

Урок-презентация с применением
технологии развития творческого
мышления

Тема: *Healthy lifestyle*

I Proverbs:

- Health is above wealth.
- Early to bed and early to rise makes a man healthy, wealthy and wise.
- An apple a day keeps the doctor away.
- After dinner sit a while, after supper walk a mile.



Poem:

- I want to live,
 But not to die.
I want to laugh,
 But not to cry.
I want to feel
 The summer sun.
I want to know
 That life is fun.



II The article from the youth magazine “Current”:

According to the Cancer Research Campaign British children are putting their health to risk by refusing to eat fruit and vegetables. More than 2 thousand boys and girls were questioned. One in 20 said they hadn't eaten any vegetables, with one in 17 not eating any fruit.

The findings are alarming, because a good diet rich in fruit and vegetables could reduce the number of cancer deaths by up to a third.

Children's eating habits would improve if parents stopped rewarding them with sweets.

It is important to make the foundation of a healthy life style early.

IV Useful advice for keeping fit:

- Ignore the lift
- Climb the stairs
- Don't take a taxi
- Do morning exercises
- Walk a lot
- Walk to school
- Take two cold showers a day
- Give up smoking
- Don't drink alcohol
- Keep to a balanced diet
- Train your body
- Exercise your memory.

Health

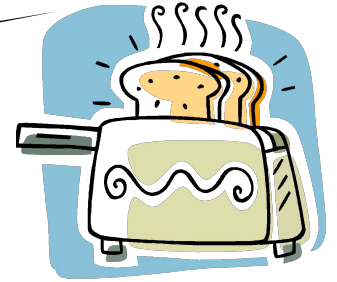
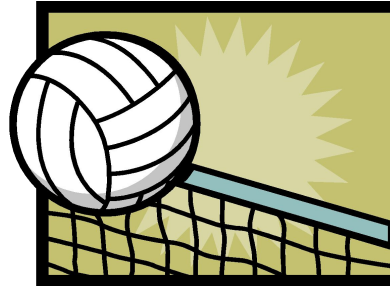
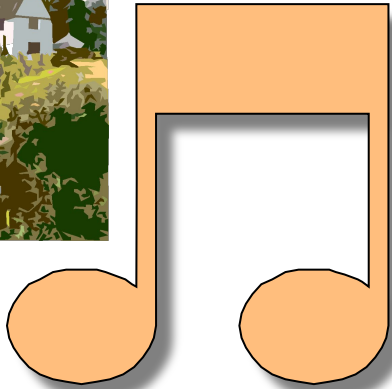
Nature

Music

Sport

Keeping fit

Food



V Imagine what Mr.Slimmy and Mr.Plumpy are talking about.Use reported speech:

- Example: Mr.Slimmy says he often drinks coca-cola.

For ideas: butter,peas,lettuce,potatoes,fish,
sugar,juice,vegetables,macaroni,
fruit,bread,cheese,milk,meat,ice-
cream,coca-cola,beer,chocolate,
cake.

VII Poems for fun:

• Один король was low and fat,
Был коротышкой толстым,
Любил с грибами он омлет
И с тёртым сыром тосты.

* Если хочешь быть весёлым,
Бодрым и счастливым,
Кушай carrots, apples, pears
И, конечно, сливы!

He couldn't run, he couldn't jump –
Не мог он прыгать, бегать
И после завтрака лежал
До самого обеда.

* Если throat заболело
И sneeze ты без конца -
То спросить ты должен
срочно

Advice у своего врача!

Ему сказал однажды кот:
- Взгляните, сэр, на свой живот.
You cannot skip your dinner –
Худеть необходимо!



- Climb the stairs, walk a lot –
Или вырастет живот!
Visit nature, run, skate, swim –
И тогда ты будешь slim!

Будешь healthy и тогда
No problem навсегда,
И поймёшь, my dear son,
И увидишь – Life is fun!



VIII Eat well, feel great, look great!

We all want to be healthy.

What foods can help us with that?

Bread and grains. A balanced diet is based on bread and grains (foods like rice and cereal). These foods give you fibre, iron and vitamin B. At least 40% of what you eat every day should be types of food in this category.

Fruit and vegetables. You should eat a lot of vegetables and fruit every day to make sure you get enough potassium and vitamins A, C and E.

Dairy products. Types of food in this category, like milk and cheese, have lots of calcium and vitamin D. These two elements protect your bones. You should get milk, cheese or yoghurt every day.

Meat, fish and beans. This category also includes eggs and nuts. These types of food give you iron, magnesium and protein. White meat, such as chicken, is better for you than fatty, red meat.

Fats and oils. A little oil every day (about 5 or 6 spoonfuls) is useful against heart disease. Eat wisely. If you eat a balanced diet, you will feel great, look great, and always be healthy!

When we are healthy we can really see
and feel that life is fun.

Good health to you!



How healthy are you?

- ***Check your diet***

Yesterday ...

1. Did you have more than 2 pieces of toast for breakfast?
2. Did you have sugar in your tea or coffee?
3. Did you drink half a litre of milk?
4. Did you eat any fruit?
5. Did you eat any sweets or chocolates?
6. Did you eat any biscuits or cake?
7. Did you drink any alcohol?

You	Yes	No
	0	1
	0	1
	1	0
	1	0
	0	1
	0	1
	0	1
Total		

0
0
0
1

• **Check your condition**

Yesterday ...

8. Did you go for a run?

9. Did you do any exercises?

10. Did you walk or cycle to school?

11. Did you smoke at all?

Check your daily routine

Yesterday ...

12. Did you get up before 8 o'clock?

13. Did you go to bed before 11 o'clock?

14. Did you watch TV for more than 2 hours?

15. Did you sleep with your windows open?

Total

You	Yes	No
	1	0
	1	0
	1	0
	0	1
	1	0
	1	0
	0	1
	1	0

VI How healthy are you?

- 15-12 Congratulations! You are very healthy but don't forget to relax!
- 12-8 Not too bad! Keep trying!
- 8-0 Oh, dear! Oh, dear!