

Учитель английского языка Алексеева
Анна

Александровна

МОУ СОШ №63 г. Ульяновск












Healthy or unhealthy?





Example 1:

-Do you like cakes?
-Yes, I do/ No, I don't

Name					
Anna					
Max					

Example 2:

Sasha likes bananas, apples





Everything-
ВСЁ
Especially-
ОСОБЕННО

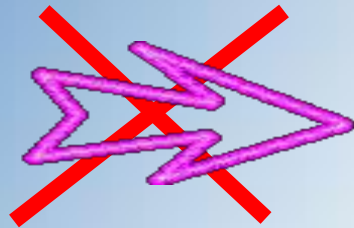


Why is Winnie fat?

I am Winnie – the –Poor. I live in the forest in England. I am very nice. I am not very fat. Bu I am not slim. I like to eat everything especially honey, sweets, cakes. I have many friends. But I can't jump, run and skip. Help me, please.



**“ An apple a day keeps people
the doctor away”.**



healthy

unhealthy



Example: are healthy / unhealthy food.



“Winnie at the Rabbit’s place”



Make a list of tasty things that Winnie likes to eat.

Which of them healthy or unhealthy ?





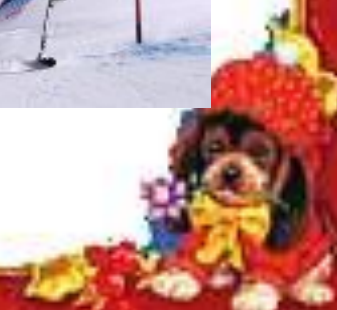
What must Winnie do to be healthy?

You are not healthy. You like to eat. That's why you are fat. You must not sleep in the morning. You must not eat butter and much bread for breakfast. You must drink milk and eat a lot of fish. You must run in the park and you must skate. You must swim, skip and jump. You must be strong, but must not be fat.





Sport



Sing and do!

Stand up, sit down, keep moving!

Stand up, sit down, keep moving!

Stand up, sit down, keep moving!

We're all at school today!

Stand up, sit down, open your books, keep moving!

Stand up, sit down, open your books, keep moving!

Stand up, sit down, open your books, keep moving!

We're all at school today!

Stand up, sit down, open your books, close your books, keep moving!

Stand up, sit down, open your books, close your books, keep moving!

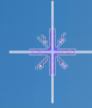
Stand up, sit down, open your books, close your books, keep moving!

We're all at school today!

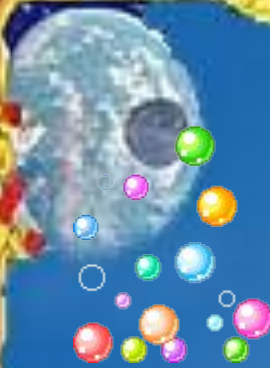


Correct the mistakes

**You are not healthy.
You must stand on
your head. You must
eat sweets and drink
coffee. You must not
run and jump, you
must not swim.**



What does she like to eat?



Gold rules



Doctors



Cookers

Prescription

You must...

You must not....



Recipe

Mix....



Help yourself.





Questionnaire

1 point for the positive answer

1. Do you eat meet in the morning?
2. Do you like to play football?
3. Do you eat many sweets?
4. Do you drink milk?
5. Do you run and jump?
6. D o you drink much lemonade?
7. Do like sport?

If you have 3 -4 points, you are healthy.
If you have over 4 points, you are not healthy.





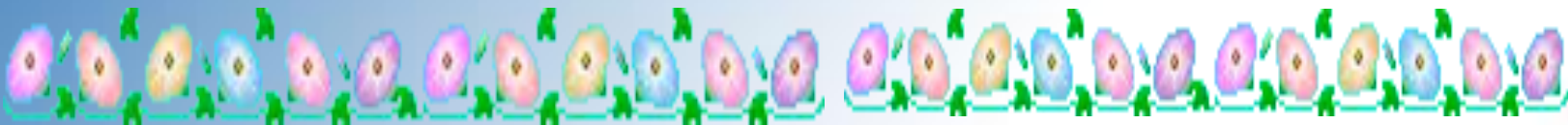
A success light signal



Choose an apple if you think that people must eat healthy food and do sport.

Choose a sweet if you think that people must eat only tasty food and mustn't do sport.

Choose chips if you think that people must eat unhealthy food and mustn't do sport at all.





Good bye!

You know an apple a day
Won't keep the doctor away

Welcome to the cliches
Welcome to the part
Where we wanna finish
What we can't start
Come and get me

Just don't miss the water
Until the well is dry
You got to learn walking
After you can fly
Come and get me

What goes in, will get out
What goes up, comes right down
We go up, we go up, we go up

You know an apple a day
Won't keep the doctor away
Were never taught what we teach
And won't practice what we preach

Источники:

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- Биолетова М.З. Книга для учителя.

