

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РЕСПУБЛИКИ  
КАЗАХСТАН  
ВОСТОЧНО-КАЗАХСТАНСКИЙ ГУМАНИТАРНЫЙ КОЛЛЕДЖ

**Открытый урок с применением проектной технологии**  
**Тема: Здоровье. Проблемы здоровья. Здоровый образ жизни.**

Предмет: Профессиональный иностранный язык

Группа: 2-ТП-1

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**Тема:** «Здоровье. Проблемы здоровья. Здоровый образ жизни».  
«Health.Health Problems. Healthy Way of Life»

**Тип урока:** обобщающий

**Форма урока:** защита проектов

**Тип проекта:** Информационно - исследовательский

**Образовательные технологии:** метод проектов, ИКТ, здоровьесберегающая.

**Цели:**

**Обучающая:**1) Активировать изученную лексику по теме “Здоровье”; развивать у учащихся умение творчески использовать усвоенный материал в новых ситуациях общения

**Развивающая:**2) Развитие познавательного интереса уч-ся, самостоятельности, инициативы в осуществлении иноязычной речевой деятельности, развитие мыслительных процессов, мотивации

**Воспитательная:**3) Воспитывать у учащихся здоровые привычки; показать учащимся важность здорового образа жизни; воспитание положительных качеств у уч-ся: самостоятельность, ответственность, активность и умение работать в сотрудничестве.

**Ход урока:**

**1. Организационный момент:**

- Good morning, students! I am glad to see you! Today we`ll devote our lesson to speaking about health, health problems and healthy way of life, what to do to be healthy, because health is considered to be above wealth.

**1.1.Phonetic drill:**

People sometimes say to me:  
“Tell me, what you want to be?”  
I usually answer “I don`t know”,  
But it isn`t really so:  
I want to win an Olympic race,  
I want to see the Earth from space,  
I want to travel to Kilimanjaro,  
I want to be rich and famous too.  
I want to star on Hollywood`s screen,  
I want to invent a new machine,  
I want to be very clever and wise,  
I want to win the Nobel Prize.  
But most of all, I want to be,  
Healthy and strong and happy.

**1.2. Do you remember the English proverbs about health?**

People of different nations have proverbs about health which underline the importance of health. Let's remember some of them:

Early to bed and early to rise makes a man healthy, wealthy and wise.

An apple a day keeps a doctor away.

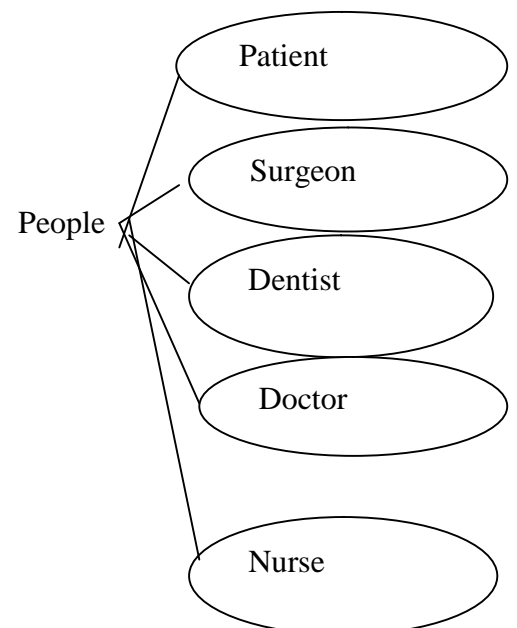
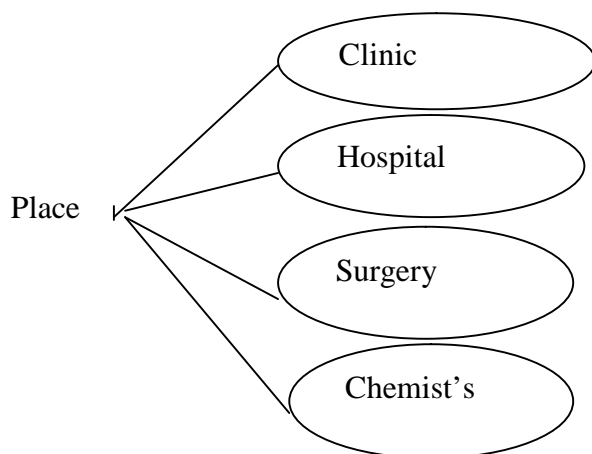
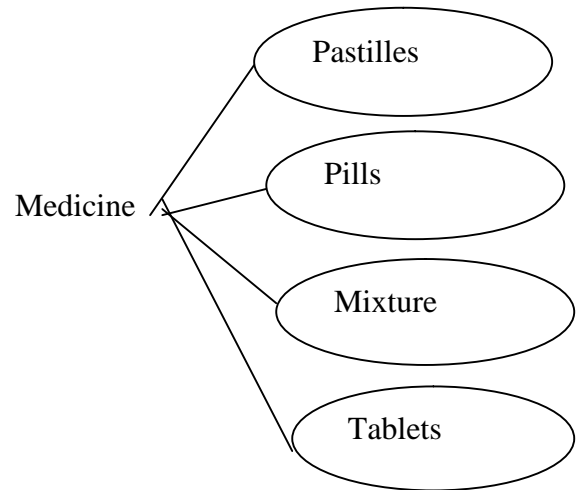
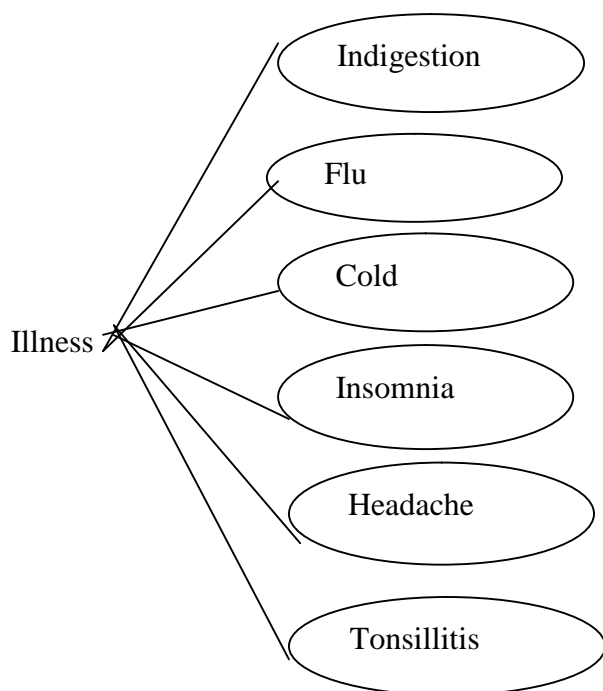
You are what you eat.

Good health is above wealth.

A sound mind in a sound body.

**2. Проверка понимания и применения на практике словосочетаний и условных предложений по теме «Здоровье».**

2.1. Complete the words into the circles or Arrange this words into four categories:



2.2. Remember modal verb *Should / shouldn't*. Match the problem with the treatment. Make as many sentences as you can:

- | stay in bed and keep warm
- | drink hot milk with baking soda and honey
- | go out
- | have X-ray
- | take tablets and drink much water
- | put a plaster on it
- | put a bandage on it
- | put your finger under cold water
- | drink hot herbal tea
- | drink tea with raspberry jam
- | eat onion and garlic
- | eat ice-cream and drink cold water

- If you've got a cough
- If you've got a burn
- If you've got a cut
- If you've got a sore throat
- If you've cut your finger
- If you've burnt your arm
- If you've broken your leg
- If you've broke your arm

For example: *If you've got a cough you **should** drink hot herbal tea*  
*If you've got a cough you **shouldn't** eat ice-cream and drink cold water*

### 3. Закрепление ранее изученного материала по теме:

3.1. But you know many people prefer to use home or folk remedy. Now, please, give advice to your friend if he has got any problem with his health. Fill in the blanks.

Remedy

illness

\_\_\_\_\_ is good for \_\_\_\_\_

For example: Tea with raspberry jam *is good for* a temperature.

3.2. Everybody wants to be healthy. You are healthy when you are not ill. Nowadays we have a lot of medicine for adults and for children to treat different illnesses. People take medicine to prevent or cure health problems or to promote good health.

- I give you some medicine ... . What can you say about it? Which remedy is good for which illness?

For example: This medicine helps for ... .

INSTY tea is good for cold and flu, for the whole body ache.

NovoSept helps people suffer from disease of breath, for sore throat, tonsillitis.

3.3. Our health depends on different things. What are they? They are: our habits, the food we eat, physical activity. Let's begin with our habits. First name *bad habits*:

- eating lots of sweets
- eating between meals
- snacking
- skipping breakfast
- smoking
- taking drugs
- physical inactivity
- sleeping too much or too little

*How do bad habits influence our health?*

- they could lead to diseases
- lead to obesity
- such habits as taking drugs, drinking alcohol or smoking are really deadly and could be cause of death
- eating between meals, snacking, skipping breakfast, sleeping too little or too much are indicative of chaotic lifestyle

3.4. I think you will agree with me if a person wants to be healthy he should have health habits. Name *good habits*:

-Eating healthy food, regular meals, sleeping 7-8 hours, doing morning exercising, playing sport.

Teacher: So, to stay healthy for a long time we should have good habits and to avoid bad ones. On the contrary good habits promote our health.

#### **4. Презентация проектов учащимися**

It's time for presentation of your projects. Are you ready? Let's start.

#### **5. Оценка проектов**

1. Актуальность темы и предлагаемых решений
2. Оригинальность раскрытия темы. Защита проекта.
3. Оформление проекта

Now let's put marks for your projects. The first group put yourselves a mark. Other group gives them a mark. I'm going to put them "nine scores".

#### **6. Подведение итогов. Conclusion of the lesson**

I am satisfied with your work today. I hope we have convinced each other to follow a healthy way of life. Thank you for your projects.