**Тема: “Food** **and** **health” (Еда и здоровье)**

**Открытый урок по** [**английскому языку**](http://pandia.ru/text/category/anglijskij_yazik/) **в** [**5 классе**](http://pandia.ru/text/category/5_klass/)**.**

**Учитель: Булай Е.И.**

**Цель:** обобщить и систематизировать знания учащихся по теме “Food and health”

**Задачи:**

1)развитие навыков говорения, аудирования, чтения, письма по теме: “Food and health’’.

2) развитие мотивации к изучению [иностранного языка](http://pandia.ru/text/category/inostrannie_yaziki/), навыка языковой догадки, интеллекта, памяти, совершенствования внимания.

3) создание условий для формирования ясных представлений [школьника](http://pandia.ru/text/categ/wiki/001/83.php) о здоровом питании**.**

**Оборудование:** картинки, раздаточный материал (тексты, задания по грамматике), изображение замка.

**Ход урока.**

**I. Организационный момент.**

**Учитель:** Good morning, dear girls and boys! I am glad to see you. Sit down, please. How are you? Do you like weather today? The weather is fine. It is bright and sunny. Smile each other and let us begin our lesson.

**II. Сообщение цели.**

**Учитель:**Today we shall have a lesson according to our topic “Food and health” and we shall speak about tasty, healthy and useless food. We shall compare food of two countries Russia and Britain.

Совершим сказочное путешествие в таинственный замок, где нас ожидает сюрприз, но для этого нам надо выполнить следующие задания**.**

**III**. **Фонетическая зарядка.**

**Учитель:** Let us train our tongues and practice the English sounds. Look at the screen carefully and read these words.

**[I:]-** sweet, tea, meat, cheese, pizza.

**[I]-** biscuit, chips, Christmas, tin.

**[ai]-** pie, slice, kind, like, knife**.**

**[u]-** pudding, put, full, look book**.**

**[ou]-**rose, phone, know, cold, scone**.**

**[ei]-**cake, break, made, marmalade

**IV. Речевая разминка.**

**Учитель:**Oh! My dear, boys and girls! Do you know the word “sweet tooth”.

Yes. of course. It is –сладкоежка. And you? Do you like sweets?

Do you like cakes? Do you like fruit juice? What do you like best of all? What would like to have most of all?

**V. Развитие навыков устной речи по теме “Food and health”.**

**Учитель:**Now, we shall speak about Packed lunches in Britain. Packed lunches play an important part in good healthy eating. More and more students take packed lunches to school. These lunches must not just be sweets, crisps, chips. It is not a healthy eating. Look at the screen, please? You should read and choose everything what do you want to have in your lunch box.

|  |  |  |
| --- | --- | --- |
| **Vitamin C** | **Helps the body to use iron.** | **Fruits, especially oranges, lemons.** |
| **Proteins** | **Provides energy.** | **Meat, fish, cheese, eggs, nuts** |
| **Calcium** | **Good for bone development** | **Bread, liver, green vegetables.** |

·  Do you like potatoes?

·  Do you like tomatoes?

·  Do you like bananas?

·  Would you like some (meat, cherry, milk, coffee, e. t.c.) ?

·  Answer my question, please?

·  What do you want to have in your lunch box ? Do not forget about vitamins.

**Учитель:**Now, look at the screen, please and you can see different products. Your task is to divide them into two columns healthy and unhealthy eating.

**VI. Музыкальная пауза с физкультминуткой.**

***(Дети танцуют под*** [***музыку***](http://pandia.ru/text/categ/nauka/205.php) ***“ The Hokey Pokey”)***

You put your right foot in

You put your right foot out

You put your right foot in

And you shake it all about

You do the Hokey Pokey

And you turn yourself around

That’s what it’s all about ( left foot, right hand, left hand, your head in, head out, whole self in, whole self out.)

**VII. Совершенствование навыков чтения вслух.**

**Учитель:** You know, that most families have three meals a day. Breakfast, dinner and supper but the British people often drink tea during a day. And now, let us begin to read the text about meals in Britain.

**MEALS**

The usual meals in England are breakfast, lunch, tea and dinner, or may be supper. Breakfast is generally bigger meal than they have on the Continent. The usual English breakfast is porridge or corn flakes with milk or cream and sugar, bacon and eggs, marmalade made of oranges with buttered toast, and tea or coffee. For a change you can have a boiled egg, cold ham, or fish.

They have lunch about one o’clock. At lunch time in a London café or restaurant one usually finds a chop or stake and chips or cold meat, or perhaps fish with potatoes, salad and pickles, then a pudding or fruit to follow. Some people like a glass of fruit juice for lunch.

Afternoon tea you can hardly call a meal, it is a sociable sort of thing when people often come in for a chat with their cup of tea. But some people like to have the so-called “high tea”. They have it between five and six o’clock It consists of ham, tomatoes, salad, and sausages, with strong tea bread and butter, then stewed fruit, or a tin of pears, apricots or pineapples with cream and custards or a cake.

In some houses dinner is the biggest meal of the day. Dinner time throughout England is about 7 o’clock in the evening. But in a great many English homes the midday meal is the chief one of the day. Supper is a light meal eaten late at night, perhaps, after a visit to the cinema or theatre. So there are four meals a day in an English home: breakfast, lunch, tea and dinner; or breakfast, dinner, tea and supper.

**Answer my questions, please:**

1)  How many times a day do English people eat?

2)  What do they have for breakfast (dinner, lunch)?

3)  What do you prefer for breakfast (dinner, supper)?

4)  When do you usually have your breakfast( dinner, supper)?

**VIII. Развитие грамматических навыков.**

**Let’s work at our grammar. Use articles a(an) in these words and “some” with uncountable nouns.**

1.  …Bread, …cucumber, …milk, …tomato, …potato, …coffee, …pine apple, …lemon, …carrot,…salt, …roll, ….cherry, …plum, …sugar, …chips.

2.  **Расшифруйте название слов.**

Pleap (apple),

Аbanan (banana),

Elomn (lemon),

Imkl (milk),

maet(meat ),

puml(plum ),

toracr(carrot ),

coefef(coffee ),

matoto(tomato ),

csrips(crisps ),

sagesau (sausage ),

mah(ham ).

**IX. Развитие навыков письма.**

**Учитель:**And the last step is “Writing” You have leant many words you can see that some letters are missed. Put letters into the words ,please.

Sw-et, bre-d, c-ffe, ora-ge, f-sh, che-se, piz-a, be-f, ch-colate, gra-e, chick-n, c-erry, m-lon, m-lk.

**X. Рефлексия.**

**Учитель:** Everything has done. Let’s come into the castle and you will see your surprise. Oh! It is your healthy eating for you, my dear boys and girls. (раздать детям фрукты и задать вопросы):

·  Did you like our lesson?

·  What new and interesting have you known from the lesson?

·  What did you like best of all?

**XI. Подведение итогов.**

**Учитель:** Dear, children! Sum it up. Today you have known about healthy and unhealthy food. I wish you strong health, and that is why you must eat only healthy food.

S. You worked hard today, you spoke English read text, did exercises and I am going to give you good marks.

How clever of you! The lesson is over. Good bye.