



Healthy Mouth



**The 10th of December
It's Monday**

The theme of the lesson: Health

The aim of the lesson:

a) educational: To develop lexical material, repeating passed grammar material

b) developing: To develop memory, logical thinking and developing creative work with new technologies, to provide an opportunity of free speaking.

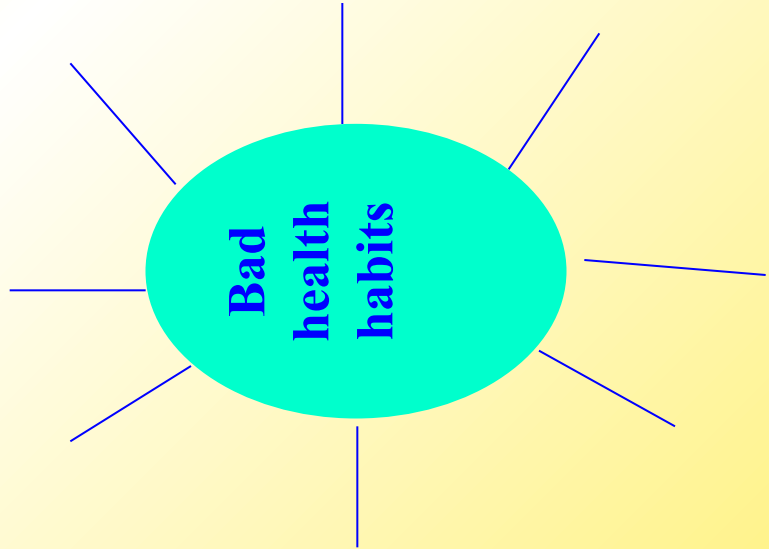
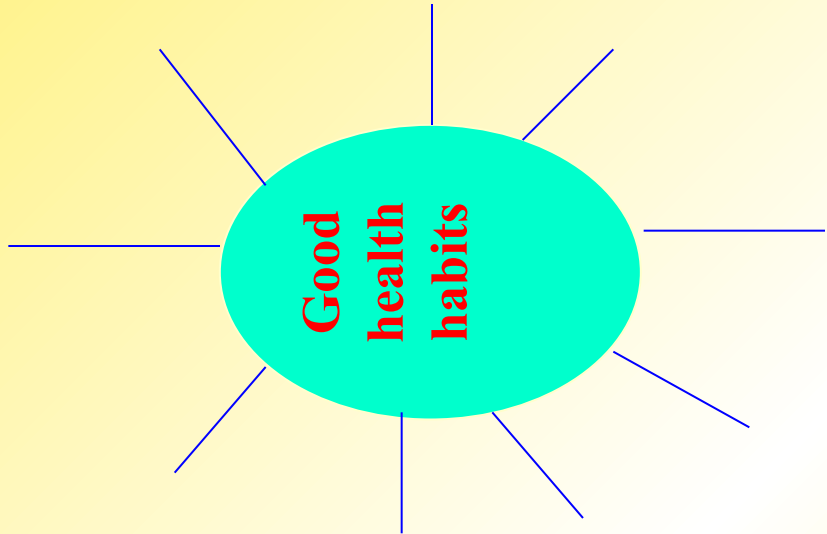
c) bringing up: To make an interest to the subject, to teach to work creatively, in group.

Type of the lesson: Integration lesson

Aids of the lesson: Cards with sentences, pictures of bad and good habits of health

The form of the lesson: Work in pairs, in groups

Connection with other subjects: Biology, HWL, chemistry, industrial lesson, languages.





Eating fruits and vegetables

Doing morning exercises

Keeping of a day regime

Walking

Healthy sleep



Smoking

Drinking alcohol

Mobile phones

Working on a computer, watching TV

Healthy lifestyle

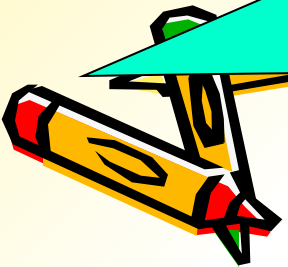


PROVERBS ABOUT HEALTH

Try to give Russian equivalent

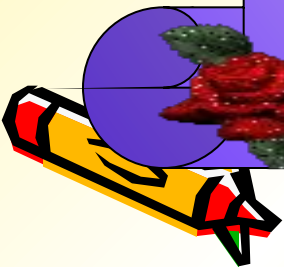
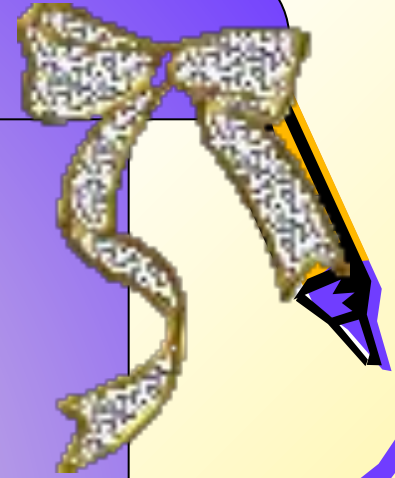
- . Health is not valued till sickness comes
- . A green wound is soon healed
- . A good wife and health is a man's best wealth
- . Early to bed and early to rise , makes a man healthy, wealthy and wise
- . Health is great riches
- .. God helps them that help themselves

Health is above the wealth



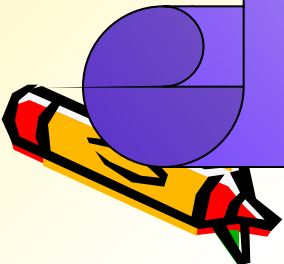
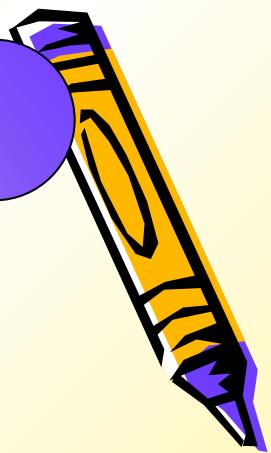
Что нужно делать чтобы быть стройным и здоровым?

- . Исключить мучное и десерты
- . Кушать маленькими порциями
- . Делать зарядку
- . Исключить жирную пищу
- . Не кушать на ночь
- . Кушать больше овощей и фруктов
- . Считать калории
- . Кушать низкокалорийную пищу
- . Следовать диете



How take care of health?

- . Cut out snacks and deserts**
- . Eat less of everything**
- . Exercise more**
- . Cut down on fat**
- . Don't eat at night**
- . Eat more fruit and vegetables**
- . Count calories**
- . Use low- calorie foods**
- . Follow a diet**



There are some laws of health that people must follow

• Using the pictures make up some sentences

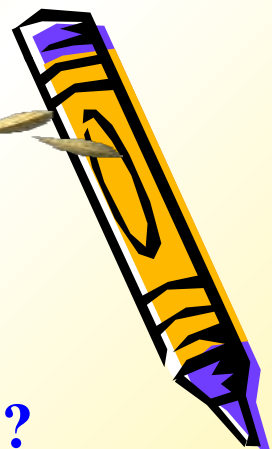




Polyglot

- In what month people Independent day celebrated?
- Better late than.....
- So many countries, so many.....
- East or West.... Is best
- Knowledge is.....
- Speech is silver but silence is....
- Health is better.....





Polyglot

- In what month people Independent day celebrated? (December, желтоқсан, декабрь)
- Better late than.....(never, ешқашан, никогда)
- So many countries, so many.....(customs, дәстүр, традиция)
- East or West.... Is best (home, үй, дом)
- Knowledge is.....(power, қуат, сила)
- Speech is silver but silence is....(gold, алтын, золото)
- Health is better.....(wealth, байлық, богатство)



Find the proverb

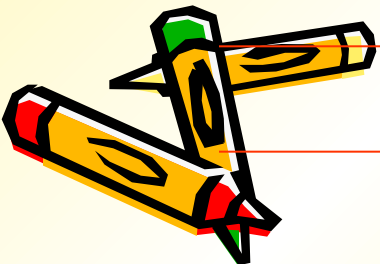
A is missed

1. SYINGNDDOINGRETWOTHINGS (3)

2. MNERSMKEMN (4)

3. CLENHANDWNTSNOWSING (5)

4. ERLYTOBEDNDERLYTORISEMKESMN
HEALTHYWELTHYNDWISE (7)



ANSWERS:

1. SAYING AND DOING ARE TWO THINGS
2. MANNERS MAKE A MAN
3. A CLEAN HAND WANTS NO WASHING
4. EARLY TO BED AND EARLY TO RISE
MAKES A MAN HEALTHY, WEALTHY
AND WISE



6^{19^3}

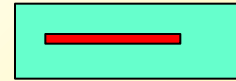
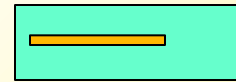
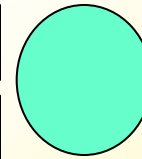
$6^1 6^3 8^1 4^2 3^2 7^3 5^3 2^1 6^2 3^{1-}$

$6^1 9^3 4^3 6^2 3^1 3^2 7^1 3^2 6^2 3^1 3^2$

$6^2 8^1$

$5^2 2^1 9^4 2^1 5^2 4^2 7^4 8^1 2^1 6^2 !$

To find
sentence



1 o o

2
ABC

3 DEF

4
GHI

5 JKL

6
MNO

7
PQRS

8
TUV

9
WXYZ

* +

0

↑

To
check



**My Motherland -
my Independent Kazakhstan!**





TEST

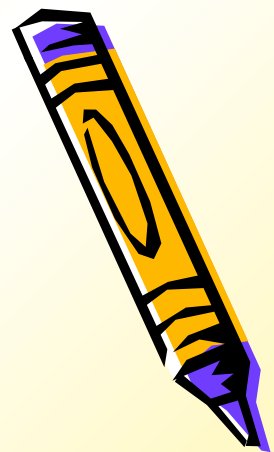


Answers

1. A
2. A
3. C
4. B
5. B
6. C
7. B
8. C
9. B
10. A

HOME TASK:
TO WRITE AN ESSAY

“ I TAKE CARE OF HEALTH ”



The background of the image is a clear, vibrant blue sky filled with soft, white, fluffy clouds. The clouds are scattered across the frame, with a denser layer of clouds at the bottom and some wispy clouds higher up. The overall scene is bright and cheerful.

The lesson is over.

You may go out.

Good bye!