



Англійська мова та культура. Для вчителів та всіх, хто вивчає мову

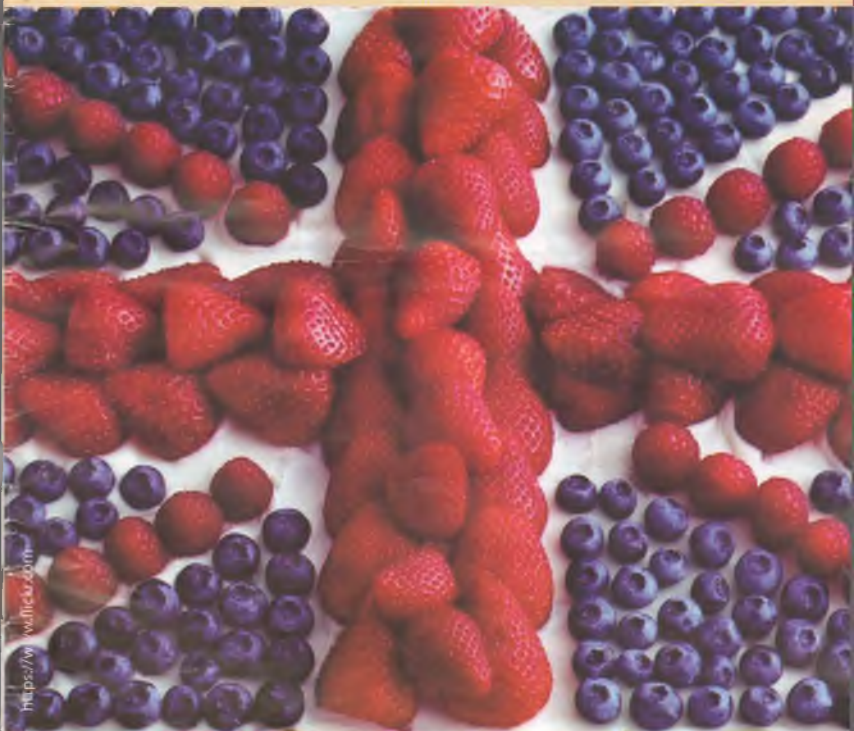
# ENGLISH

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ВКЛАДКА

English HIT

LANGUAGE WORKSHOP

Let's celebrate International  
Food Day!

ШКІЛЬНИЙ  
**СВІТ**  
ЕКСПЕРТ  
у педагогічній

## Language Workshop

# YOU ARE WHAT YOU EAT

## (Form 7)

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### Мета:

**практична:** активізувати вивчені лексичні одиниці з теми «Їжа»; вправляти учнів у читанні тексту з виокремленням необхідної інформації (scanning and skimming reading); організувати аудіювання автентичного матеріалу з теми; удосконалювати навички говоріння з теми;

**розвивальна:** залучати учнів до іншомовного спілкування; спонукати учнів до складання власних висловлювань із теми; розвивати пам'ять, логічне мислення, мовленнєву реакцію й мовну здогадку;

**виховна:** формувати шанобливе ставлення до іноземної мови як засобу міжкультурного спілкування; виховувати повагу до оточення; залучати учнів до колективної праці;

**освітня:** розширити знання учнів про здоровий спосіб життя, шляхи і способи збереження і зміцнення здоров'я, використовуючи міжпредметні зв'язки; розвивати зорову й адитивну пам'ять, критичне мислення під час виконання комунікативних інтерактивних вправ, а також аналітичні здібності, навички рефлексії.

### PROCEDURE

#### I. INTRODUCTION

##### 1. ANNOUNCING THE TOPIC

**T:** Today we'll speak about a healthy way of life and the motto of our lesson is "*The first wealth is health*". How do you understand this motto? Do you agree with it? Why?



Picture: <http://razmir.ru>

**T:** Different people have different life style and sometimes we don't care about what we eat, drink, how much we sleep, sit in front of the TV or computer monitor, rest and exercise. Our health depends on our lifestyle. The meal we eat should be healthy, balanced and homemade. You should eat less sugar and fat, but more fruit and vegetables, a lot of vitamins every day. All juices are good for health: tomato, apple, apricot and, of course, pine-apple juice. Vitamin "C" is good for our health. Garlic prevents us from cold. As you know: "*An Apple a Day Keeps the Doctor Away*". Don't read or watch TV when you eat. Have only healthy snacks. Forget about junk and fast food, high-fat, high-calorie snacks: cookies, potato chips and soda. Make your own sandwiches with meat and vegetables. Drink a lot of water because your body needs a lot of water. Don't eat after 7 p.m. Physical activity is very important for a healthy lifestyle. Another good advice is doing sport regularly. Do some exercises in the morning or in the afternoon every day: ride a bicycle, go swimming or jogging, wash the floors in your home or walk the dog. Don't be nervous. Avoid stressful situations and try to solve your problems quickly. Get positive emotions, smile and laugh as often as possible. Bad habits (smok-

Picture: <http://www.fullhdoboi.ru>



ing, drinking alcohol, taking drugs and so on) destroy our organism. They are very dangerous, especially for teenagers. Stop and take care of yourself because your health is the best richness in your life.

## II. WARMING UP

### 1. GAME "True or False"

T: I'll tell you some statements on a healthy lifestyle and you'll say if they are true, false or you don't know:

You should do morning exercises to be fit.

(Example: *It is true. Physical activity is very important for a healthy lifestyle.*)

You should eat more fruit and vegetables and less sugar and fat.

You can read or watch TV when you eat.

You should drink a lot of water.

You can eat any time you want.

Only swimming and jogging can help you burn calories.

### 2. ORAL PRACTICE. GAME "The Noodle"

T: Today at breakfast news I've watched a DIY programme about cooking Italian food. I adore Italian food and one of my best dishes is Italian noodles or pasta. And I've brought some to you. Look! How tasty it is! Yummy!!!



Picture: <http://www.rcdom.ru>

T: Would you like to taste the dish? Take "the noodle" and answer the question written on it. Let's learn more about each other!

(Students take any paper noodle from the plate, untwist "the noodle", read the question on it and answer.)

#### Possible questions:

- 1) What is your favourite fruit?
- 2) What is your favourite vegetable?
- 3) What do you usually eat for dinner?
- 4) When do you usually have supper?
- 5) Who cooks in your family?
- 6) Do you like ice-cream?
- 7) Do you have your breakfast at home or at school?
- 8) Do you eat at school canteen?

Picture: <http://mealblog.ru>

## III. MAIN PART

### 1. AIM

T: Why do you think I've brought this dish to the class? Can you guess what we shall speak about today?

(We'll speak about food: different kinds of food, favorite dishes).

T: The topic of our lesson today is "You are what you eat". Today we're going to speak about different kinds of food, review the words to the topic "Food", read some texts and speak about healthy and unhealthy diet. And what is more — we'll go on a very interesting excursion.

### 2. VOCABULARY REVISION

T: First, look at these pictures and name the things you can see there.

(Pizza, Coca-Cola, hamburger, cheeseburger, sandwich, French fries, candies, cookies, soda water, potato chips etc.)

T: How do we call this kind of food?

P: It's fast food / junk food.



### 3. READING

#### Pre-Reading. Group Work

T: So, let's divide into two groups and find the answers to some questions about junk food and fast food from this text (scanning). Be quick about it. You have only one minute to do task 1.

Group 1	Group 2
How much food do we eat a year?	What is junk food?
What is fast food?	Why is junk food very popular?
What is fast/ junk food high and low in?	What problems can junk food lead to?

#### Group 1

- We eat a half of the ton of food each year.
- Fast food is highly processed food often made of convenience food.
- Fast food is high in fats and sugars and low in minerals and vitamins.

**Group 2**

- Junk food is unhealthy food.
- Junk food is very popular because it is cheap and convenient to eat.
- Junk food can lead to dental problems, heart diseases and obesity.

**While - Reading**

T: Read the article and correct the statements below.

**JUNK FOOD**

Fast Food is very bad for your health. A lot of people eat fast food almost every day because they find it very tasty. Sometimes they eat it because they are busy and don't have time, or are too tired to cook.

Firstly, fast food such as burgers and chips contain a lot of fat and salt. People shouldn't eat fast food very often as this is bad for their health. We need to eat a plenty of fresh fruit and vegetables as well as fish and meat.

Secondly, fast food is very expensive. The money some people spend on fast food in one week is enough to buy fresh food for two weeks.

On the other hand, some people say that eating fast food saves time. They can cook during the weekend so that they have enough food for the whole week and so it's a way busy people can avoid cooking during the working week.

Although fast food is usually tasty and convenient, people should try to prepare their own meals and eat meat which is full of protein and other healthy products, all these items of food will make their lives long and healthy.

**Post - Reading**

**Task 1**

T: So, correct the statements:

1. A small number of people eat fast food every day.
2. Fast food is full of vitamins.
3. It is not harmful for our health.
4. Fast food is rather cheap.
5. Burger and chips are full of protein.

**Task 2**

T: Let's sum up what we've got. Complete the sentences.

1. Fast food and junk food is...
2. This kind of food is high in... and low in ...
3. It can lead to...

**4. TEST**

T: Let's do some tests. Choose the right ending of the sentence.

1. Every year people in the world become...  
**A** happier  
**B** fatter  
**C** healthier
2. Finger food is fast food which can be eaten ...  
**A** without forks  
**B** without sticks  
**C** without forks and knives

3. Fast food is usually served in...

**A** cartons, bags or plastic wrappings

**B** plates

**C** cans and cartons

4. People are overweight because they eat fast food .....

**A** at home

**B** in a restaurant

**C** in a hurry

5. Eating of junk food can lead to ...

**A** problems at work

**B** health problems

**C** dental problems

6. To be healthy a person needs ...

**A** to have a lot of money

**B** minerals, proteins, vitamins

**C** to have enough sleep

**Keys:** 1 — b, 2 — c, 3 — a, 4 — c, 5 — b, 6 — b

**5. WATCHING A VIDEO**



Picture: <http://www.pokatastkin.com>

Picture: <http://joyreactor.se>





T: Where can we buy fast food? What is the most popular place selling it? (*It's McDonald's!*)

T: Have you ever been there? Let's go on an excursion to the McDonald's!!! Right now! Will you?

(*Tune about McDonald's.*)

T: Welcome to McDonald's, dear friends! Nice to meet you here! We're not going to eat here, but see how they prepare the meals. What are the most popular dishes at McDonald's? How do we call the lunch box at McDonald's? (*"Happy Meal"*).

What is the usual set of its dishes? What does the "Happy meal" consist of? (*French fries, Coca-Cola or juice, a hamburger or cheeseburger*).

T: Now let's watch how they make burgers.

(*Watching a video "How to make a double cheeseburger".*)

T: Well, do you like the way they make it?

## 6. RELAXATION

T: Let's have a rest. Stand up, please. Let's revise and do our exercises.

If you like carrots — touch your nose.

If you like tomatoes — please, turn around.

If you like cucumbers — clap your hands 3 times.

If you like onions — stamp your feet 3 times.

## 7. SPEAKING. PROVERB WORK

T: There are a lot of proverbs about health and healthy living style. Find the beginning and the end of each proverb.

- |                                |                                          |
|--------------------------------|------------------------------------------|
| 1) Health is better            | a) drink with measure                    |
| 2) Early to bed, early to rise | b) but eat to live                       |
| 3) An apple a day              | c) than wealth                           |
| 4) Health is above             | d) in a sound body                       |
| 5) Live not to eat             | e) makes a man healthy, wealthy and wise |
| 6) A sound mind                | f) keeps the doctor away                 |
| 7) Eat with pleasure           | g) wealth                                |

**Keys:** 1 — c, 2 — e, 3 — f, 4 — g, 5 — b, 6 — d, 7 — a.

T: I want you to choose your own motto about healthy life from one of these proverbs. Explain your choice.

## 8. GROUP WORK

### a) Interactive Game "Circle of Ideas"

#### Group 1

Students in this group work out their own rules for health and discuss some problems of healthy food.

**The motto of the group:** Live not to eat, but eat to live.

#### Group 2

Students in the second group work out their own rules for health and discuss some problems of physical activity.

**The motto of the group:** A healthy mind in a healthy body.

#### Group 3

Students of this group work out their own rules for health and discuss some problems of emotions and feelings.

**The motto of the group:** Early to bed, early to rise, makes a man healthy, wealthy and wise.

#### b) Interactive Game "Healthy Happy Meal"

T: I've got two "Happy Meal" boxes for each group. The food inside these boxes is mixed. You have got only 1 minute to do the following tasks.



#### Group 1

Fill the lunch box only with healthy food.

#### Group 2

Fill the lunch box only with unhealthy food.

T: I wish you didn't have an unhealthy lunch box for your meals. For most people all over the world right food is the main part of their lifestyle. And that's why we say "You are what you eat". Do you want to be healthy? Then, eat the lunch box with healthy meal! Do you want to be unhealthy and weak? Don't! Then, you mustn't eat the food from the other box. If you lead a healthy diet, you are healthy. If you don't lead a healthy diet, you are not very healthy.

So, eat regularly, drink lots of water, have enough sleep, keep active lifestyle, have a regular rest. This will keep you fit, healthy and slim.