

Дата: 10.02.2025      Клас: 6-А,Б

Предмет: Англійська мова

Тема: Корисна їжа

Мета: опрацювати лексичні одиниці з теми “Здорова та шкідлива їжа” та повторити лексику з тем “Технології”, “Види транспорту”; розвивати навички монологічного та діалогічного мовлення учнів, вміння розуміти співрозмовника, культуру праці та спілкування учнів на уроці; формувати ціннісне ставлення учнів до праці, людей, виховувати у дітей наполегливість, прищеплювати інтерес до вивчення англійської мови.

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 / Listening**

*Watch the video about “ Healthy vs. Unhealthy Foods”.*

<https://www.youtube.com/watch?v=slKV2AiUOFk>

#### **3. Speaking**

*Ex. 4 page 69*

*Розподіліть їжу на корисну та шкідливу:*



## Speak & Write

A. Which of the following meals do you consider healthy/unhealthy? Why? Discuss.



fish, potatoes, peas, carrots, lemon



pasta with meatballs, sauce



club sandwich: chicken, cheese, lettuce, chips, ketchup



fried egg, chicken sausages, fried tomato, beans, mushrooms



salad with chicken, lettuce, tomato, cucumber, mayonnaise



yoghurt with strawberries and chocolate

### 4. Reading

Ex.1 page 68

Прочитайте текст про фаст-фуд:

## Fast food

### How healthy is it?

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.

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



### 5. Grammar

Розглянемо вживання прислівників:

## 2 Grammar

**How much...? / How many...? / Much / Many / A lot of / Lots of / A few / A little**

**How much / Much / A little + uncountable nouns**

- *How much money have you got?*
- *I don't drink much milk.*
- *We've got a little time. Why don't we go for a walk?*

**How many / Many / A few + plural countable nouns**

- *How many books did you read in the summer?*
- *I don't want many chips. I don't like them very much.*
- *I invited a few friends for my birthday.*

**A lot of / Lots of + uncountable and plural countable nouns**

- *Soft drinks contain a lot of sugar.*
- *There are lots of shops in the city centre.*

**Circle the correct words.**

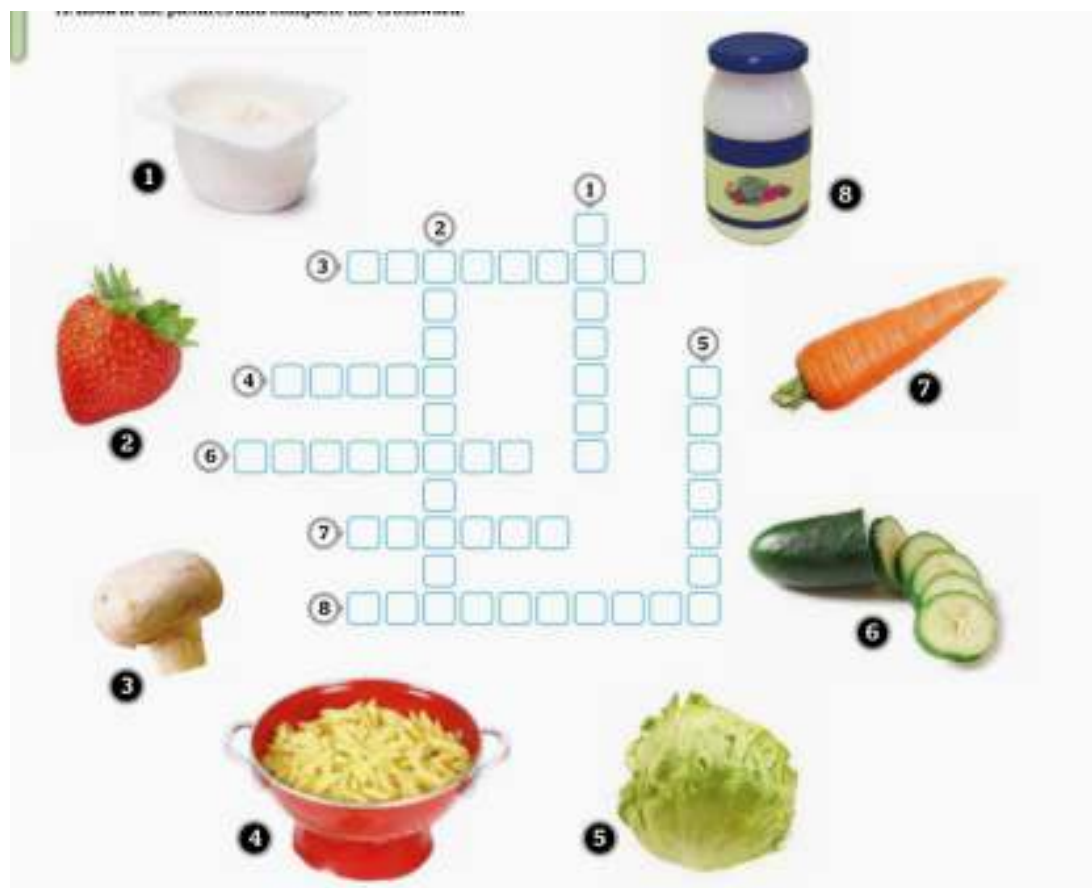
1. How much / How many sugar do you put in your coffee?
2. I haven't got many / much money with me. Can you give me €20?
3. Fran can't talk to you right now; she's got a lot / lots of work.
4. This book has got lots of / many information about Thai food.
5. Much / Many people prefer going on holiday in July.
6. With a few / a little help from my friends, I can do it.

## 6. Writing

*Monday, the tenth of February*

*Homework*

*Запишіть кросворд, доповнивши словами:*



## 7. Homework

Домашнє завдання:

1. Опрацювати конспект, переглянути відео;
2. Виконайте завдання з розділу Writing (письмово).

**Надіслати виконані завдання на освітню платформу Human або  
на Viber (0964124047)– Людмила Григорівна.**

**Бажаю успіху!**