foods**

Yellow foods are nature's way of helping us to stay happy. They make you more optimistic. Imagine that you're feeling a bit down in the dumps. Eat a banana and you'll feel a bit better. Eat a couple of slices of pineapple and you'll feel a smile coming on and by the time you finish your tall glass of lemonade, you'll be grinning from ear to ear! What could be easier? Enjoying yellow foods is better for you, emotionally, than hearing the best jokes in the world.

#### **Pupil 4. Green foods**

Broccoli, lettuce and cucumbers are all green foods. These foods are great when you want to relax, calm yourself down or keep your emotions under control. Green foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy, so next time your mum tells you to eat all your peas don't complain, just do it. Remember, mums always know what's best for you, no matter how old you are!

#### **Pupil 5. Blue foods**

You've had a hard day and now you just want to flop in front of the TV for a bit before you go to bed. When your tummy starts rumbling you go in search of a quick snack - but what should you eat? The best thing at this time of the day is something blue. Blue foods are soothing, both emotionally and physically, and prepare you for a good night's rest. Say goodnight with a delicious bowl of blueberries or a handful of tasty raisins.

## **Pupil 6. Purple foods**

Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more creative. If that isn't a good enough reason to eat them, then think about this ... purple foods can keep you looking young! Imagine being eighty years old, but looking as if you're forty and just about to finish writing your second best-selling novel. Bring on the purple foods!

## **B). Healthy and unhealthy food.**

Now think again of the food you ate yesterday. How healthy do you think it is? Discuss in pairs. Use the table from ex. 7, p. 103.

E.g. 1. Maxim ate chicken which is rich in protein. He also ate potatoes, and potatoes are rich in carbohydrates. He ate some sweets that is not very good for him, because they contain a lot of sugar.

2. Sveta ate very few fruits and vegetables and a lot of sweets and biscuits. I suppose that's not very healthy because they contain a lot of sugar and fat.

3. Sasha ate a lot of fruit and vegetables. And they are rich in vitamins, minerals and fibre so I suppose that's quite healthy.

## **C). Our handy food and health tips.**

Look at the diagram and match problems and solutions. Imagine you have one of the problems. Tell the class what do you do.

1.

A: I'm underweight!

B: Don't you think you ought to eat at least three well-balanced meals a day?

A: It's a nice idea, but I'm not sure if it'll work.

2.

A: I suffer from a lack of concentration!

B: You might feel better if you eat more iron-rich foods.

A: Maybe you're right, but I don't really like vegetables!

3.

A: I'm always so tired!

B: You might feel better if you follow a low-carbohydrate diet.

A: That's not a bad idea.

4.

A: I've got toothache.

B: If I were you, I'd cut out sugary drinks and snacks and visit the dentist.

A: Maybe you're right.

5.

A: I seem to get ill very often!

B: You might feel better if you eat foods that are rich in vitamin C such as oranges or peaches.

A: Thanks. I'll try it.

6.

A: I get such bad indigestion at times!

B: You should avoid eating late at night you know.

A: Thanks. I hadn't thought of that.

7.

A: My skin is so dry these days!

B: It might be a good idea to drink more water.

A: That's not a bad idea.

#### **IV. ФИЗКУЛЬТМИНУТКА**

Arms up! Clap! Clap!

Arms down! Clap! Clap!

Feet apart! Feet together! (Twice.)

Turn left! Hop! Hop!

Turn right! Hop! Hop!

Nod your head! Hop! Hop!

Stamp your feet! Hop! Stop!

#### **V. Listening for specific information.**

Teens and diet.

A). Complete the dialogue with the sentences (A-F). Listen. Exchange the answers with your neighbor and check.

B). Listen to an interview about crash diets and choose the correct answer (A, B or C) for questions 1-4.

#### **VI. Study skills.**

Using interjections.

You can use interjections such as well, oh, ah, er, hmm, and exclamations such as Oh dear! Huh? Yuck! Wow! Right! to make your spoken English sound more natural.

Find interjections/exclamations in the dialogue in Ex. 3 that express:

• surprise • disgust • sympathy • hesitation.

#### **VII. Homework.**

Prepare a two-minute talk about improving eating habits using a rainbow diet. In your speech: • say why we should have healthy eating habits • mention ways a rainbow diet can help us • recommend the diet.

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