

Дата: 07.02.2025      Клас: 6-А,Б

Предмет: Англійська мова

Тема: Здорова 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. Reading**

*Ex.1 page 68*

*Прочитайте текст про фаст-фуд:*

**Read**

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 option. There are two extra options which you will not need to use.

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.

# 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*



#### 4. Speaking

Ex.1 (B) page 68

Дайте відповіді на питання:

B. Read again and answer the questions.

1. Why is protein good for us?
2. According to Peter Swain, why aren't chips totally unhealthy?
3. What does he say about fast-food places?
4. According to Rosalind Mack, what does fast-food contain?
5. According to Rosalind Mack, why will teenagers probably have problems with their health?
6. What do teenagers need to do to change their diet?



#### 5. Grammar

Розглянемо вживання прислівників:

ADVERBS much, many, little, few, a little, a few	
Many	багато
Much	
Little	мало(майже немає)
Few	
A little	трохи (але ж таки є)
A few	

## 6. Writing

*Friday, the seventh of February*

*Classwork*

Запишіть, доповнивши словами “much/many”

**MUCH OR MANY?**

a.	_____	exercises
b.	_____	cakes
c.	_____	books
d.	_____	tea
e.	_____	flour
f.	_____	bottles
g.	_____	sugar
h.	_____	rice
i.	_____	water
j.	_____	pillows
k.	_____	smoke
l.	_____	drinks
m.	_____	fun
n.	_____	cups
o.	_____	noise
p.	_____	houses
q.	_____	girls
r.	_____	free time
s.	_____	sleep

## 7. Homework

Домашнє завдання:

1. Опрацювати конспект, переглянути відео;
2. Запишіть, доповнивши словами “little/ few”

LITTLE OR FEW?

a.	_____	flowers
b.	_____	noise
c.	_____	records
d.	_____	money
e.	_____	boys
f.	_____	picture
g.	_____	work
h.	_____	lakes
i.	_____	salt
j.	_____	letters
k.	_____	cakes
l.	_____	coffee
m.	_____	trees
n.	_____	cars
o.	_____	time
p.	_____	cans
q.	_____	water
r.	_____	wind
s.	_____	patience

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

**Бажаю успіху!**