

**Theme**

# «Keep fit and healthy»

**Выполнила: учитель  
английского языка II  
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школа № 66 Хуснутдинова Г.Н.**

Данная учебно – методическая разработка  
по теме «Здоровый образ жизни  
ШКОЛЬНИКОВ» предназначена для изучения  
английского языка в 6 классе по УМК  
«Английский язык нового тысячелетия»  
под редакцией  
Н.Н. Деревянко, С.В. Жаворонкова и  
соавторы.- Обнинск: Титул, 2010.

**Unit 8 «Keep fit and healthy». Раздел 8 «Здоровый образ жизни».  
III четверть.**

№ п/п	Тема урока	Кол-во уроков
1.	What's the matter? В чем дело?	1
2.	At the doctor's. У врача.	1
3.	If you have flu, you should...Если у тебя грипп, то тебе следует...	1
4.	Taking your pet to the vet. Посещение ветеринара.	1
5.	How to be healthy. Забота о здоровье.	1
6.	Laughter is the best medicine. Смех-лучшее лекарство.	1
7.	Progress page. Контрольная работа по теме «Здоровый образ жизни».	1
8.	Project: How healthy are we? Защита проекта по теме «Будь в хорошей физической форме».	1
9.	Обобщающий урок по разделу «Здоровый образ жизни».	1

# Listen and repeat these words

- 1. a sore throat 🗣️
- 2. a cold 🗣️
- 3. a headache 🗣️
- 4. stomachache 🗣️
- 5. a backache 🗣️
- 6. an earache 🗣️
- 7. a toothache 🗣️



**a sore throat** 🗣️



**a cold** 📣



**a headache 🗣️**



**stomachache** 📢





**a backache** 📢



**an earache** 📣



**a toothache 🦷**

# Match the pictures and the words

1. a sore throat

2. a cold

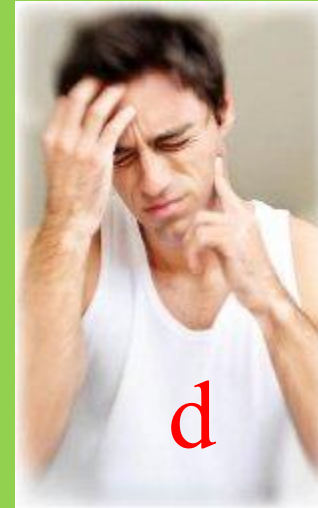
3. a headache

4. stomachache

5. a backache

6. an earache

7. a toothache




# Listen and answer:

- What's the matter with

- Mike,

- Jane,

- Max? 

# Listen and repeat

eat-ate-**eat** 🗣️

break-broke-**broken** 🗣️

catch-caught-**caught** 🗣️

hurt-hurt-**hurt** 🗣️

cut-cut-**cut** 🗣️

# Look and find the 3<sup>rd</sup> form verb

- eat-ate
  - break-broke
  - catch-caught
  - hurt-hurt
  - cut-cut
- **broken**
  - **eaten**
  - **cut**
  - **caught**
  - **hurt**
- 
- The diagram consists of two columns of text. The left column contains five pairs of verbs connected by a hyphen: 'eat-ate', 'break-broke', 'catch-caught', 'hurt-hurt', and 'cut-cut'. The right column contains five bolded 3rd forms: 'broken', 'eaten', 'cut', 'caught', and 'hurt'. Blue arrows indicate the following connections: 'eat-ate' points to 'eaten', 'break-broke' points to 'broken', 'catch-caught' points to 'caught', 'hurt-hurt' points to 'hurt', and 'cut-cut' points to 'cut'.

# Present Perfect Tense

**Example:** Mike (hurt) his leg.-Mike has hurt his leg.

1. Jane ... a lot of sweets. (eat)
2. Max ... a cold. (catch)
3. Henry ... his arm. (break)
4. Mary ... her hand. (cut)
5. John ... his finger. (hurt)



# Present Perfect Tense

**Example:** Mike (hurt) his leg.-Mike has hurt his leg.

1. Jane **has eaten** a lot of sweets.
2. Max **has caught** a cold.
3. Henry **has broken** his arm.
4. Mary **has cut** her hand.
5. John **has hurt** his finger.

# HEALTH

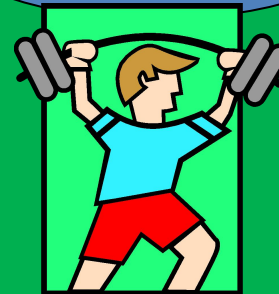
Eating low fat food



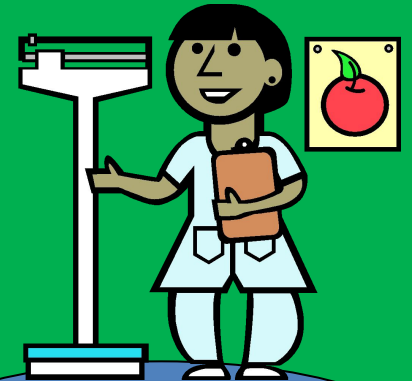
Eating whole meal bread



Exercising



Eating high fibro food



Dieting

# BAD HABITS

## smoking

### drinking alcohol



*environmental influence*



### eating sweets



### Physical inactivity





# Which is your favorite food?



Write the words on list in two columns.

**Food:** apples, cabbage, cake, carrots, cheese, chocolate, cola, crisps, eggs, hamburgers, hot dog, fish, nuts, pizza, popcorn, salad, sweets, yogurt.

- A. **healthy food:**

- B. **unhealthy food:**

# Food

- A. **healthy food:**

- apples
- cabbage
- carrots
- cheese
- eggs
- fish
- nuts
- salad
- yogurt

- B. **unhealthy food:**

- cake
- chocolate
- crisps
- cola
- hamburgers
- hot dog
- pizza
- popcorn
- sweets



# *How to Keep Fit*

- *Take a lot of exercise. Physical activity is good for all of us at any age.*
- *Begin your day with morning exercises. They give you enough energy for the day.*
- *Be sporty. Join a sports club or go to the gym and work out.*
- *Take enough sleep. Most people need eight hours of sleep to feel well.*
- *Leave some time for relaxing after a hard working day.*
- *Spend some time out of doors every day. Fresh air does us a lot of good.*
- *Limit the time you spend in front of your television or computer to an hour — an hour and a half.*
- *Keep to a healthy balanced diet. Don't over eat.*
- *Don't eat junk food. Some kinds of food are harmful.*
- *Don't smoke or drink alcohol. Never use drugs.*

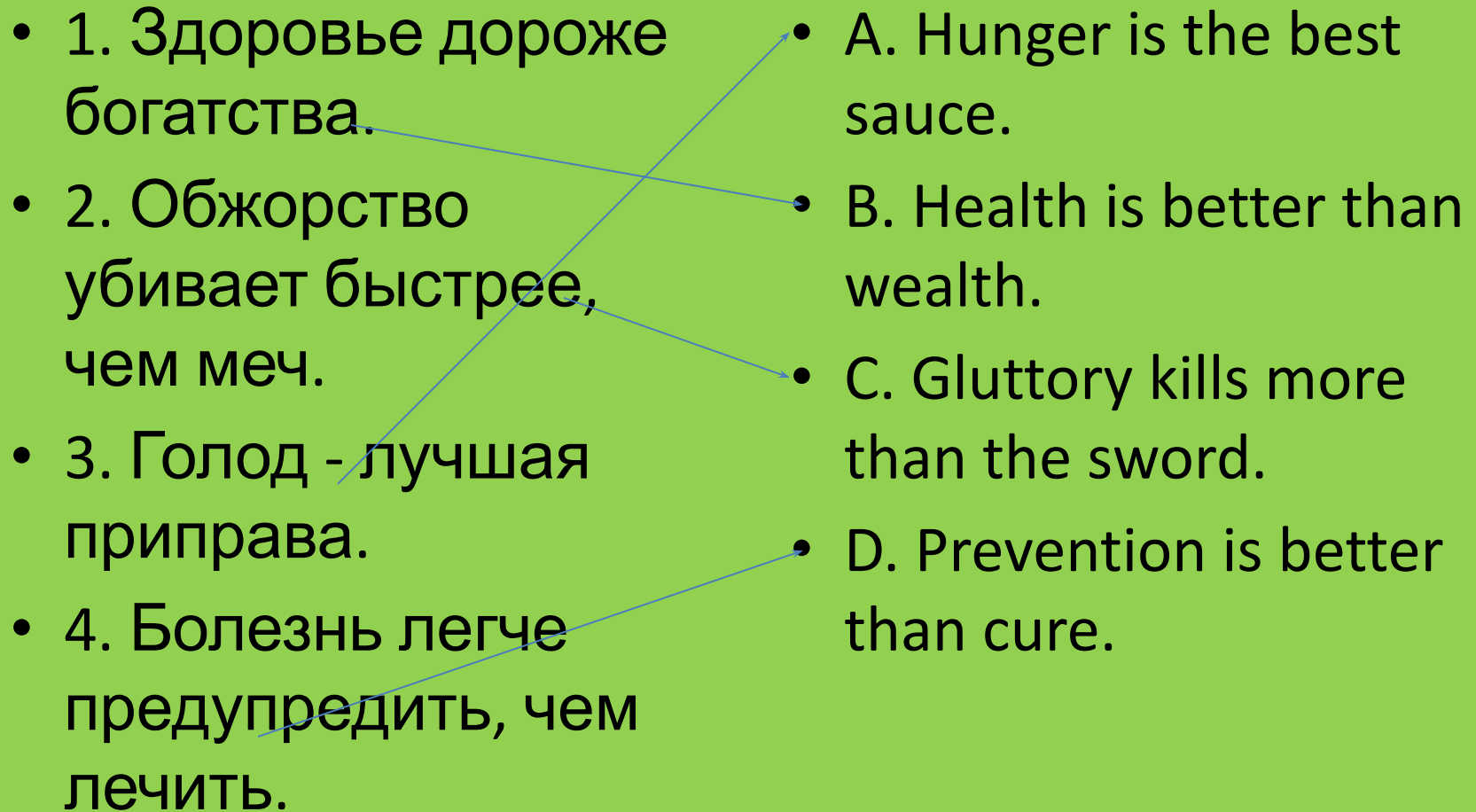
# Solve these **riddles** about **vitamins**:



- When you are ill, you usually drink tea with lemon and it helps you to get much better. 🔊
- I'm vitamin in a carrot, in butter and other products. 🔊
- And my place is in rye-bread. It's very useful food. 🔊



# Match

- 1. Здоровье дороже богатства.
  - 2. Обжорство убивает быстрее, чем меч.
  - 3. Голод - лучшая приправа.
  - 4. Болезнь легче предупредить, чем лечить.
- A. Hunger is the best sauce.
  - B. Health is better than wealth.
  - C. Gluttony kills more than the sword.
  - D. Prevention is better than cure.
- 



**I wish you to keep fit  
and healthy!**



**Thank you for attention.**