

*Конспект*

*Интернет-урока по теме*

*"Healthy Food" в 6 классе*

*/2-ой год обучения/*

## Цель

Развитие навыков диалогической и монологической речи, чтения и письма.

## Задачи:

- 1.учить ребят работать **ON-LINE**;
- 2.учить нахождению нужной информации в Интернете;
- 3.расширить лексический запас и сформировать навык чтения ,  
письма и использования в речи лексических единиц по теме;
- 4.совершенствовать навыки диалогической и монологической речи;
- 5.формировать устойчивую мотивацию иноязычной деятельности;
- 6.развивать умение работать в сотрудничестве и самостоятельно.

## Оборудование урока:

мультимедийная тематическая презентация ,  
компьютеры, наушники, раздаточный дидактический  
материал по теме; тематические тексты для чтения и  
беседы; «дипломы» для награждения ребят за  
успешную работу на уроке.

## Ход урока

1.Сообщение темы и цели урока.

2.

Погружение в атмосферу языка:

а)открываем сайт: <http://www.languageguide.org>;  
переходим на ссылку [Fruit and Vegetables](#) ;/слушаем и  
читаем слова по теме/

- б) проверка знания лексики / используются слайды из презентации, ребята рассказывают, что они любят и чего не любят, что полезно и вредно для здоровья/;
- в) парная работа / ребята составляют собственные диалоги по образцу/

### 3.Работа ON-LINE

- а) заходим на сайт : <http://www.ego4u.com>;
- б) переходим на ссылку : **Chat with Egon** ;
- в) “беседуем” с дракончиком по имени **Egon** /ребята печатают свои вопросы о еде и продуктах питания, дракончик автоматически “отвечает”на них/;
- г) читаем вопросы и ответы ;



#### 4. Составление своих собственных диалогов

/ без образца /-

слабые ученики могут пользоваться образцами в учебнике: №8,  
стр.171

#### 5. Минутка релаксации.

На том же сайте переходим на ссылку **E-card** затем  
**Egon-out-of- the egg**

Печатаем свои данные, пишем письмо или открытку  
дракончику Egon и посылаем  
его/её себе на **E-mail** или своему другу. Содержание  
писем/открыток у всех разное, но обязательно **по теме.**

#### 6. Чтение тематических текстов.

Открываем сайт : <http://woodlands-junior.kent.sch.uk/customs/questions/food/meals.htm> – читаем текст о еде в Англии /на столе распечатка трудной тематической лексики с переводом/.

## 7.Беседа по тексту.

8. На сайте: <http://abcteach.com> ребята ищут тематические картинки для оформления мини-проекта, **создают папку** и **сохраняют** в ней найденные иллюстрации

## 9.Запись домашнего :

оформить мини-проект о традициях питания в Англии и использовать картинки из сохранённых в папке.

/домашнюю работу ребята выбирают по желанию/

10.Подведение итогов работы, выставление оценок, награждение ребят за успешную работу на уроке.

# Дипломы для награждения ребят

Four circular award templates arranged in a 2x2 grid. Each circle has a decorative border of small stars. The top half of each circle is labeled "EVENT" and the bottom half is labeled "NAME". Below the name line, there are three stars: a yellow star, a blue star, and another yellow star. A small copyright notice "©EnchantedLearning.com" is visible at the bottom right of the grid.

**Most Improved Student!**



★ awarded to \_\_\_\_\_

★ **Reading is Cool!** ★



Reading certificate  
for \_\_\_\_\_

★

★ **You Made it! Congratulations!** ★



awarded to \_\_\_\_\_

★

**You've Been Working Hard**

Awarded To \_\_\_\_\_

For \_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

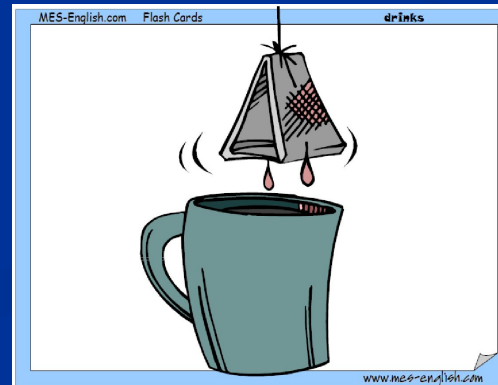
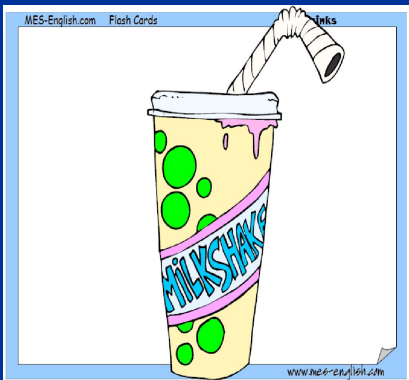
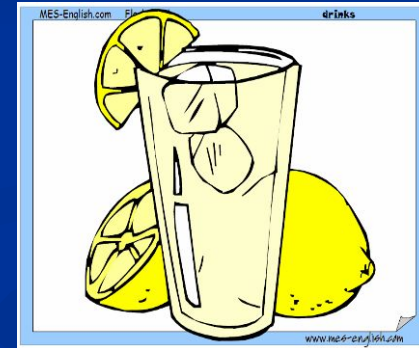
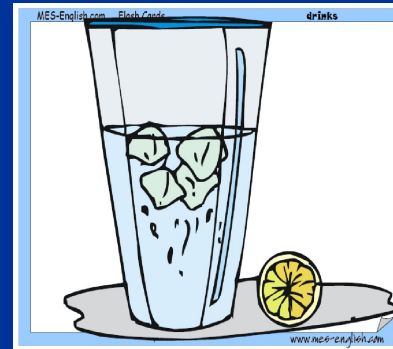
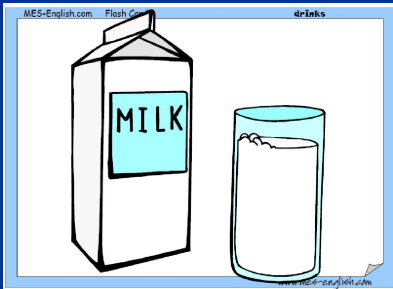
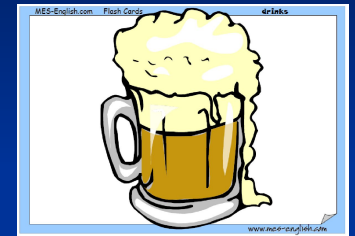


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# Drinks

## What is good for you?

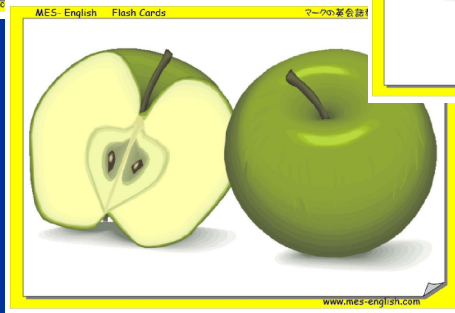
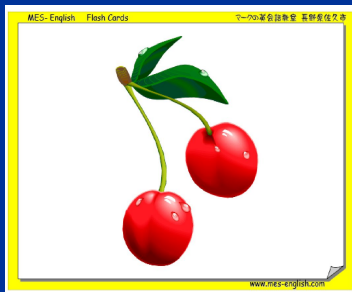
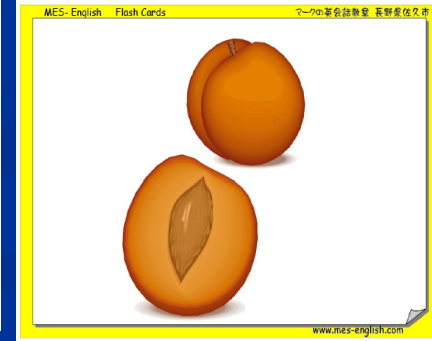
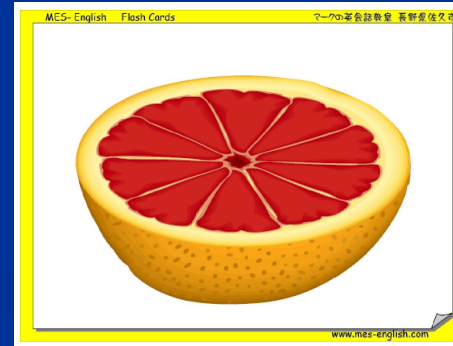
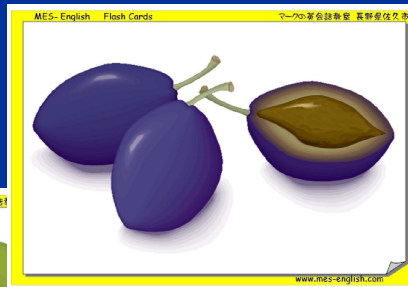
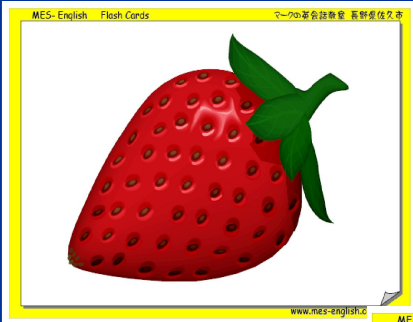
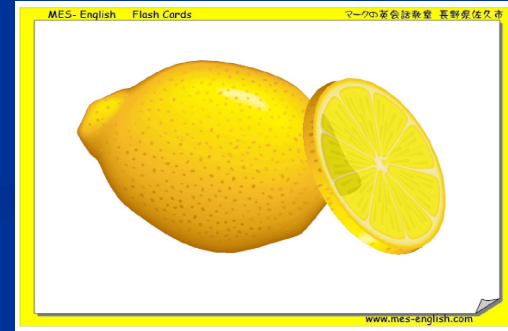
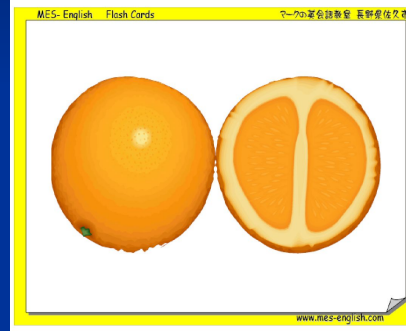
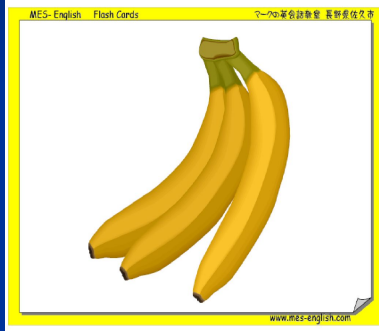
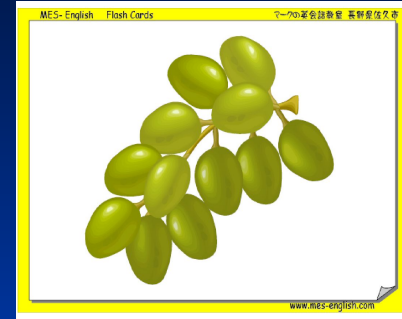
/ для вопроса - ответной работы и  
составления предложений по теме /



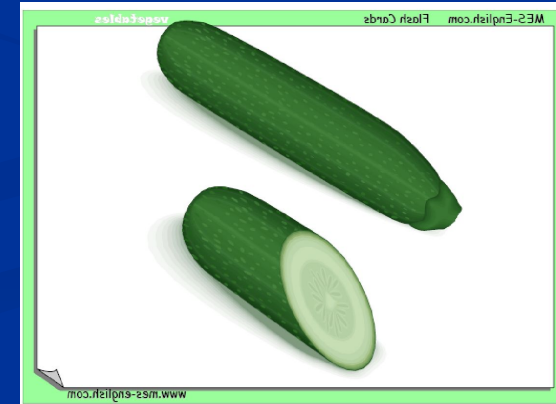
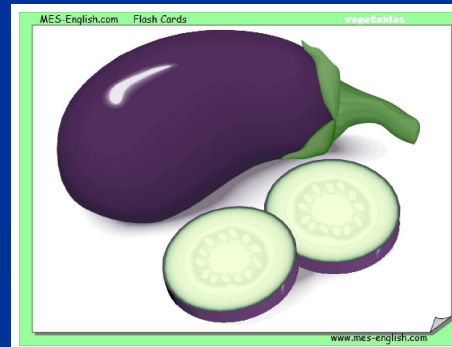
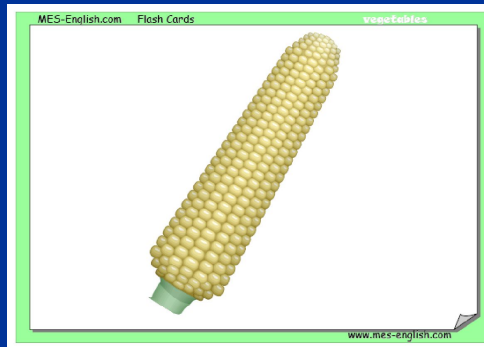
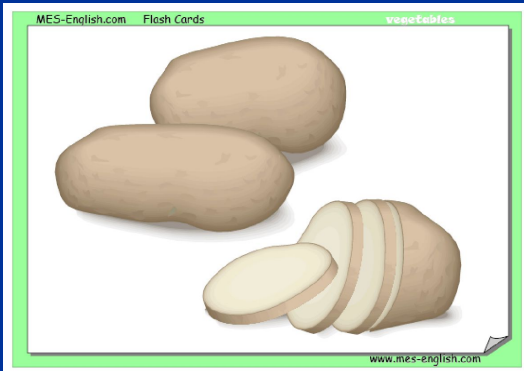
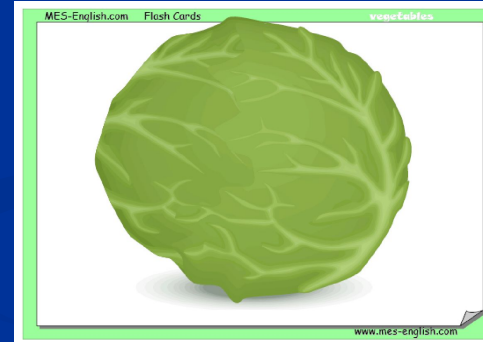
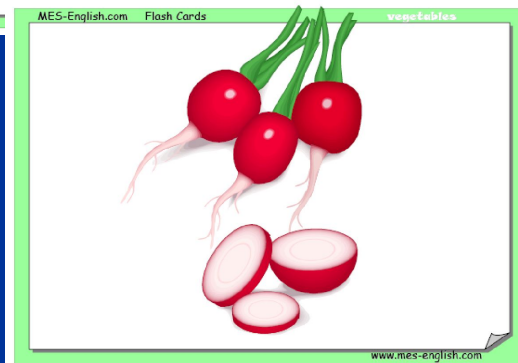
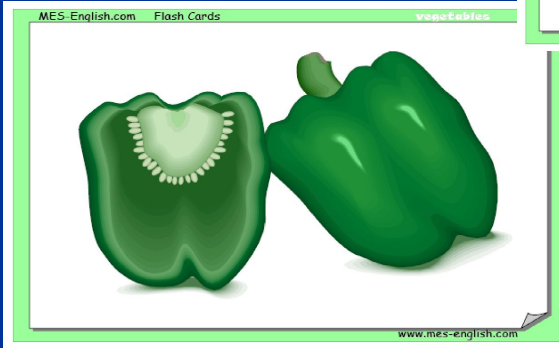
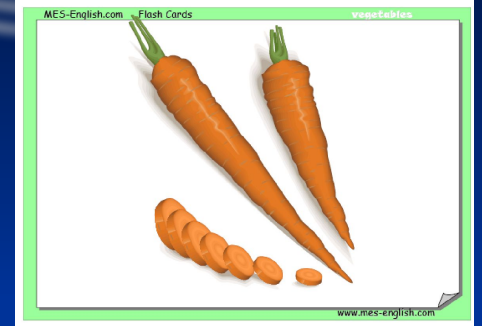
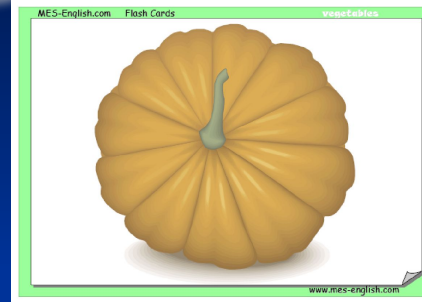
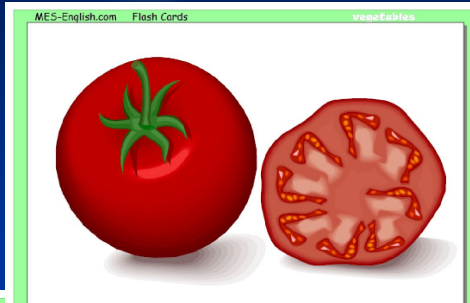
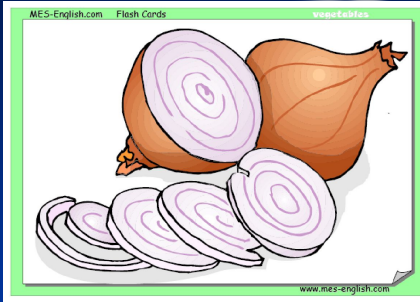


# Food that is good for your health

# FRUIT

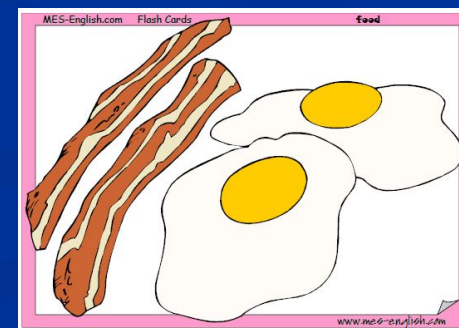
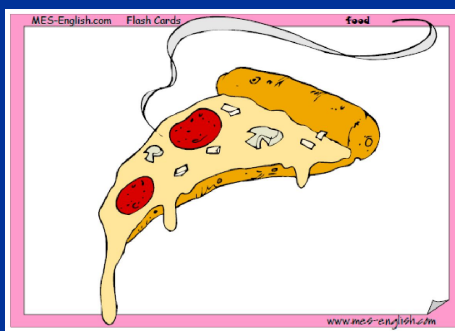
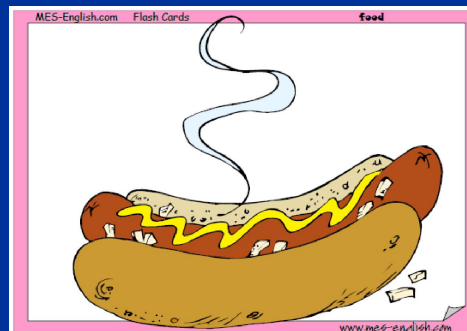
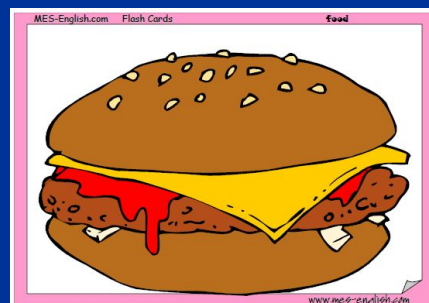
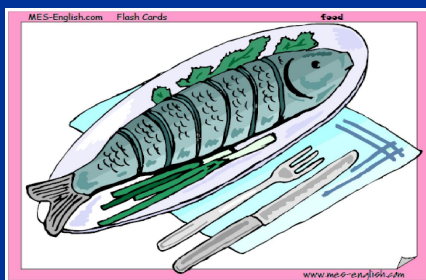
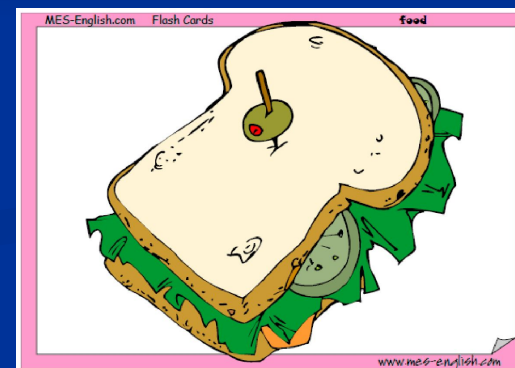
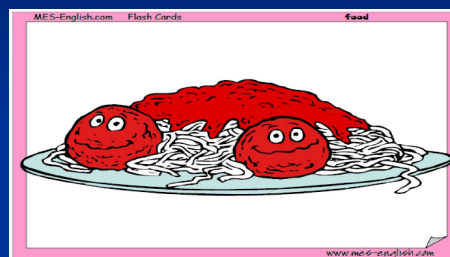
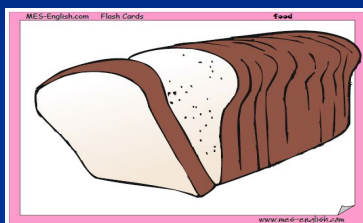
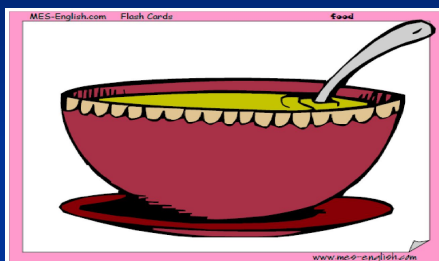
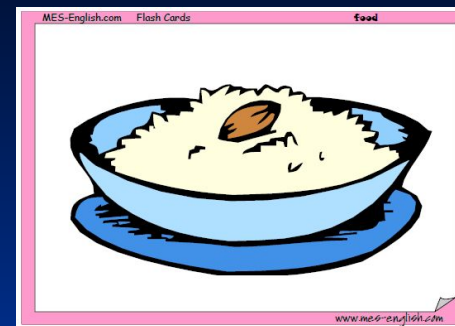
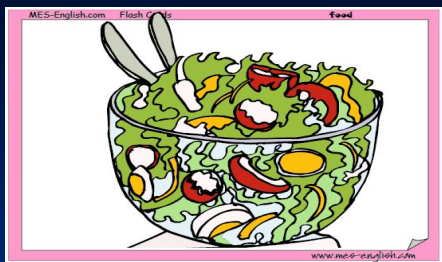


# Vegetables



# Food

What is good for you?



# *Words to repeat*

- Apple pie, cake, eggs, rice, beef, bun, oil, pizza, cheese, chicken, cheeseburger, hamburger, salad, soup, sandwich, cornflakes, porridge, brown bread, white bread, butter, pudding, bun, ham, pies, cereal, bacon, snack.

Berries, plum, cherry, bananas, orange, cucumbers, juice, apple, coffee, water, mineral water, milk, yogurt, coke, juice, tomato, tea, sweets, ice-cream, jam, jelly, sugar, salt, milk shake, hot chocolate.

# Texts for Reading and Discussion

## MEALS and MEAL TIMES

Some people have their biggest meal in the middle of the day and some have it in the evening, but most people today have a small mid-day meal - usually sandwiches, and perhaps some crisps and some fruit.

**We have three main meals a day:**

- **Breakfast** - between 7:00 and 9:00,
- **Lunch** - between 12:00 and 1:30 p.m.
- **Dinner** (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

**Traditionally, and for some people still, the meals are called:**

- **Breakfast** - between 7:00 and 9:00,
- **Dinner** (The main meal) - between 12:00 and 1:30 p.m.
- **Tea** - anywhere from 5:30 at night to 6:30 p.m.

On Sundays the main meal of the day is often eaten at midday instead of in the evening. This meal usually is a Roast Dinner



## BREAKFAST

**What is a typical English Breakfast?**

Most people around the world seem to think a typical English breakfast consists of eggs, bacon, sausages, fried bread, mushrooms and baked beans all washed down with a cup of coffee. Now-a-days, however, a typical English breakfast is more likely to be a **bowl of cereals, a slice of toast, orange juice** and a **cup of coffee**.



Many people, especially children, in England will eat a bowl of cereal. They are made with different grains such as corn, wheat, oats etc.

In the winter many people will eat "porridge" or boiled oats.

**The Traditional English Breakfast**



**The traditional English breakfast** consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms. Even though not many people will eat this for breakfast today, it is always served in hotels and guest houses around Britain.

**The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.**

## LUNCH

**What is a typical English lunch?**

Many children at school and adults at work will have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink. The 'packed lunch' is kept in a plastic container.



Sandwiches are also known as a 'butty' or 'sarnie' in some parts of the UK.

My favourite sandwich is prawn and mayonnaise. I also love tuna and mayonnaise and ham and pickle sandwiches.

**See a sample menu of food served in pubs**

**Sample menu of food served for School Dinners**

## DINNER

The evening meal is usually called 'tea', 'dinner' or 'supper'.

**What is a traditional English Dinner?**

A typical British meal for dinner is meat and "two veg". We put hot

brown gravy, traditionally made from the juices of the roast meat (but more often today from a packet!) on the meat and usually the vegetables. One of the vegetables is almost always potatoes.

This traditional meal is rarely eaten nowadays, a recent survey found that most people in Britain eat curry! Rice or pasta are now favoured as the 'British Dinner'.

Vegetables grown in England, like potatoes, carrots, peas, cabbages and onions, are still very popular. We can also buy vegetables from many countries all through the year

**The Sunday Roast Dinner**

Sunday lunch time is a typical time to eat the traditional Sunday Roast. Traditionally it consists of roast meat, (cooked in the oven for about two hours), two different kinds of vegetables and potatoes with a Yorkshire pudding. The most common joints are beef, lamb or pork; chicken is also popular.



Beef is eaten with hot white horseradish sauce, pork with sweet apple sauce and lamb with green mint sauce. Gravy is poured over the meat.

# HEALTHY FOOD

*Don't forget!*

- 1. Too little food makes you thin.
- 2. Too much food makes you fat.
- 3. The wrong food makes you ill.
- 4. The right food makes you well.
- 5. Too many sweets are bad for you especially for your teeth.

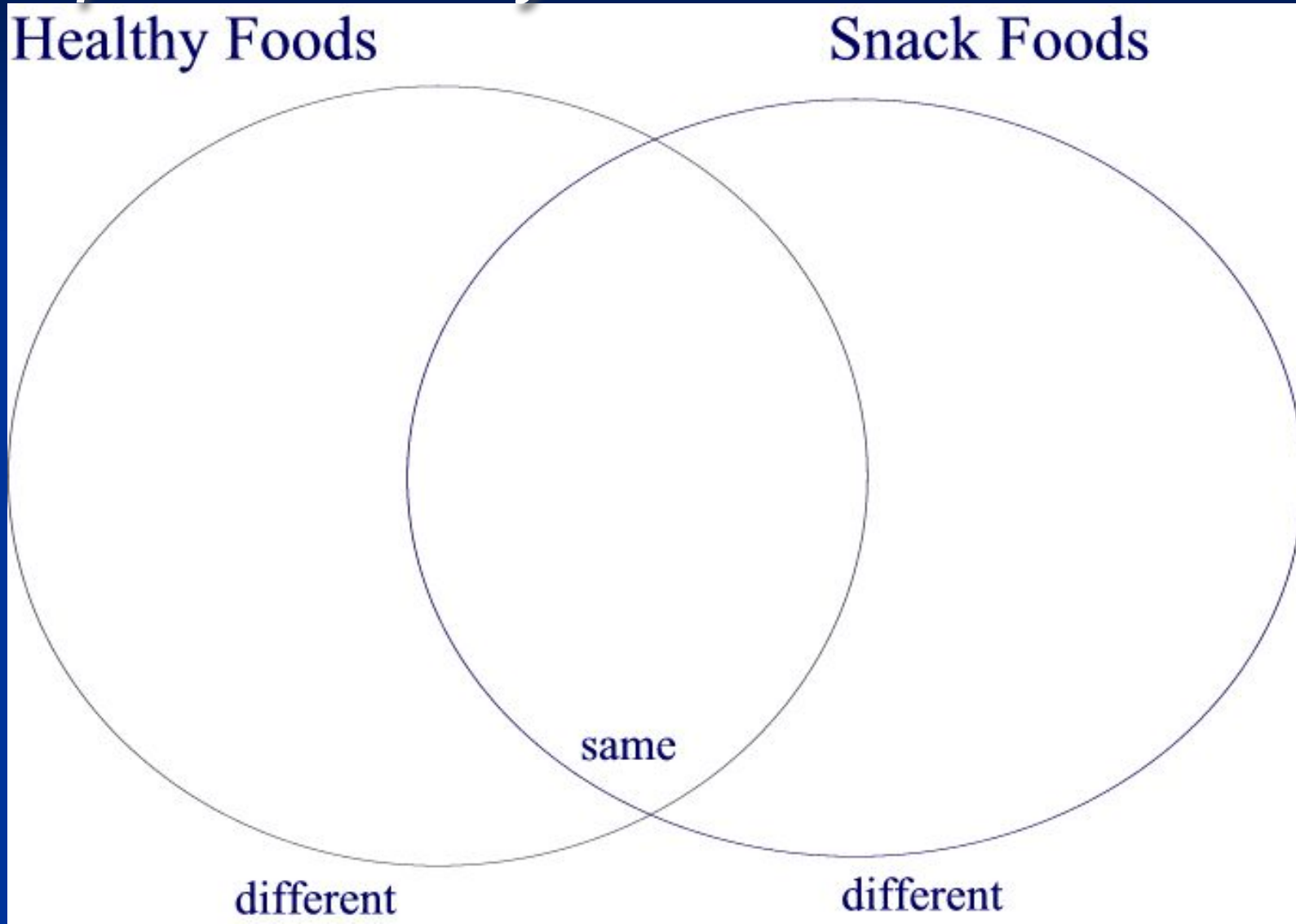
When people talk about food they either are stating a fact or an opinion. A fact states something that is true about the food, whereas an opinion is what someone thinks about food. Read the examples below.

Beans grow from seeds. This is a **fact**. Beans taste horrible.  
This is an **opinion**.

Read the statements below and tell whether they are **facts** or **opinions**.

- 1.Corn is my favourite vegetable.
- 2.Bread is made from flour.
- 3.Fruit and vegetables are healthy.
- 4.Beets taste better than tomatoes.
- 5.I love spinach.
- 6.Beef is meat from a cow.
- 7.Milk is a dairy product.
- 8.Chocolate milk is tasty.
- 9.The food pyramid is a healthy guide.
- 10.Strawberries taste so good.

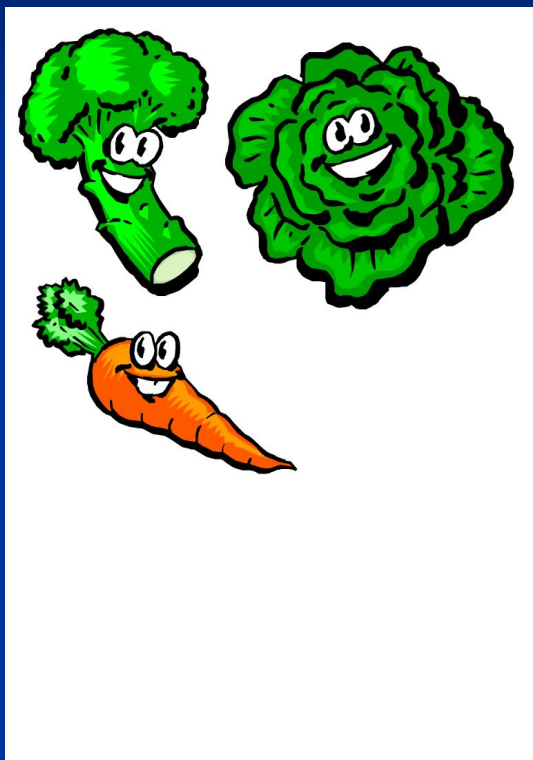
*Use the Venn Diagram below  
to compare Healthy Foods and Snack Foods*



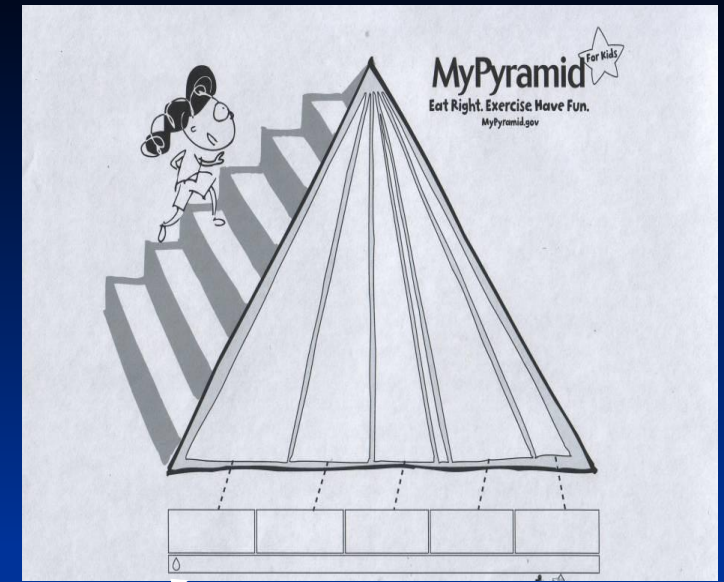


# Материалы для домашней работы над темой "Healthy Food"

/ можно выбрать по желанию /

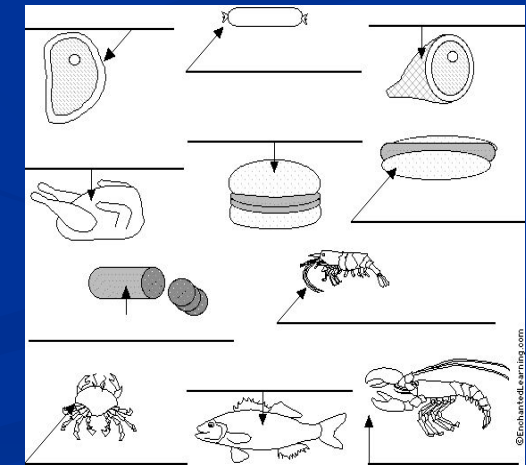
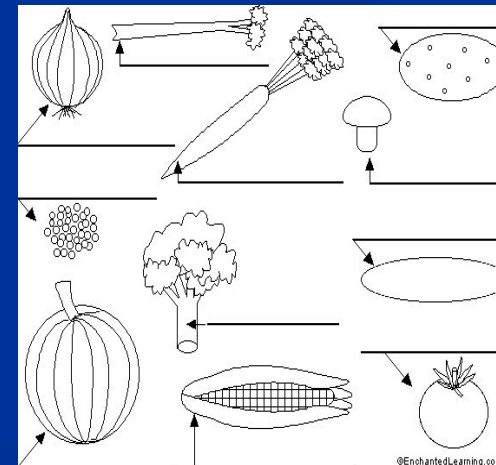
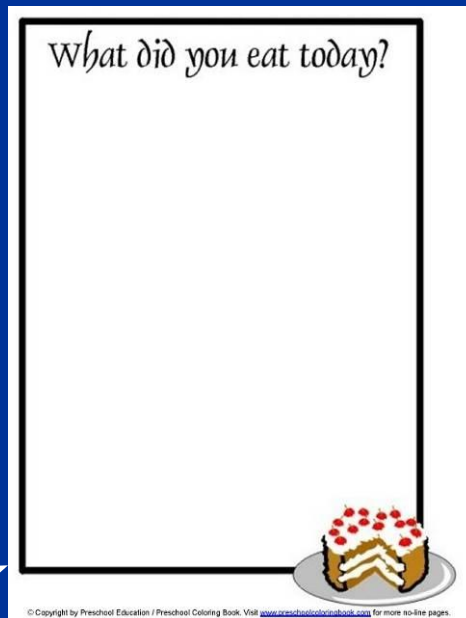


Вырежи и сделай мини-проект  
"My Basket with Fruits and Vegetables"



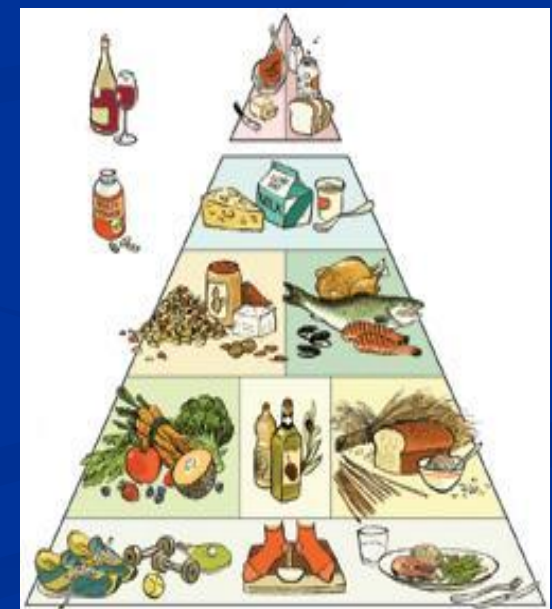
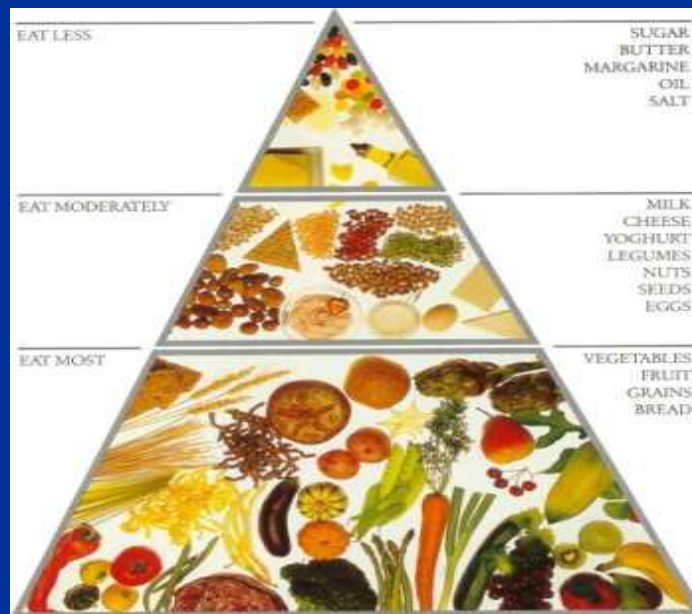
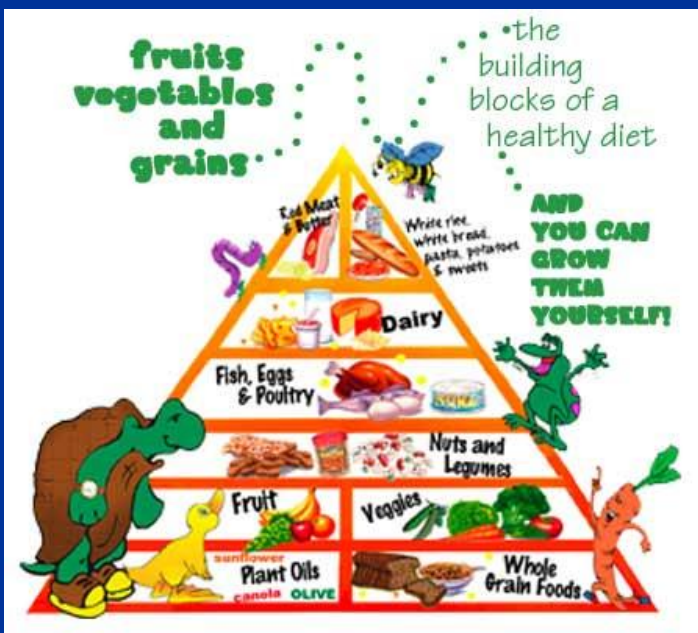
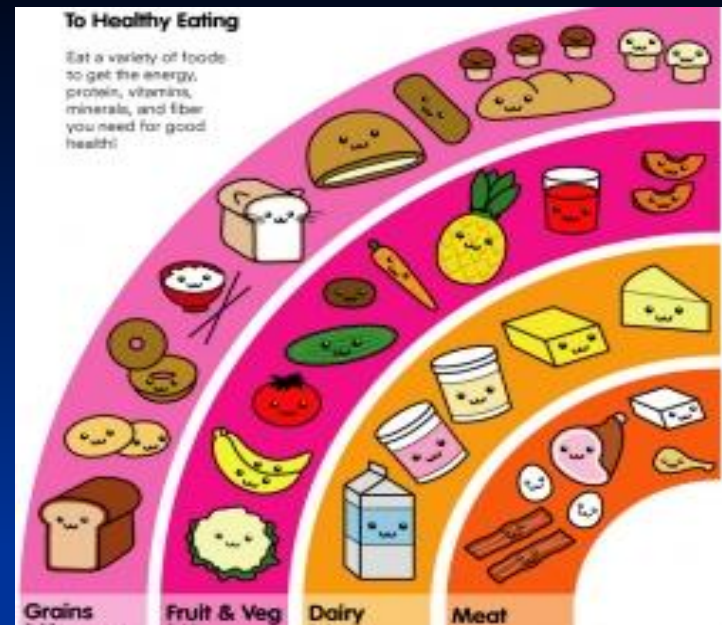
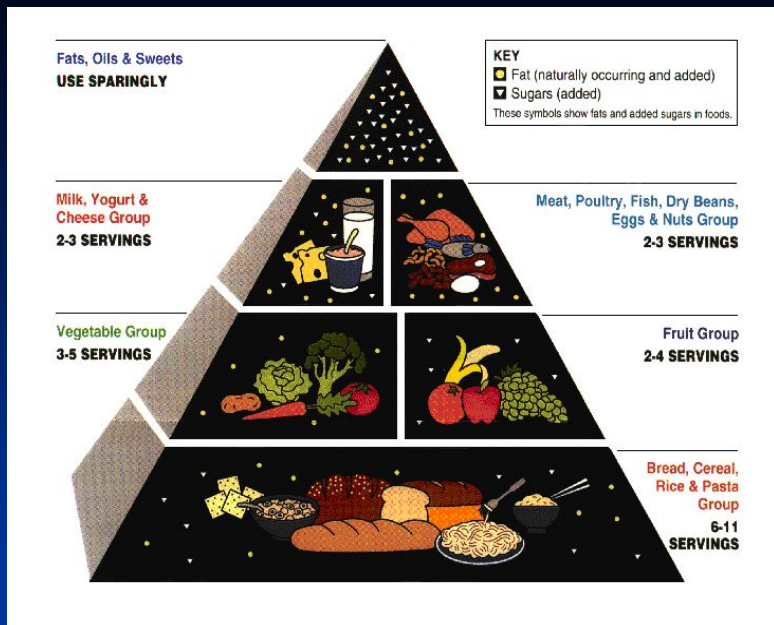
**Сделай  
корзинку с  
молочными  
продуктами**

**Заполни свою пирамидку  
"Healthy Food"**



**Напиши, что ты кушал вчера**

**Раскрась и подпиши названия продуктов**



Сделай свою " Food Pyramid"

# TEST

- 1.The food pyramid suggests that we eat a varied diet. Which type of food should you eat the most of each ?**
- 2.How many servings of bread, rice, pasta, and other starchy/содержащие крахмал/ foods should you eat each day?**
- 3.How many servings of vegetables should you eat every day?**
- 4.How many servings of fruit should you eat each day?**
- 5.How many servings of milk, cheese, and yogurt should you eat every day?**
- 6.How many servings of meat, fish, beans, and nuts should you eat each day?**
- 7.Name two foods that belong to the vegetable food group.**
- 8.What foods are the least nutritious and should be the smallest part of your diet?**
- 9.What is your favorite food? Is it healthy?**
- 10.Make your own Food Pyramid.**