

Фастфуди в нашому житті

06.02.2024 6А 6Б Хоменко А.Ю.

Aims:

- формувати навички вживання нових лексичних одиниць, удосконалювати навички аудіювання та читання, роботу в парах та групах.
- розвивати мовну здогадку та мовленнєву реакцію учнів.
- виховувати зацікавленість у розширенні своїх знань.

Хід уроку.

1. Listening.

- Перегляньте презентацію з теми
- <https://youtu.be/fE8lezHs19s?si=2PTqetKhPhfpnek5>
- Які ваші думки після перегляду відео

2. Speaking.

- <https://wordwall.net/play/65293/129/516>
- Опрацюймо гру

3. Reading. Ex.1



Fast food

A. Listen and read. What do the two experts believe about fast food? Write P for Peter Swain and R for Rosalind Mack next to the correct opinion. There are two extra opinions which you will not need to use.

Do you feel like a juicy burger? Well, it's OK. Fast food isn't that bad for you. Remember we need protein in our diet to be strong and healthy, and our body needs a little fat too. Also, eating a few chips every now and then doesn't make you unhealthy. Potatoes are rich in carbohydrates and they give you energy. Just don't overdo it with fried food. For some vitamins, choose a fresh salad with olive oil. Nowadays, most fast-food places have salad bars. So, don't avoid fast food completely. However, eating a lot of it is unhealthy.

Peter Swain

Fast food is junk food. It's full of fat, salt and sugar, and it doesn't contain many vitamins. Many teenagers are overweight because fast food is a big part of their diet. Also, they don't exercise a lot, so at some point, they will probably have health problems. Teens need to avoid fast food. It's better for them to eat home-cooked meals with lots of fresh vegetables and drink lots of water instead of soft drinks. Milk and dairy products are rich in protein and calcium and are necessary for healthy teeth and bones.

Rosalind Mack

4. Reading and speaking.



Read



= BOOK

A. Listen and read. What do the two experts believe about fast food? Write P for Peter Swain and R for Rosalind Mack next to the correct opinion. There are two extra opinions which you will not need to use.

Fast food

It's fast, it's cheap, it's tasty. Everybody loves it!
But how good is it for us? Here's what two experts,
Peter Swain and Rosalind Mack have to say.

1. Some fast food is OK if you eat healthy food too.
2. Fast food is OK if you exercise.
3. Nowadays, fast food is 100% healthy.
4. Fast food is totally unhealthy.

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5. Writing

- Запишемо число

Tuesday, the 6 of February
Classwork

B. Circle the correct words.

1. John never eats junk food because he thinks it's **unhealthy** / **tasty**.
2. Fried food has a lot of **fat** / **sugar** in it.
3. A: Would you like some **meatballs** / **peas**?
B: No, thanks. I don't eat meat.
4. Let's put some olive **bone** / **oil** on the salad.
5. Lisa **avoids** / **overdoes** eating food with a lot of salt or sugar because she is on a diet.
6. If you want to be healthy, it is **necessary** / **strong** to exercise.
7. Michael never drinks milk. He hates **vitamins** / **dairy products**.
8. What do you **feel** / **choose** like eating today?
9. John bought some **junk** / **fresh** fruit from the market yesterday.
10. My brother goes for a walk in the park every **point** / **now** and then.

= ACTIVITY BOOK



Homework:

- опрацюйте конспект уроку
- подумайте про якість їжі, яку ви вживаєте
- опрацюйте письмово 6-10 речення
- роботу чекаю на Human.