МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ МОСКОВСКОЙ ОБЛАСТИ

ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ПРОФЕССИОНАЛЬНОЕ

ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ МОСКОВСКОЙ ОБЛАСТИ

**«МОСКОВСКИЙ ОБЛАСТНОЙ МЕДИЦИНСКИЙ КОЛЛЕДЖ №4»**

**МЕТОДИЧЕСКАЯ РАЗРАБОТКА**

**УРОКА ПО ДИСЦИПЛИНЕ «АНЛИЙСКИЙ ЯЗЫК»**

**НА ТЕМУ: «HEALTHY WAY OF LIFE. BAD HABITS»**

**«ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ. ВРЕДНЫЕ ПРИВЫЧКИ»**

**(для студентов второго курса**

**специальности 34.02.01 Сестринское дело)**

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**2016г.**

**Тема урока: «Здоровый образ жизни»**

**«Healthy Way of Life. Good and Bad Habits»**

**Цели урока**

**Познавательная:**

-дальнейшее развитие речевой компетенции - совершенствование коммуникативных умений в четырех видах речевой деятельности: говорении, аудировании, чтении, письме;

-совершенствование языковой компетенции - увеличение объема используемых лексических единиц;

-совершенствование навыков оперирования языковыми единицами в коммуникативных целях;

-использование компьютерных технологий при изучении английского языка;

- осуществлять межпредметную связь с дисциплинами общеобразовательного и общепрофессионального циклов.

**Развивающая:**

-увеличение объема знаний о вредных привычках и их последствиях;

-развивать принцип коммуникативной направленности.

**Воспитательная:**

-воспитание интереса к формированию здорового образа жизни.

**Тип урока:** урок систематизации и обобщения знаний.

**Вид урока:** практическое занятие.

**Метод:** словесно-практический.

**Обеспечение урока:**

**Оборудование:**

-мультимедийные технологии, компьютер, проектор, проекционный экран;

-сайты Интернета;

**Дидактические материалы:**

-презентация;

-иллюстративная наглядность;

-карточки с контрольными заданиями.

**Используемые технологии:**

**-**коммуникационно - информационные;

-игровые;

-проблемные.

**Результаты урока.**

**Студенты должны знать:**

лексико-грамматический материал по темам: «The Diet», «Vitamins», «Water».

**Студенты должны уметь**:

-вести беседу по содержанию текстов и компьютерных презентаций;

-осуществлять монологические и диалогические высказывания по предлагаемому материалу;

-понимать иностранную речь на слух.

-выполнять контрольные задания по теме урока.

**План занятия.**

1.Организационный момент.

2.Вступительное слово учителя.

3 Аудирование текста **«**Bad Habits» и беседа по его содержанию.

4.Просмотр и беседа по содержанию компьютерных презентации на тему**«**Bad Habits».

5. Систематизация и обобщение материала по темам «The Diet» «Vitamins» «Water».

6.Ролевая игра **«**How I Take Care of My Health».

7.Просмотр и обсуждение презентации на тему**«** Healthy Way of Life».

8. Проведение викторины по теме «Bad Habits».

9.Анализ выполненных заданий и подведение итогов урока.

**Ход урока.**

**1.Организационный момент.**

Преподаватель озвучивает цели и задачи урока.

**E.Teacher.**

Scientists say that in future people will live longer. With healthier lifestyles and better medical care the average person will live to 90 or 100 years instead of 70 and 75 like today. Incurable diseases will be cured and bad genes replaced.

But that’s tomorrow. But today we continue to stuff ourselves with fast food: hot dogs, chips, hamburges. We are always in a hurry. We have no time to enjoy a home cocked dinner with family and friends. We want to eat now and we want to eat fast.

At our lesson today we’ll speak about the importance of healthy way of life, about good and bad habits and how to take care of your health.

**E T.**We’ll start our lesson with a question. What bad habits do you know?

Студенты отвечают на вопрос о том, какие вредные привычки они знают

(smoking, drugs, alcohol)

**E T**

Let’s listen to the text and you will know some other bad habits.

**2. Text «Bad Habits»( аудирование)**

Прослушивание текста.

When the Bible set down the Seven Deadly Sins they were not meant to be taken literally. Few of us will die of pride, envy or anger. There are modern health sins, which are in fact far more deadly.

Two of them – obesity and physical inactivity are known from ancient times. They are joined by the modern bad habits: smoking and drinking too much alcohol and the surprising danger of sleeping too much or too little, eating between meals and skipping breakfast. In combination these poor health habits could double the chance of dying or lead to different diseases for those who survive.

Of course sleeping too much or too little, snacking and skipping breakfast are not quite as deadly as smoking, obesity and drinking. But they are indicative of dangerously chaotic lifestyles.

Regularity in life promotes your health. Sleeping seven or eight hours getting up early, eating breakfast, a healthy diet and regular meals is really good for health.

**E T.**

**What other bad habits do you know?**

Студенты отвечают на вопрос о том, какие еще вредные привычки они знают

-obesity and physical inactivity;

-sleeping too much or too little;

-eating between meals and skipping breakfast.

**E T.**

Some of our students preparedslide presentationabout such widely spread bad habits as smoking, alcohol, drug addiction,overeating.

**3.Просмотр и беседа по содержанию компьютерных презентации на тему «Bad Habits» (Smoking. Drug Addiction. Alcohol Abuse. Overeating)**

**E T.**

If a person wants to be healthy he must avoid bad habits and follow healthy way of life

**E T.**

**What good habits do you know?**

Студенты отвечают на вопрос о том, какие полезные привычки они знают:

**-**еating whole meal bread;

-eating high fibre food;

-eating low fat food;

-exercising, dieting;

-sleeping seven or eight hours;

-getting up early, eating breakfast;

-a healthy diet and regular meals.

**E.T.**

**How well do British people take care of their health?**

Студенты отвечают на вопрос о том, как англичане заботятся о своем здоровье:

-cut out snacks and desserts;

-eat less of everything;

-exercise more;

-cut down on fat;

-don’t eat at night;

-eat more fruit and vegetables;

-count calories;

-eat less red meat;

-use low caloric foods, follow a diet.

**E.T.**

**Are the British alike or different from the Russians in health habits?**

Студенты отвечают на вопрос о том, отличаются ли русские и англичане в своем отношении к здоровому образу жизни.

**3. Систематизация и обобщение материала по темам «The Diet» «Vitamins» «Water» Студенты отвечают на вопросы по ранее изученным темам и осуществляют монологические высказывания с опорой на иллюстративную наглядность)**

**E T.**

Keeping the diet is very important when we speak about healthy way of life**.**

**Questions**

-What must a person do if he wants to be in a good health?

-What must a diet of a healthy person consist of?

-What food contain all this things?

-Who needs more food, people who do heavy physical work or people of mental work?

-What are the important factors of health of the digestive system?

-If a person is stout, what diet is recommended?

**«The Diet»**

If a person wants to be in good health, he must be careful about his diet. People who do heavy physical work need more food than people of mental work. It’s important to know that a diet must consist of enough of proteins, carbohydrates, fats, minerals, water and vitamins. All this you can find in fish, meat, liver, kidneys, cheese, eggs, milk, sugar, bread, potatoes, beans, butter and nuts.

A mixed diet of meat, fats, fruit and grain is best of all to those who want to be healthy.

Important factors of health of the digestive system are exercises, well balanced diet, some glasses of water daily, regularity of meals and evacuation and freedom from hurry and worry.

If a person is stout then a low caloric diet is given. The person takes less fat, carbohydrate and protein and plenty of green vegetables and fruit .

**E T.**

Let’s speak about the importance of vitamins in our life.

**Questions**

What do we take vitamin A for?

Can vitamin A strengthen nervous system?

How is vitamin B destroyed?

How often must we have vitamin B?

What does vitamin C give to human health?

What is the role of vitamin D?

What does vitamin E improve?

**Vitamins**

Vitamins play a very important role in human health. Overdosage of some vitamins may be harmful. Vitamins are present in all kinds of food. Vitamin A is in carrots, fish oil, eggs and it helps to protect eyesight and build resistance to infection. Vitamin B is in meat, liver, eggs, dried yeast and it helps to strengthen nervous system. Vitamin C is in fruit and vegetables, it increases resistance to infection and helps to recover after illness. Vitamin C is in milk, eggs, fish, yeast and helps the body in formation of bones and strong teeth. Vitamin E is in soya, fruit, it helps to improve poor blood circulation, it is also used in treatment of hardend arteries, thromboses and varicose veins.

**E T.**

Let’s speak about the importance of water in our life.

**Questions**

Why is water very important to all living things?

How many pints of water does the human body give off every twenty four hours?

How many percent of the body is composed of water?

How many days can the person live without water?

**Water**

Water is very important to all living things. In the living body water carries foodstuffs from one part of the body to another. Man gets one half his water in the food he eats.

The human body gives off about 5 pints of water every twenty four hours through the lungs, sweat glands and kidneys.

More than 70% of the body is composed of water. Daily we lose some water. We must replace it. If 10% of the body water is lost there may be serious signs of illness. If 20%- a person may die. The maximum time that a person can live without water is 7-10 days.

**4. Ролевая игра «How I Take Care of My Health»**

Преподаватель предлагает послушать высказывания студентов об их образе жизни и выразить свое отношение к нему.

Ролевая игра «How I Take Care of My Health»

**1.Helen.**

I am not going to be a supermodel. But I think it is very important to be fit and healthy and look nice. Some companies don’t employ people who are overweight or who are smokers. I agree with that because smoking effects other people’s life too. I pay a lot of attention to my health I try to eat only a low fat food, more fruit and vegetables which are rich in vitamins and less sweets. I don’t smoke I don’t want to have unhealthy skin and teeth. Besides I have been doing aerobics for a year and I

feel great.

**E T.**

Express your opinion to what Helen said**.**

Студент выражает свое отношение к тому, как **Helen** заботиться о своем здоровье

**Student1.**

Helen wants to be a super model, she doesn’t smoke, smoking effects skin and teeth. She eats only a low fat food, more fruit and vegetables which are rich in vitamins and less sweets, she does aerobics.

**2.Bob**.

I have no problem with my health I am a smoker and a bit overweight I like smoking and it helps me to relax. I have been smoking since I was 12.All my friends are smokers. I don’t want to be the odd one out. I know all the facts, but you only live once, don’t you? So why not to enjoy yourself? As for dieting I think it is very dangerous. You are what you are. It is impossible to change. Besides, I like chocolate bars and ice cream. Why should I give up such tasty things? Eat only cucumbers? Never! Of course, I have some problems with my skin and hair, but I don’t want to change.

**E T.**

Express your opinion to what Bob said.

Студенты выражают свое отношение к тому, как **Bob** заботиться о своем здоровье

**Studen2**  I think Bob doesn’t take care of his health, he is a heavy smoker as he has been smoking since 12 years, it’ s very dangerous for his heart and blood circulation. Besides he is overweight, he eats much chocolate, ice cream has problems with his skin and hair and I think in future he will have problems with his health.

**2.Kate.**

I think people should choose for themselves if they want to be healthy-it’s their life, it’s their bodies. They are free to decide. It’s not so good to think too much about your appearance. But it’s good to think about your health. I don’t pay much attention to my friends’ health habits. My friend Willy likes sweets, he is pleasantly fat and I like him he is very clever. He is very good at the computer. My friend Dennis is very sporty. He has been exercising all his life. He isn’t as clever as Willie but he is nice. I like to have different people with different likes and dislikes as my friends.

**E T.**

Express your opinion to what Kate said.

Студенты выражает свое отношение к тому, как **Kate** заботиться о своем здоровье

**Student 3.** I think that Kate is not quite right. Of course, people are free to choose their way of life but real friends must help their friends to avoid bad habits.

**E T.**

We must keep our bodies in perfect health. If our body suffers from any disorder our mind suffers with it and we can’t make much progress in knowledge,

can’t fulfill our duties well.

There are some lows of health that people must follow.

**5.Просмотр презентации на тему « Healthy Way of Life» и ее обсуждение.**

**E T.** What are the lows of health that people must follow?

**Student 1.**

In order to be healthy we should avoid bad habits that can affect our health. In my opinion, smoking and drinking alcohol are the worst ones. Smoking causes lung diseases, such as pneumonia, emphysema and cancer, heart attacks and high blood pressure. Besides it makes the teeth yellow and skin unhealthy. Alcohol causes heart diseases and brain damage. A drinker becomes nervous and aggressive, loses friends and, finally loses his work, family and happy life.

**Student 2.**

Fresh air is necessary for our health. We should tidy up our rooms, spend as much time in the open air as possible. Our body must be clean. We must wash ourselves in the morning, clean teeth twice a day, keep nails in order. It’s good when people do morning exercises.

**Student 3.**

Regular sleeping habits are also important. At night while we sleep our brain also processes and stores all the information learnt during the day.

Late hours are very harmful to the health because they exhaust nervous system. We should go to bed early and get up early.

**Student 4.**

Food is very important. People should be moderate in eating and obesity leads to serious health problems. If we eat too much, we start to put weight. If you eat slowly you will not overeat. Don’t be in a hurry when you are eating. Don’t swallow your food without chewing.

**Student 5.**

Regular exercises is an essential part of our life. A person who takes regular exercises will stay physically fit, vigorous and keep a youthful shape.

As for me I can’t imagine my life without sport. In summer I go jogging every morning and in winter I like to skate with my friends. Sport makes our body strong it prevents us from getting too fat Sport makes us more self-organized and better disciplined.

**E T .**

Experts say that people should remember a wise proverb: “An apple a day keeps the doctor away” What does this mean?

**Student 6.**

This means that we should eat more fresh vegetables and fruit. We should have regular eating habits and try to have meals every day in the same time.

**E.T** During our lessons we’ve spoken much about good and bad habits, healthy way of life. Let’s summarize our knowledge and do a quiz.

**6.Проведение викторины на тему «Bad Habits»**

Студенты выполняют контрольные задания по теме с использованием раздаточного материала.

**Quiz**

**Choose the right answer. Only one answer is correct.**

**1. Eating too much can easily become a bad------**

A/custom

B/habit

C/hobby

**2. After 20 years as a heavy smoker mr. Arthur has--- the habit.**

A/thrown

B/given up

C/abandoned

**3. A good way of ---the habit of eating too quickly is to put your knife and a fork** **down after each mouthful.**

A/ breaking

B/destroying

C/finishing

**4. Bill was ---the habit of giving two or three parties a month.**

A/of

B/in

C/with

**5. He is only 24 years old and a---**

A/drug fun

B/drug lover

C/drug addict

**6. Most people add salt to their food---habit without even tasting it first**

A/because of

B/out of

C/from

**7. When he studied at university he---staying up late with his fellow students**

A/used to

B/got used to

C/got used

**8. Mr. Delon was a---**

A/chain smoker

B/hard smoker

C/big smoker

**9.One of the bad habits people have---of late is eating junk food.**

A/developed

B/grown

C/picked up

**10. Paul was able to--- drinking a few years ago**

A/interrupt

B/end

C/quit

**6.Анализ выполненных заданий и подведение итогов урока.**

**Teacher**

In conclusion I would like to say that it’s easier to prevent a disease rather than try to cure if after you get sick. The better we feel the longer we live so why not take care of ourselves? I think that everybody must begin to take care of his health than to recover it. Everyone should follow the following proverbs.

«Health is above wealth».

«An apple a day keeps the doctor away».