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Traditional food in Britain and in Kazakhstan

7 grade



Aim of the lesson:

1. Educational : to teach to speak on the theme, to master new lexis and its use in speech, to enrich pupil's knowledge about eating in Britain and Kazakhstan.
2. Developing to develop students abilities in speaking through asking and answering questions.
3. Bringing up: to evoke their interest in learning English.



Phonetic drill:

[ɪ:] - sweet, tea, tea-break, meal, meat, cheese

[ɪ] - biscuit, chips, fish, milk

[aɪ] - pie, slice, like

[æ] - sandwich, salad, apple

[eɪ] – cake, potato

[ʌ] - bun, lunch, butter

[ɔ] - shop, strong, tablecloth, , teapot

[ɔ:] – salt, water, sausage

[u:] – soup, juice, spoon, food, too



Countable or uncountable

- *cars, water, air, bottles, apples, bread, tea, peas, dollars, lemons, salt, eggs, toys, milk, sandwiches, ham, cheese, coffee.*



Breakfast between 7 and 9 o'clock

- *Breakfast is served in the morning. It used to be a large meal with cereal, eggs and bacon, sausages, tomatoes. But such a large breakfast takes a long time to prepare and is not very healthy. Nowadays, Britain's most popular breakfast consists of cereal, toast with marmalade, juice and yogurt with a cup of tea or coffee.*



Lunch between 12 and 1.30 o'clock

Lunch is a light meal. Most people have no time to go back home for lunch so they eat at school, cafes, pubs or restaurants.



5 o'clock tea

- *English people like tea. They drink a lot of tea. They have tea for breakfast, for lunch, for supper. At 5 o'clock tea they have tea with bread and butter and cakes. English people like to have tea with milk not with lemon .*



Dinner sometimes is called supper at 6.30 and 8 o'clock

- The main meal of the day is dinner, which is usually between 6 and 7 p.m. Dinner consists of two courses. A typical evening meal is a meat dish with vegetables and dessert.

The most important meal of the week is the Sunday dinner, which is usually eaten at 1 p.m. The traditional Sunday dish used to be roast beef, but nowadays pork, chicken or lamb are more common.





Kazakh traditional food

- *Our traditional foods are.....*
- *What horse- beef delicatessen do you know?*
- *What milk products do you know?*



Work with poster

Eating in Britain

Eating in Kazakhstan



Test

1. The traditional British Sunday lunch consists of
a) Yorkshire pudding b) omelette c) bacon
2. The most popular drink is
a) milk b) mineral water c) tea
3. British breakfast consists of
a) Meat b) fish c) cornflakes
4. The chief meal of the day
a) Breakfast b) midday c) supper
5. In the evening they have
a) Honey and tea b) bread and butter c) bacon and eggs
6. Our traditional food is _____.
7. Our favourite meat dishes are _____.
8. The most popular drinks are _____.



Good food has six important things:

CARBOHYDRATES give you energy. There are carbohydrates in bread, sugar, potatoes and rice.

FATS make you strong and give you energy. There are fats in meat, butter, cheese and oil.

VITAMINS are important for your eyes, your skin, your bones, your hair and for other parts of your body. There are 13 types of vitamins: A, B, C, and so on. There are vitamins in many types of food.

PROTEIN helps you to grow and gives you energy. There is protein in meat, fish and milk.

WATER is important for your blood. It also cleans your body from the inside. Drink lots of water every day.

MINERALS make your bones and teeth strong. There are different types of minerals in milk, vegetables, eggs, meat and many other foods.



Riddles

It is a fruit. It is red or yellow, sometimes green. It is very tasty. Children like to eat it very much. (an apple)

It is white. It is oval. It is good to eat for breakfast. It comes from a hen. (an egg)

It's a drink. In Russia people usually drink it hot, but in some countries people drink it cold (tea).

It is a drink. It is white. Children like to drink it. It comes from a cow. (milk)

It's green and you have it in salad (cucumber).

Monkeys like the yellow fruit (banana).

Apples, bananas, plums are ... (fruits).



Conclusion:

Giving marks

Giving home tasks

