**Открытый урок по английскому языку в 9 классе по теме « Здоровый образ жизни. Healthy lifestyle»**

**Образовательные цели:** обобщение информации о здоровом образе жизни, понимание и высказывание в соответствии с конкретной ситуацией общения

**Воспитательные цели:** развитие положительной мотивации к дальнейшему изучению английского языка,развитие культурного общения, помощь от избавления неуверенности в себе, скованности, застенчивости

**Практические цели:** закрепить знания, умения и навыки всех видов речевой деятельности: аудирования, письма, чтения, говорения, развивать навыки монологической речи, развивать грамматические навыки по теме « Косвенная речь».

**Оборудование:**

1. Магнитофон

2. Интерактивная доска

3. Карточки для учащихся

4. Презентация

**Ход урока**

**1.Вступительная часть:** постановка цели урока:

Teacher: Hello, my dear friends! I am very glad to see you at our lesson. Look at the blackboard! There are some words and expressions on it. Read them and guess what the topic of our lesson is.

**Calories, vitamins, healthy diet, physical activity, excess weight, balanced diet**

What are we going to talk about? Yes, the topic of our lesson is «Healthy lifestyle»

**2. Основная часть**

**Аудирование**

Teacher: I want you to listen to the text and complete it with the missing words. You have a list of words in front of you.

You are going to listen to Dr Amy Murphy’s article about healthy eating

In order to stay (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it is important to have a balanced (2)\_\_\_\_\_\_\_\_\_\_\_ - in other words, food that contains something from each of the three main groups of food. These groups are (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_, (4)\_\_\_\_\_\_\_\_\_\_\_\_\_, and carbohydrates.

You find proteins in lot of food, for example (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_, (6)\_\_\_\_\_\_\_\_\_\_\_\_\_, and nuts, cheese, (7) \_\_\_\_\_\_\_\_\_\_\_\_. It helps your body (8) \_\_\_\_\_\_\_\_\_\_\_\_\_ and be healthy and it gives you (9)\_\_\_\_\_\_\_\_\_\_\_\_\_.

Fat gives you energy but don’t eat a lot – it’s (10)\_\_\_\_\_\_\_\_\_\_ for you. There are a lot of fatty foods that come from animals, for example milk, cheese, butter and (11)\_\_\_\_\_\_\_\_. Carbohydrates give you more than 70% of your energy. Bread, (12)\_\_\_\_\_\_\_\_, sereals, fruits, and vegetables such as (13)\_\_\_\_\_\_\_\_\_ and cabbage all contain lots of carbohydrates.

Fruits, vegetables, beans and (14)\_\_\_\_\_\_\_\_\_\_, brown (15)\_\_\_\_\_\_\_\_\_\_ all have fiber. It doesn’t give you energy but it fills your stomach when you are hungry.

There are many different (16)\_\_\_\_\_\_\_\_\_\_ and minerals. They help your body be (17)\_\_\_\_\_\_\_\_\_\_. You can get all your vitamins and minerals from fresh fruit and vegetables.

Ответы:

1 healthy 2 diet 3 proteins 4 fats 5 meat 6 fish 7 milk 8 to grow 9 energy 10 bad 11meat 12 pasta 13 potatoes 14 potatoes 15 bread 16 vitamins 17 healthy

Модуль аудирования

а) You are going to listen to the article.

b) Fill in missing words.

c) Check in the text

Teacher: Thank you**. What in your opinion does a healthy way of life consist of?**

( children name them ). Yes, they are healthy food, balanced diet, sport, correct working day**. What things prevent us from keeping fit and being healthy**? (children: bad, harmful habits)

Let’s listen to our children. They are ready to tell us about all these things.

**Презентация.**

Teacher: Do you like your friends’ work? Was it useful? Thank you.

**Устная речь. Грамматика. Косвенная речь**.

Teacher: Now, take this piece of paper. It is in front of you on the table. These are sentences you’ve made up at our previous lesson. You should change them into reported speech.

1. I want to buy some vegetables.
2. Can you help me to choose useful food?
3. Is he doing exercises at the moment?
4. He has already been to the sports club.
5. Don’t eat so much ice cream.
6. How many medals did Russian Olympic team win during the Olympic games in 2000?
7. Close the fridge, please.
8. Give me my bag with fruits and vegetables.
9. Do you read or watch TV when you eat?
10. What activities burn calories?
11. Juices are really good for me.
12. Eat smaller portions.
13. Pass me the salt, please.
14. I always do exercises and don’t smoke or drink.
15. Why did he put on excess weight so quickly?
16. I will come to your birthday party.

( children change sentences one by one). Thank you.

**Чтение**

**Vegetarians**

A vegetarian is someone who avoids eating the flesh of animals (meat, poultry, or fish, including shellfish). Most vegetarians will also not eat eggs or cheese or use cosmetics or toiletries made that contain animal ingredients or are tested on animals. The word "vegetarian", coined around 1842, comes not from "vegetable" but from the Latin word *vegetus* meaning "whole, fresh, full of life".

People are vegetarians for a number of reasons. Some think that it is wrong to keep and kill animals for use as food and in other products. Others choose to be vegetarians because they believe that the vegetarian diet is healthier than a diet that includes meat. In­deed, a vegetarian diet fits in very well with modern medical advice to cut down on fats, salt, and sugar, and to eat more fibre and fresh vegetables. It is also cheaper than meat. Some people are vegetar­ians because of their religious beliefs. Some people have chosen to be vegetarians for ecological reasons. They say that it is easier to provide food for all the people on the Earth by growing vegetables for food rather than raising vegetable-eating animals.

You have a text in front of you on the table. Read it by yourselves and we’ll work with it.

Модуль чтения

1. Reading
2. Answering the questions
3. Saying true or false

Questions:

What is a vegetarian?

Will they eat eggs and cheese that contain animal ingredients?

Where does the word «vegetarian» come from?

What are the reasons for people to be vegetarians?

True or false:

A vegetarian is someone who likes eating meat.

A vegetarian diet isn’t a healthy diet.

Some people have chosen to be vegetarians for ecological reasons.

**Итоги урока:**

Teacher: Let’s sum up our today’s work.

Was the lesson interesting for you?

What useful things have you learnt from the lesson?

Children:

Interesting words: balanced diet, calories, excess weight, physical activity;

Sport and regular exercises are important for us;

A balanced diet is also useful for us;

A correct working day is necessary too;

I will never smoke.

Teacher: Ok, that’s very nice of you. You have worked very hard today, learnt useful things. Your marks are excellent. Write down your homework: 1) Make up a story about your working day: 2) p. 107 ex.№1 3) p. 10