

Дата: 11.11.2022

Клас: 7-Б

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 dopamine<sup>1</sup> in your brain<sup>2</sup> 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 raw<sup>3</sup> carrots are similar to small toothbrushes which polish your teeth and after eating them your mouth will smell sweet. .... ☐



#### FOR CLEARER SKIN

**Walnuts**<sup>4</sup> 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.

		<b>VOCABULARY BOX</b> 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).

**Надіслати виконане завдання у Вайбер/телеграм (0964124047) – Людмила Григорівна або на Human.**