

Дата: 11.11.2022

Клас: 7-А

Предмет: Англійська мова

Тема: Приготування їжі.

Мета: формувати навички вживання нових лексичних; вдосконалювати навички читання й мовлення з опорою на лексико-граматичні структури; розвивати мовну здогадку й мовленнєву реакцію учнів; виховувати зацікавленість у розширенні своїх знань.

Вчитель: Глуговська Л.Г.

Хід уроку

1. Greeting

Good afternoon, dear children! I'm glad to see you. Are you ready to start our lesson? Let's start.

2. Warming up/Speaking

Ex. 2 page 65

Дайте відповіді на питання.

2 Work in pairs. Answer the questions.

- 1 Why is fresh food better than food from packages?
- 2 What kind of oil is the best for your health?
- 3 Is white bread better for you than brown bread?
- 4 Why do some people want to eat organic food?

3. Reading

Ex. 3 page 65

Прочитайте речення та поєднайте їх з текстами.

3 Read the sentences 1-6 and match them with the correct places in the text.

- 1 Eat them before doing sport.
- 2 Eat these foods before sitting down to do your schoolwork because they are full of protein and healthy fats.
- 3 It's never too early to start thinking about what you eat!
- 4 It is the mineral which helps our body stay healthy and fight illness.
- 5 You need about ten glasses every day.
- 6 If you have them as snacks, you will have a nicer smile and you can even kiss somebody.

POWER FOODS

People, like all living organisms, need food to live. Food gives us energy for every action we do, from writing homework to running. It helps us build and **repair** things in our body and it helps our organs function well. A good choice of food can make us **healthier** and, believe it or not, more beautiful and successful as well. You may be surprised by the following list but the food on it is really great for you. ... ☐



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FOR MORE ENERGY

Pasta, potatoes and breakfast **cereal** all have a lot of carbohydrates and are real energy-givers. ... ☐ If you have them before an important football match or a swimming competition, make sure to have a full plate.



FOR STRONGER IMMUNITY

Did you know that eggs have many different vitamins and also a lot of zinc. ... ☐ If you eat them, you will be healthier.



FOR BETTER CONCENTRATION

Chicken, fish and nuts **increase** the production of dopamine¹ in your brain² which helps you concentrate. If you eat **grilled** (not **fried**) chicken, fish and nuts you will remember more of what you are studying. ... ☐



FOR WHITER TEETH

Apples and raw³ carrots are similar to small toothbrushes which polish your teeth and after eating them your mouth will smell sweet. ☐



FOR CLEARER SKIN

Walnuts⁴ are rich in omega-3 fatty acids and after eating them you will have fewer **pimples**. Water is necessary for fresh and healthy-looking skin. ... ☐ If you drink a lot of it, your skin will be as beautiful as a baby's.



4. Vocabulary box

Ст. 67

Ознайомтесь з новими словами та запишіть їх у словник.

Read aloud the text from task 3
and check your answers with the whole class.

		VOCABULARY BOX an acid кислота a carbohydrate вуглевод an immunity імунітет zinc цинк to increase збільшувати to repair відновлювати to smell пахнути organic органічний protein протеїн, білки successful успішний, вдалий ● as much as possible максимально наскільки це можливо
boiled rice варений рис	fried eggs яєчня	
		
grilled fish риба на грилі	roast [rəʊst] chicken смажена курка	

5. Writing

Friday, the eleventh of November Homework

Exercise 5 page 67

Перегляньте текст вправи 3, зверніть увагу на виділені слова блакитним кольором та поєднайте ці слова з їх поясненням.

- 5 Read the text in task 3 again and match the words in blue with their definitions below.
- a (adj.) physically strong and not often ill
 - b (adj.) cooked in hot fat or oil
 - c (n.) food made from grain, such as cornflakes or muesli
 - d (v.) to fix something that is not working well so it is in a perfect condition again
 - e (v.) to make larger in number or amount
 - f (n.) a small infected spot on the skin of the face
 - g (adj.) cooked without fat, on open fire or in an oven
 - h (n.) something small, like a sandwich, chocolate or an apple that you eat between meals

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6. Homework

- Опрацюйте конспект уроку;
- Запишіть слова та вивчіть їх;
- Exercise 5 page 67 (письмово).

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