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КОНСПЕКТ УЧЕБНОГО ЗАНЯТИЯ ПО ДИСЦИПЛИНЕ
«ИНОСТРАННЫЙ ЯЗЫК» НА ТЕМУ «HEALTHY LIFESTYLE»
«ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ»

Специальность: 240107 Химическая технология неорганических веществ

Вид занятия: комбинированное занятие.

Тип занятия: обобщение и систематизация знаний.

Цель занятия: обобщить и систематизировать единичные знания обучающихся по теме, привести их в систему.

Задачи занятия:

Образовательные: закрепление лексических и орфографических навыков, актуализация навыков диалогической речи и навыков говорения по теме.

Развивающие: развитие коммуникативных умений обучающихся, умений обобщать и делать выводы, развитие навыков языковой догадки;

Воспитательные: создание условий для формирования ясных представлений студента о здоровом образе жизни, воспитывать культуру общения, умение работать в сотрудничестве.

Методы и приемы: 1) репродуктивный; 2) словесные и наглядные.

Формы работы: фронтальная, групповая, парная, индивидуальная.

Формы контроля: беседа, самоконтроль, взаимоконтроль



Межпредметные связи: биология, психология, физическая культура.

Учебно - методическое обеспечение занятия: дидактический материал: раздаточный материал для группового задания студентов (2 больших листа бумаги, 2 маркера, 2карточки с набором фраз), карточки с советами по здоровому образу жизни, магниты (17 шт.), презентация по теме.

Технические средства обучения: компьютер, проектор, доска.

Лексический материал: привычки, название болезней, видов спорта.

Литература:

В. Эванс, Д. Дули “Enterprise 1”, Express Publishing, 2008

И. П. Агабекян Английский язык для ССУЗОВ, Проспект, 2012

Т. А. Карпова Английский для колледжей, Дашков и К, 2010

Ход занятия:

1. Организационный момент.

2. Речевая разминка.

На доске написаны разделённые на 2 части пословицы, задача учащихся состоит в правильном подборе окончания пословицы.

- Health is better - than wealth. (*Здоровье превыше всего*)
- A sound mind - in a sound body. (*В здоровом теле – здоровый дух*)
- An apple a day - keeps a doctor away. (*Яблоко в день, и доктор вам не нужен*)
- Eat to live - but not live to eat. (*Есть, ради жизни; но не жить ради еды*)
- Eat with pleasure, - drink with measure. (*Ешь с аппетитом, пей с мерой*)
- Prevention is better – than cure. (*Легче предотвратить, чем лечиться*)

Let's say these proverbs and find their Russian equivalents!

3.Сообщение темы и цели занятия.

All these proverbs concern one topic and that is the topic of our lesson today.

What is it? What is going to be the topic of our lesson today? (They answer)



Right you are. It's- health and keeping fit. Today we'll revise everything we've learnt about health and body care. We'll answer the questions: What should we do to keep fit and be healthy? At the end of the lesson we'll make the rules how to keep fit.

4. Актуализация орфографических навыков.

- Look at the screen, please. You can see the words there but some letters in them are missing. Will you remember the words and complete them with the letters?

al_oh_l, d_sea_e, ove_wei_h_, v_ta_in, spo_t, sm_k_n_, m_ner_l,di_t,
d_ugs,_x_rcisin_, sl_ _pingm_ch, energ_.

Актуализация лексических знаний:

- You can see two columns of words on the board. Will you read them in whisper, aloud? - Can you match the words from the first column and the second one to make up the word combinations?

(Physical activity, eating low fat food, drinking alcohol, environmental influence, healthy diet, regular meals, taking drugs, health habits, doing sport)

Do you remember that there are good and bad health habits? Let's think what are they? Match the cards.

Good habits

Bad habits

healthy diet, do sports, eating sweets, drinking alcohol, snacking, eating breakfast, smoking, taking drugs, exercising, eating high fiber food, physical inactivity, sleeping too much or too little, regular meals, sleeping 7 or 8 hours, eating low fat food, getting up early

Some bad habits are really deadly. How do they influence our health and our appearance? I advise to do the next task. Make up the sentences. Match the beginning of the sentences with their endings:

- 1 Smoking ... - makes our teeth yellow and our hair, clothes smell.
- 2 Drinking alcohol ... - causes slow reactions and loss of memory.
- 3 Taking drugs ... - affects the whole family and the people around you.
- 4 If people smoke ... - they have problems with their hair and skin

5 Some teenagers look pale and tired because ... - they don't get enough vitamins and minerals.

Работа с текстом.

What do you like to eat and drink? What don't you like to eat and drink? What food is good for teenagers' health? Do you know what is anorexia and bulimia?

I suggest you to look through the text about these disorders and find out what is it "anorexia" and "bulimia". - So, what is "anorexia"? What is "bulimia"?

Now let's find in the text English equivalents for the next statements:

Пищевое расстройство; терять вес; страх лишнего веса; недостаток веса; гены и гормоны; худое тело; подростковый возраст; переедание; высококалорийная пища; затяжная болезнь; пропускать прием пищи; здоровая пища, полная витаминов и минералов. (задание проверяется студентами)

Now, boys and girls, agree or disagree with the next statements.

- 1) Vitamin D is good for your bones. (*It is true. Vitamin D is good for my bones.*)
- 2) Dieting has its advantages and disadvantages.
- 3) Calcium is an example of minerals.
- 4) Everybody should eat chocolate and drink lemonade.
- 5) Carrots are good for your eyesight.
- 6) Physical or outdoor activity is useful for teenagers' health.

Групповая и парная работа:

And what is physical or outdoor activity to your mind?

- Then, look at two pictures. I will divide you into two teams and you'll compare two activities. One team should be ready to tell us about advantages of being at home. The other one will tell us about advantages of doing sports. And then we will see what is better...

- OK. I see doing sports has more advantages than being at home. So I want you now to prepare a short dialogue between two teenagers. You will work in pairs



with your neighbour. One of you is a sportsman and the other one is a stay-at-home. Use expressions from the previous exercise.

Подведение итогов:

-Now I advise you to resume our work and let's answer the main questions of the lesson: Is it important to care about our health and our appearance? What should we do to keep fit and be healthy? What rules should we follow?

I think I should ... , in my opinion I shouldn't ... , I'm sure I must ... ;

- *Eat vitamins!*
- *Do some sport or regular physical exercises!*
- *Avoid stresses!*

