

Клас: 8-Б

Тема: Здоровий спосіб життя.

Вчитель: Глуговська Л.Г.

1. Greeting

2. Warming up / Listening

https://www.youtube.com/watch?v=Cg_GW7yhq20

Ex. 1 page 30

Дайте відповіді на питання:

1 Work in pairs. Talk to your partner.

- 1 How many hours' sleep do you need every night?
- 2 Do you fall asleep easily?
- 3 What helps you fall asleep?
- 4 Do you wake up during the night or do you sleep like a log?

4. Reading

Ex. 2 page 30-31

Прочитайте та скажіть, що нового ви дізнались з тексту:



2 Listen to and read the text.

Every person goes through five stages of sleep. To feel good we need to go through each stage every night.

During stages 1 and 2 you sleep lightly. It is easy for someone or something to wake you. During stages 3 and 4 you sleep deeply. It is not easy for anyone to wake you. You hear no sounds and see no lights.

Then comes the last stage of sleep. It is called REM (rapid eye movement). This is the stage in which you dream. You breathe more



quickly than in the previous stages.

Your eyes move rapidly under your eyelids and you dream.

There are all kinds of dreams: good ones, bad ones and nightmares. You need your dreams. You dream more if you have a special problem. Dreams help you solve your problem and give you answers to some questions. Actually, you dream four to six times during the REM stage. Very often you don't remember what you have dreamt about.

If you have problems falling asleep, you should think about the following:

- a Chocolate, tea and *Coca-Cola* have caffeine and they keep you awake. Try not to have them in the evening.
- b Too much food makes it difficult for your body to relax. Think about how much you eat before you go to sleep.
- c Exercise wakes you up. Don't exercise before bedtime.
- d Your bed should be used for sleeping only. Eating, studying or watching TV shouldn't be done in bed.

5. Writing

Friday, the twenty seventh of September

Homework

Ex. 4 p.31

Зapiшіть, які речення правдиві та не правдиві:

4 Say if the following statements are true or false.

- 1 We go through the 4 stages of sleep.
- 2 We dream in the last stage.
- 3 We dream only once.
- 4 REM means "remember everything in the morning".
- 5 Our body is more active in the REM stage.
- 6 Dreams are good for us.
- 7 Chocolate in the evening is a good idea.
- 8 Exercising before bedtime helps you fall asleep.

6. Homework

Домашнє завдання:

1. Опрацювати конспект, переглянути відео;
2. Ex. 4 p.31 (письмово).

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

Бажаю успіху!