

«Healthy Lifestyle» for the 9th grade

Objectives:

To summarize and expand students' knowledge on the topic; to develop skills in monologue and dialogue speech; listening; to teach active use of vocabulary, working in micro-groups and pairs; to cultivate a desire to lead a healthy lifestyle.

LESSON PROCEDURE

I. Introduction. Announcement of the topic and lesson objectives.

T. Dear friends! Today we are going to speak about health, healthy life, bad habits and their impact on our life. Our main task is to discuss these points and make the scheme of “Healthy Life”.

II. Creating a foreign language atmosphere. Brainstorming

T. What do you associate in your mind with the words “Healthy Life”? (Pupils name the words in turn.) Make up as many sentences as you can, using your mind map.

III. Main part of the lesson

Working with proverbs. “Do you know the proverbs?”

T. We can be healthy and strong if we follow the Golden Rules of ethic and live in accord with nature and such things as Love, Friendship, Respect, Happiness will help us to be healthy not only physically but spiritually as well. As an ancient proverb says: “Good health is better than good medicine.” What proverbs do you know about health?

Ps. Health is above all.

Health is better than wealth.

A healthy mind in a healthy body.

Eat at pleasure drink with measure.

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

An apple a day keeps the doctor away.

Good health is better than good medicine.

If your health is good, you are always in a good mood.

1. Monologue and dialogue speech. Speaking

T. To understand how people lived and treated themselves let us go on an excursion to the ancient times. For this we need two groups: the modern students and the ancient ones.

The points for discussion:

- doctors herbal medicine
- treatment glasses
- germs anesthetics

Modern students

P1. Nowadays the doctors take care of people. What about you?

P3. How do you treat yourselves?

P5. Why do they do so?

P7. You are wrong. Germs are the cause of all illnesses.

P9. Our doctors use anesthetics to make operations. What about you?

P11. Herbal medicine is popular from ancient times. Do you use it?

P1. People spend much time before TV, computers nowadays that's why they have bad eyesight, use glasses. Do you use glasses?

P3. We have hospitals, Spa Baths, polyclinics, resorts where people can get good treatment.

Ancient students

P2. You are lucky. We don't have them.

P4. Our doctors use leeches to suck bad blood.

P6. Bad blood is the cause of all illnesses.

P8. But the germs will be discovered only in the 19th century.

P10. In our times people can die because of pain shock. We don't have such medicines.

P12. Yes, of course. It is more successful than leeches.

P2. Glasses were first invented by Arabian and Persian doctors many years ago. Say, where do you treat your patients?

P4. You live in good times and you are lucky. Bye-bye.

T: So, you have the opportunity to compare our modern medical services with the life of ancient people. Has it changed greatly? Why?

Ps: Due to the achievements in science.

T: So, we start to fill in our "Healthy Life" scheme. The first picture is "Visit to the doctors".

2.Listening Comprehension

T: Listen to the text "Secrets of a Long and Healthy Life".

Pre-listening task**

T: Write down three things Mr. John has always done and three things he has never done.

Text: "Secrets of a Long and Healthy Life"

Yesterday afternoon in a village near Bristol, a tall old man celebrated his birthday with some friends. After a party he played tennis and then went for a five-mile walk with some of his guests. There was nothing unusual in this.

The man, whose name is Mr. John, has been celebrating his birthday this way for a long time. The only unusual thing is that Mr. John was 85 years old yesterday.

"I don't walk as fast as I used to and my eyes aren't quite as good as before, but I feel as fit as I was when I was 30."

When asked what his secret was for such a long and healthy life, he answered, "There are three things which I've always done and three things I've never done. First of all, I've always walked at least 5 miles every day. Secondly, I've always eaten very simply. Thirdly, I've always got up early. These are the three things which I've never done: I've never smoked a cigarette in all my life! I've never worried about anything. And I've never been married. I've believed that marriage was a very unhealthy thing, and now I am sure of it. When I was 60, I used to have a lot of friends who were married. And do you know where they are now? They are all dead."

So, Mr. John has always done:/ He has never done:

1. Walked at least 5 miles. | 1. Smoked a cigarette.
2. Eaten very simply. | 2. Worried about anything.
3. Got up early. | 3. Been married.

****While-listening task****

Pupils write down the answers to questions from the text.

****Post-listening task****

1) The bunch of questions: Pupils make up questions to the text beginning with the words: What, When, How, Where, Who, Did, Will.

2) Retell the text in a dialogical way.

3. Developing Speaking

T: We continue to complete the scheme with the help of pictures: "Going in for sport", "Healthy food", "Bad habits".

T: You know that there are two sides to everything. The same is true for health.

1) What influences our life and health? (stresses, drugs, wrong food, computers, TV, illness, cigarettes, natural disasters, plants, smoke...)

2) What should you do and shouldn't you do to be healthy?

T: We finish completing our scheme.

- "Visiting interesting places"
- "Love, respect, friendship, help, happiness".

T: We have finished naming the components of a "Healthy Life". Look at the pictures, use them, and make a story about healthy life nowadays (Group work).

IV. Summing Up

T: Health is wealth. Eat proper food, go to bed early, stop smoking, go out more, eat more fresh vegetables and fruit, and you will be healthier.

- Do you find the topic of our lesson relevant?
- Have you learned anything new today? What exactly?

Ps: We've taken an excursion to ancient times.

We've made the scheme of the components of a healthy life.

T: You have done a great job. You were serious, responsible, and fair in your answers.

V. Homework

T: Write a composition "If you want to be healthy".